

Yoga Bug

Simple Poses for Little Ones



Sarah Jane Hinder

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Yoga Bug: Simple Poses for Little Ones



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Flutter, wiggle, jiggle—s never prematurely . to introduce kids to the fun and healthful joys of yoga it'Wiggle, jiggle, and giggle just like a beetle.Yoga Bug guides kids through ten authentic yoga exercises poses named after bugs that unfold in an irresistibly whimsical stream of play, creativity, and movement.Flutter such as a butterfly. Kids like bugs— Kids would want to return to them over and over. This delightfully illustrated board publication brings the fun and great things about authentic yoga exercises practice to infants and toddlers. Twist and turn just like a grasshopper.and what better method to get them excited about yoga than with the aid of our multi-legged friends? with regards to the advantages of yoga, you can't begin prematurely .. Now, with Yoga exercises Bug, parents, teachers, and caregivers have a perfect way to help children do that. Learning to like and accept our bodies, building lifelong attention, and self-soothing when distressed— Includes a parents' information to the source yoga poses and helpful tips.



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