

yogamonkeykids

teaching to the mind, body and spirit

Beginner Poses



12 Beginner Poses and Introduction to Yoga

By Candace Stromberg

Illustrations by Stewart Andrews

book **one**

In the YMK Series

Candace Stromberg

Yoga Monkey Kids: Beginner Poses



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Search for Yoga Monkey Kids Intermediate and Advanced Poses just around the corner! Stick to Yokey the Yoga exercises Monkey and his friends on a great journey to nurturing the mind, body, and spirit. Obtain Your Monkey On and sign up for us on the path to health and wellness!Yoga Monkey Kids Beginner Poses introduces children to yoga exercises benefits, how to have a safe practice and 12 an easy task to learn poses.



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Great for young kids too I bought this for my 5 year old nephew. Five Stars Great book - can't wait for the followups! It's a distinctive idea so it makes for a unique gift.! He can currently hold a plank much longer than when he started. Five Stars Purchased for my daughter's 2 girls for Christmas gifts Five Stars Fantastic book for youthful and old! Great present for the budding yogi's! Looking forward to the follow up books. He cherished the illustrations and discovered the directions easy to follow, with just minimal help from a grown-up. Well done! Great book to teach kids simple yoga poses. He doesn't think of this as exercise but as something that's fun and feels great. Great content and illustrations! The author did a superb job. Five Stars Congratulations to Candace and Stewart upon this beautiful teaching tool for kids. What a great method to start an eternity habit! He thinks it's fun and he loves to moo and meow in cat and cow pose! I actually ordered two books for the young yogis-to-be in my life. WONDERFUL! GREAT GIFT IDEA!! The text and images are perfect for little ones! He's asked to accomplish yoga daily since. What a amazing idea to obtain youngsters in tune with themselves in early stages in their lives! Many thanks Candace for recognizing this want! Yoga Monkey Kids is a beautifully written and illustrated intro to yoga for children of ... The reserve highlights yoga's focus on mind, body and spirit, addressing yoga's physical benefits and the holistic benefits which come from its practice. Its guidelines are clear and the heroes endearing. Yoga Monkey Children is a beautifully written and illustrated intro to yoga for children of all ages. I look forward to more books in this series.



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