

Yoga Bear

Simple Animal Poses for Little Ones



Sarah Jane Hinder

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Yoga Bear: Simple Animal Poses for Little Ones



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Writer and illustrator Sarah Jane Hinder presents a great, easy-to-learn yoga stream for infants, toddlers, and additional early readers.s never prematurely . to start fostering a love of workout and a respect for one' With animals's body with motion methods like yoga.all even though discovering precisely how fun yoga can be.What'Complete with a flow guide for parents and teachers, Yoga Bear is sure to become a story-time favorite.s colorful and expressive illustrations seeing that a guide, sign up for Bear and his friends—including Monkey, Tiger, Sloth, and Crocodile—on a romp through 10 authentic pet poses.Countless studies show that reading with children in their formative years plants the seeds of lifelong literacy, creativity, curiosity, and appreciation for language. And it's the simplest way to find out yoga? With Yoga exercise Bear, the second inside our yoga board book series, children are invited to go, breathe, and play alongside jungle animal friends— With Hinder'



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Fantastic book Ideal for the littles. I believe it'll be a great tool to get out that toddler energy! We love this book!!! I can't wait around to read it to my niece and action out the poses on the way! There is also some writing to greatly help describe the animal or pose. Both her parents want to go to yoga, so this book was right up their alley. Each page has an animal using one page and an illustrated toddler in the same pose on the opposite page. Bought this publication in a bookstore for my 18 month-old niece. Yoga Teacher I teach yoga at a nursery school, and the learners truly enjoyed doing the yoga poses as I read to them. The poses are fun and interesting. Yoga love My kiddo loves yoga Poses for kid and adults to do together! My 18 month old loves it therefore does his much old friends Too cute! It's extremely cute and the kids depicted are diverse.



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