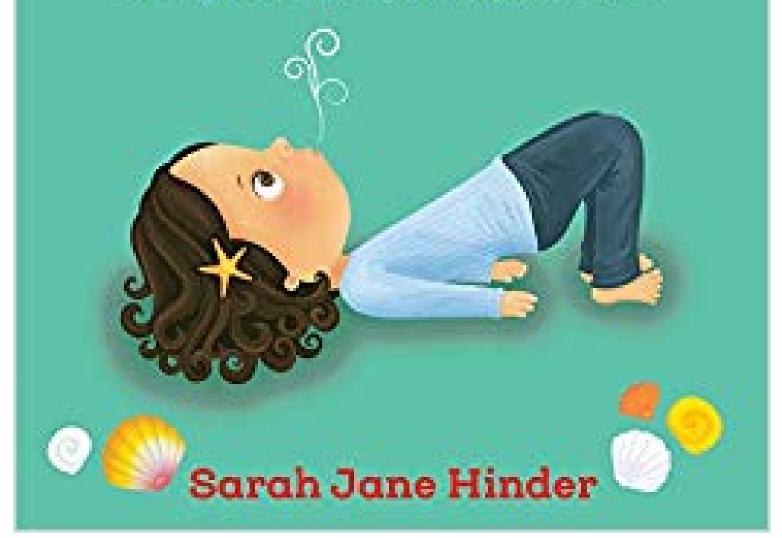


Simple Poses for Little Ones



Sarah Jane Hinder

Yoga Whale: Simple Poses for Little Ones



Let' into yoga exercises! Spiral tail with spiny scales.4 to join in a fun series of easy yoga poses. Whale, Jellyfish, Dolphin, Starfish, and six more friendly ocean creatures show the way. Yoga exercises Whale, the 3rd offering in our bestselling yoga plank book series, helps to keep the healthy fun going. Whale Bridge Pose Peaceful drinking water giant. Clickety-click, clickety-clack! Contains complete yoga guidelines for parents and caretakers. Blow, blow away! .OctopusHappy Baby Pose Waving tentacles in the sea. Eight hellos to you and me. SeahorseHero Pose Bobbing up and down under the waves. This delightful plank book invites children ages 0–s take a "Puffer FishFull Tummy Breath Breathe and experience your tummy grow. Then breathe out, good and gradual. Creature Highlights: deep dive"... and five other oceanic friends!CrabReverse Tabletop Pose Creepy crawly in the sand.



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