

Yoga Whale

Simple Poses for Little Ones



Sarah Jane Hinder



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Yoga Whale: Simple Poses for Little Ones



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Let's dive 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! Octopus Happy Baby Pose Waving tentacles in the sea. Eight hellos to you and me. Seahorse Hero Pose Bobbing up and down under the waves. This delightful plank book invites children ages 0–5 take a "Puffer Fish Full Tummy Breath Breathe and experience your tummy grow. Then breathe out, good and gradual. Creature Highlights: deep dive" . . . and five other oceanic friends! Crab Reverse Tabletop Pose Creepy crawlly in the sand.



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