

Frogyogi

YOGA STORIES FOR
KIDS AND PARENTS

by Uliana Klepinina



Uliana Klepinina

Yoga for kids: FROGYOGI | Yoga Stories for Kids and
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FROGYOGI



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Fun with kids We had lots of fun with my kids 6 and 9 y.o. After reading it couple times, it was enough to say "whale", "snake", "albatros" and they new what placement it it. I've a 10 year aged son and he enjoyed the reserve.o. but works most likely starting with 4. For younger children there many interesting factual statements about animals. It was also ok for 9 years old, though he already knew all of the animal facts so that it was even more about playing pets and yoga itself than about reading the tale. The reserve shows one web page for children with lovely illustration and a corresponding page for adult reading - explanation of the yoga exercise pose. The kid's text is about a froggi venturing around the world, seeing different pets and trying to imitate them. Very useful The information is quite useful and easy to follow, especially for somebody who doesn't know very much about yoga or how to begin. reading the book. Simple and bright Bought Froggyogi for my child. The paper and printing is excellent quality. I recommend this publication for all parents who wish to do yoga with kids This book is really colorful and interesting for both my children (2 yo and 4 yo). Great book for kids and their parents! I have bought this book for my girl. She is almost 2 years old and she adores this book already! There are many colorful photos and interesting details for children about geography and pets. And parents will get in this publication many important yoga exercises poses and photo instructions how to practice yoga exercise with kids correctly. You can even watch video instructions on-line. For kids, parents, school teachers, yoga exercise centers and yoga children teachers. Yoga class individuals loved it! My children added some sounds and actions and kept using it. Froggyogi gives a great intro to yoga for children. But she also gets to learn facts about places and pets together with the poses! You are traveling around the world, meeting different pets with Froggyogi, and producing different postures throughout the trip. My baby loves images in the publication. She can make different noises of pets, while I practice postures. She actually is also repeating after me a few of yoga exercises positions. I gave it to my companion and her toddler. I received this book as a advertising present and recommend it very much. Kids will get there plenty of interesting information about geography and animals. An absolute must have yoga for kids publication ! I would recommend to anyone. This appears to be her first book. I absolutely love this book. He can't sit still for more than two a few minutes. So much fun in this reserve! He loves to do it again poses after mama. So, this book is good for parents and children! This way the yogi positions turns into more a game than exercise. The stories are fun and help inspire you to start out and continue. Great combination of pictures/tale and introduction to yoga poses Great book! I haven't noticed any book quite like that one. Definitely worthwhile. a fantastically beautiful book my kid is 2 yo, he really cherished this publication. My fiend loves yoga exercises and today she has an image publication that helps her convert yoga exercises

into fun and interactive activity. In the event that you wanna do yoga with your lil types its a perfect choice. I recommend this book, especially if you new to yoga exercises yourself, like me. And he is intertained for a long period as the book isn't short at all. It's a great teaching tool for both parents/ care givers and educators. Amazing book for upping your kid to yoga! My boy loves this publication! It's very perfectly written so my son stays engaged and tries to accomplish the poses with me. My lil one loves to repeat every pose out of this book. And this book is going to be a big help for us. It was perfect for 6 y. He offers been pray since a baby and loved sharing this book with other kids not used to yoga exercises. I also direct Honest Yoga. We hold limits of weekly kids yoga classes. Our children at the honest yoga exercises center have enjoyed the poses in this publication. And one more thing that i like about it is video guidelines to it. Colorful, clever, creative! Truly enjoyed scanning this book before giving it to my niece. Because this publication utilizes make use of for a lot of people. She's a big lover of the froggy, fun adventures, and beautiful bright colors. Will surely recommend this book to my friends with kids. It's never prematurely . to start...:) Among its kind. One of its kind. She's just 15 months outdated, but she can perform "downward-facing dog" better than me. My girl and I are going to practice yoga collectively. This book has colourful illustrations and simple explanations of yoga exercises poses for kids as well as for parents. Many thanks. Great Great book. Highly recommend Happy with my buy! While informing the reader about his travels he performs yoga exercises positions very similar (or mirroring) those on the right side of the open book. She actually is 17 months aged. The vibrant illustrations demonstrate all of the poses in a straightforward way that kids can follow. I also love how the author of the book breaks the yoga exercise poses down not only for kids also for parents. Great find! A lot more than just yoga! Such an awesome book for small yogis and parents to talk about. Daughter loves it, especially because frogs are a preferred of hers. We like how simple and shiny the reserve is. I like that book has both colourful images for him to look at and pay attention to the story and get right up and perform some yoga poses. 'We will travel, learn new points, get smarter, and grow stronger. On starting the book the left side is for kids - cartoon characters featuring Froggyogi while on the right side we see photographs of both a grown-up and a child teaching all the many aspects of Yoga. Her goal is to develop a secure, nurturing and innovative environment where children are free to perform in a non-judgmental and friendly atmosphere. My son is 19 months aged. Although it is obvious at first glance that the goal of the book would be to teach Yoga exercise to both parents and their kids, that's by one element to the beautifully designed and created book.' Author Uliana Klepinina began employed in children's yoga exercises therapy after going to the 2015 Sivananda Ashram Yoga Retreat in the Bahamas, followed by formal training in Yogi

Beans. Froggyogi imitates the positions and explains the pets and adventures in initial THE UNITED STATES and then in South America - all the way to the Antarctica. Very happy with my buy. With the models we learn the many brands and uses of the many yoga positions - a fine book on yoga and mindfulness perfectly demonstrated. It will help to involve the kids to the yoga exercise practice through the overall game. His attention span is quite very short. I'd definitely recommend the reserve for children and their parents! Pictures are amazing and very good and easy guidelines for everybody. Great content and guidelines. Well thought out book!!!



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