

FairyLand Yoga



Written and illustrated by Antonia
Pellegrino-Freeman

Antonia Pellegrino-Freeman

Fairyland Yoga: a fitness based yoga book for children



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Antonia went on to teach children from 2-18 in a range of schools across the North of England, UK. From the creator of creepy crawly yoga and yogiggleftit ltd. Teaching dance, cheerleading, yoga, and fitness classes.com/Find out to balance, move and bend with the fairy princess and friends. By using imagination and believing they're in fairyland, the kids figure out how to balance and undertake play. Paperback copies have been sold in america, Dubai, Europe, Canada and the united kingdom. Fairyland yoga can be an exciting trip to fairyland and back. This rhyming story is around 1000 words, however younger readers can duplicate the colourful illustrations easily. Fairyland yoga was written and illustrated by Antonia Pellegrino-Freeman in May 2012. The first two months of the kindle version of Fairyland or 'FLY' (as it has been affectionately named) there were over 500 kindle downloads. 'FLY' provides been downloaded in america, UK and Europe. The flowing yoga exercises based postures encourage children to practice yoga in a fun way. Antonia is an exercise professional specializing in personal training and fitness yoga, she has 18 years in the fitness industry. She been trained in dance and gymnastics from an extremely young age and has often had a like for exercise, moveent and flexible strength. Fairyland yoga exercise is a yoga exercise based story targeted at children aged 3-8 years. <http://yogiggleftit>. Her blog www.getlittlepeoplemoving.blog is aimed at encouraging kids to move and enjoy exercise.



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My daughter had to try every pose the photos demonstrated. It encourages kids to start moving in the right way, well in virtually any physical way, from an early on age. Just what a neat way to correctly introduce yoga to small children. Yoga for Kids Cute story on the subject of Fairyland Yoga: Yesterday evening I came across my seven year old daughter in my area with my yoga mat on to the floor, my iPad laying next to it with the Kindle app available to Fairyland Yoga. Innovative and imaginative This book is a thoroughly excellent read for both adults and children. Who understood she'd love that reserve so much :) Definitely a winner! Cute Storyline! This is cuter and more helpful than I thought! Simple but gorgeous illustrations and a poetic tale line make it successful. Whimsical and cute A wonderful introduction to Yoga for the tiny ones. I will certainly be suggesting this to friends! She was in Downward Pup went into Triangle and then to Cat Stretch out. It captures the readers attention via an engaging tale and narrative style and provides clear and imaginative guidelines on yoga exercise poses. Fairyland Yoga The illustrations help youngsters to gain further understanding of this content and also have excellent detail to activate even very young children. My 3 year aged loves it and also reads it to her more youthful sister who have copies her doing the poses. Engaging and lovely publication for very young to children under tens, who will benefit from the visuals to understand Yoga, and also the lilting poetic guidelines. This book will be a treasure for each and every child. Truly possible for children to understand Yoga! A tale for any time in addition to a brilliant and innovative way to introduce kids to yoga.



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