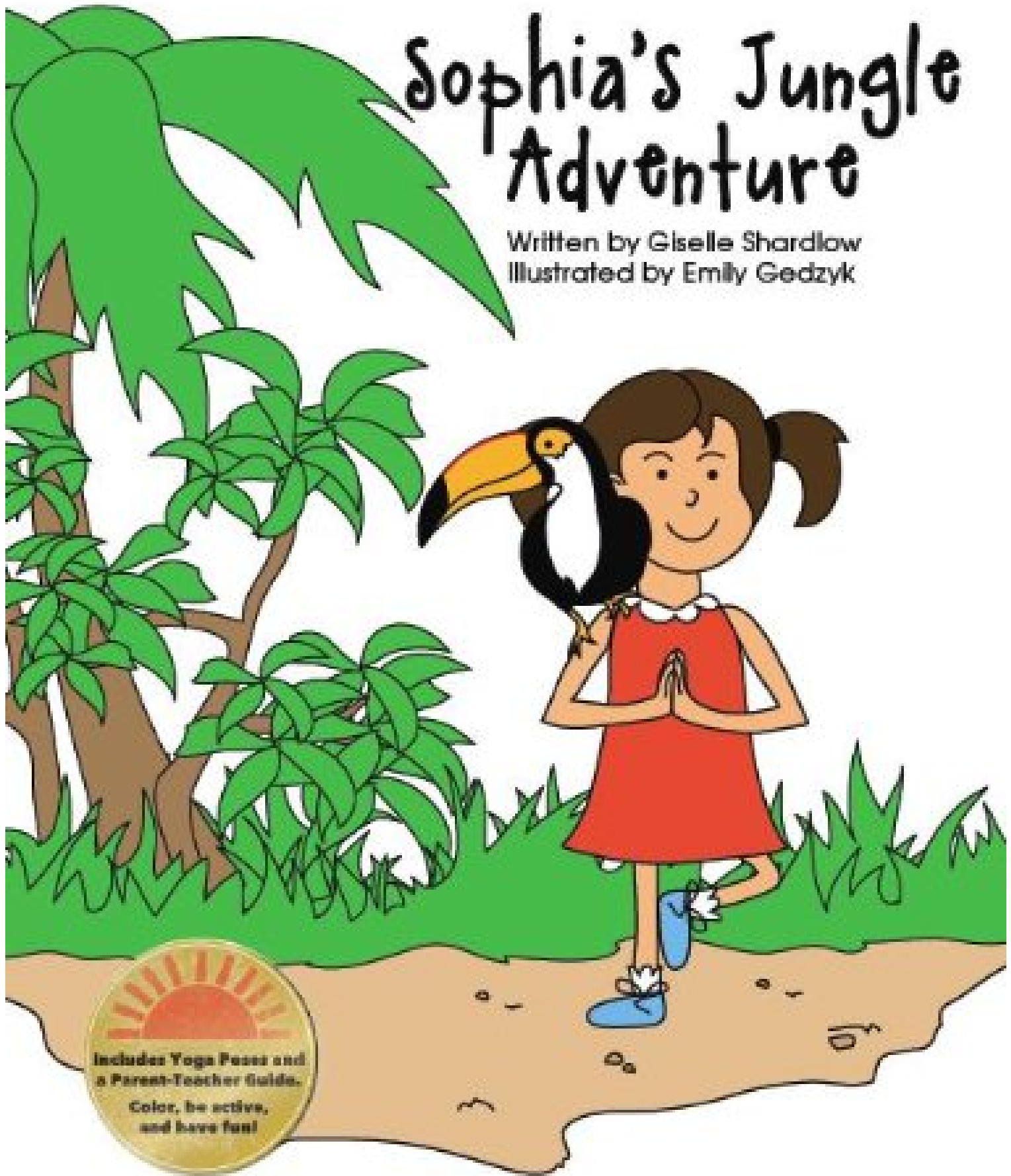


# Sophia's Jungle Adventure

Written by Giselle Shardlow

Illustrated by Emily Gedzyk



Includes Yoga Poses and  
a Parent-Teacher Guide.

Color, be active,  
and have fun!

Giselle Shardlow

## Sophia's Jungle Adventure: A Fun, Interactive and Educational Kids Yoga Story



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This book for ages 4 to 7 is greater than a storybook, but it is also a distinctive experience for children. Kids Yoga Stories introduce you to engaging characters who will get your child laughing, moving, and creating. Fly like a toucan, slither such as a snake, and flutter such as a butterfly as you act out this trip through a Costa Rican jungle. What else might you observe? Join Sophia on her behalf jungle adventure! Reading is wonderful for your brain AND body! The story links several yoga exercise poses in a particular sequence to create a coherent and meaningful tale. Give Your Children the HEALTH BENEFITS of Yoga with this Kids Yoga Tales Adventure Book!



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. The only yoga involved consisted of 1 inch . I love how Giselle has integrated the initial jungle animals in to the poses. I purchased the reserve for a visit to our grandkids 3 and 5 years old who love books. my daughter has already been doing a lot of the yoga exercises poses herself. We like Giselle's books at the house. There is zip instruction about how to find yourself in the pose, the required alignment of the pose, how to get out of the pose or breathing. Zip.. After 1 reading, all agreed it went in to the HAND OUT sack. I needed to love this book but I'm really sorry I actually didn't. Her clever ability to weave Yoga into adventures of travel and life lessons is smooth and Fun! Cute graphics on each web page (including coordinating yoga poses). I recommend. Good Book! It is a great interactive method for children to read and act out stories. I use it when I'm teaching my kids yoga course, and it's a good break in the poses to have them re-focused and listening. Great reserve to introduce children to yoga We was recently given Sofia's Jungle Adventure seeing that something special. I would recommend most of Giselle Shardlow's books. The poses are fun and easy for young children to do. I would recommend this book to any mother or father of young children who want to help their kids melt away some energy in a silent way. It's great for those days that you are stuck inside the house due to bad weather. My kids loved this book so much I purchased copies for friends and for my daughter's school. Great children's yoga book. I'll make use of it in my own Pre-K classroom frquently I loved all of the messages- from the yoga itself to . It really is wonderful way to introduce kids to yoga. great introduction to yoga exercise for kids. sophia's jungle experience is written just like a real story with experiences in the tale that translate good into yoga exercise poses. I found this format of tale telling very useful in sharing yoga with a course of 4 and 5 year olds. Cute story, great theme. A fun and educational publication! I look forward to introducing to your SLC class. The reserve is geared to children a bit older than my daughter (she's 2), but she's still a huge fan of the tale of Sophia and her trip to Costa Rica. I trained it to two sets of 5-9yrs, who at the end were very much is that it? This is a waste. The illustrations are very colorful and imaginative as well. My girl requests this book frequently as her night-period (and day-time) go-to tale book. Giselle is clearly a great child educator and tale teller. Daughter loves this! I browse it to my daughter right before bed and she generally gets up to do the yoga movements with me! Such a adorable book :) Five Stars Great book We love Giselle's Books at THE HOUSE. This story is very engaging. I have used this reserve with my very own daughter, as well as clients through Behavioral Wellness. The bright colorful images are well received.. This book is a great resource never to only introduce young children to the advantages of yoga exercise, but also to immerse them right into a new world of learning about jungle habitats and environmental responsibility. The only yoga involved contains 1 inch cartoon character types in various poses a few times linked to the unimaginative lame tale line. I REALLY LIKE "Sophia's Jungle Adventure" I REALLY LIKE "Sophia's Jungle Adventure"! I would definitely recommend this publication! I teach children's yoga exercise and its great to make use of for a lesson program. I really like this book- it includes some Spanish terms in pictures I love this book- it includes some Spanish words in pictures, combines an excellent lesson on environmentalism with Yoga for children. I'm a children's yoga teacher and this is an excellent little reserve for teaching children's yoga with fun animal postures... A cute, imaginative reserve! My three year previous loves it but I was not thrilled with either the simpleness of the story or the artwork. I bought this publication for my girl and both of us really love it. disapointed. I teach children's yoga and its own great to use for a lesson plan Cute book. Expected more based on great review articles. a toucan but there was no much adventure or excitement in the tale. Yes there were some crocodiles to paddle away from but that was it. It's an excellent introduction to yoga; Personally i think bad as there exists a real insufficient yoga books out now there but what I obtain requests from kids wanting stories about pirate, mermaids or dinosaurs, things with adventure and fun. I'm a kids yoga instructor and the youngsters liked the poses, although I adapted one as there is a repeat of warrior 3 for aeroplane &.This is a waste. Just alright. I loved all of the communications- from the yoga exercise itself

to the environmental concerns. The storytelling strategy does make it better to get kids to try the poses, but it isn't a book I'd buy again or for others.



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