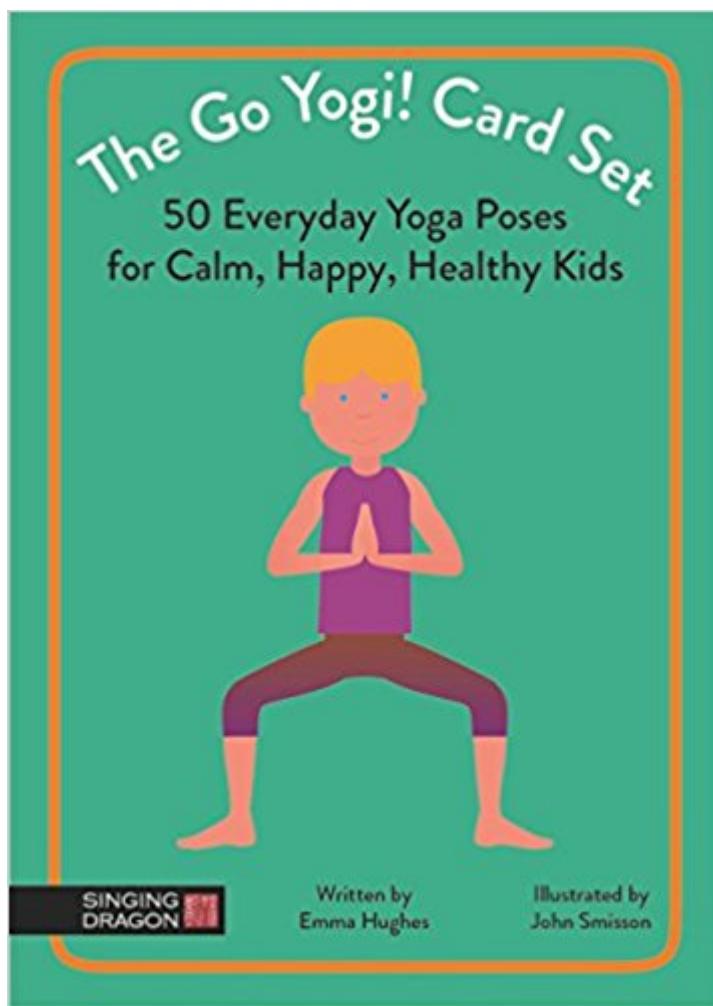


The book was found

The Go Yogi! Card Set: 50 Everyday Poses For Calm, Happy, Healthy Kids



Synopsis

Learn which way to bend your legs to sit like a lotus, how to balance in boat pose, and spread your arms wide to stand like a warrior! Children aged 4+ can use these fun flash cards to learn how to do 50 common yoga poses, either alone, in pairs or in groups. Each card shows exactly where each body part needs to go to feel the full benefits of each pose, to improve strength and flexibility, concentration, and achieve greater wellbeing. The cards are colour-coded based on the emotional and physical benefits of the pose, and include the traditional Sanskrit name as well as the English translation. They are perfect for use at school or home and are the ideal way to introduce yoga to young children. The card set also includes a booklet with instructions for use and ideas for adapting poses and using the cards as part of interactive storytelling.

Book Information

Age Range: 4 - 10 years

Cards

Publisher: Singing Dragon; Crds edition (October 19, 2017)

Language: English

ISBN-10: 184819370X

ISBN-13: 978-1848193703

Product Dimensions: 5.9 x 0.9 x 8.3 inches

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Customer Reviews

The beautifully simplistic illustrations on these easy to follow cards let the yoga poses speak for themselves. The colour-coded borders, Sanskrit names, and information booklet show the expertise and thought that has gone into creating this colourful deck suitable for anyone interested in getting children or themselves into yoga. -- Ty Newton, Primary School Teacher and Qualified Children's Yoga Teacher, Bath

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