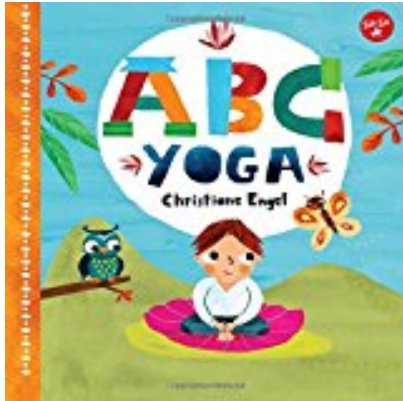


# ABC Yoga Join us and the animals out in nature and learn some yoga!

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## BOOK DETAILS

- Author : Christiane Engel
- Pages : 36 Pages
- Publisher : Walter Foster Jr
- Language : English
- ISBN : 1633221466

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## **BOOK SYNOPSIS**

Pairing simplified yoga poses with alphabetized animals and objects, ABC Yoga features colorful illustrations of children and animals practicing yoga along with playful rhymes to explain each movement. A fun family read, this interactive title is perfect for teaching toddlers their ABCs, as well as introducing them to familiar animals and basic, simplified yoga poses that promote health and well-being. Each letter of the alphabet is paired with an engaging illustration mimicking the various animals natural movements. Clever rhymes explain how toddlers (and their parents!) can copy the poses, each of which encourage movement, physical fitness, and mental health. The 26 yoga poses, one for each letter of the alphabet, are renamed for easy understanding, while an index at the end of the book identifies the correct name for each asana (yoga pose) for the adults. The engaging illustrations and playful rhymes encourage children and their parents to get up and move, promoting physical activity, learning, and togetherness.

### **ABC YOGA JOIN US AND THE ANIMALS OUT IN NATURE AND LEARN**

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