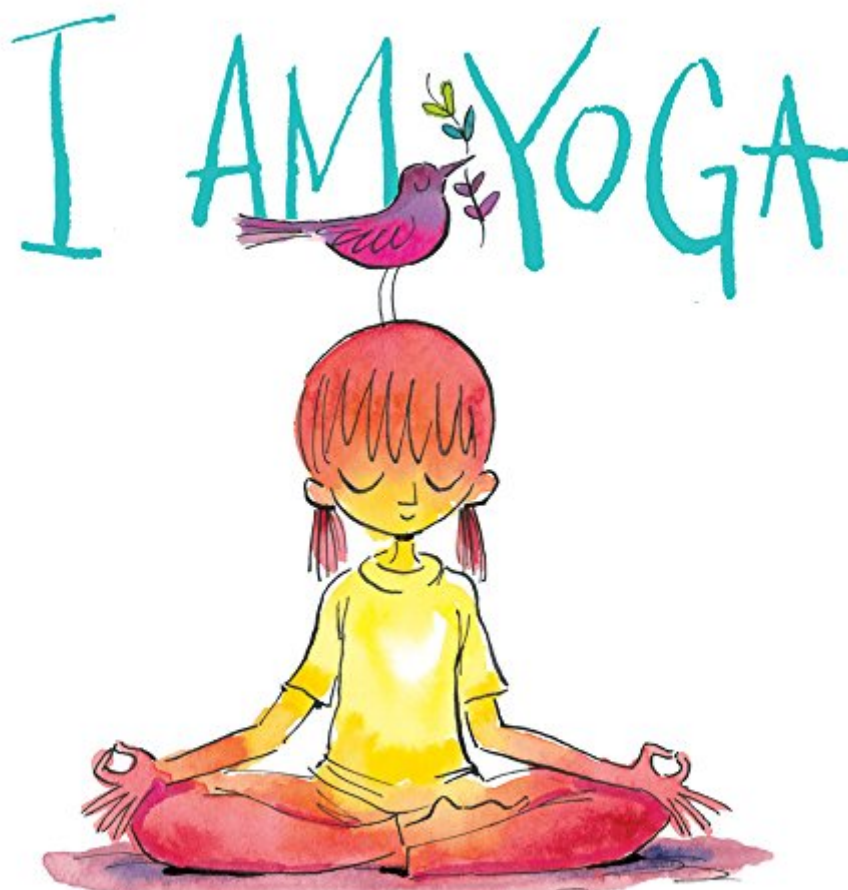


The book was found

I Am Yoga



BY SUSAN VERDE · ART BY PETER H. REYNOLDS



Synopsis

An eagle soaring among the clouds or a star twinkling in the night sky . . . a camel in the desert or a boat sailing across the sea "yoga has the power of transformation. Not only does it strengthen bodies and calm minds, but with a little imagination, it can show us that anything is possible. New York Times bestselling illustrator Peter H. Reynolds and author and certified yoga instructor Susan Verde team up again in this book about creativity and the power of self-expression. I Am Yoga encourages children to explore the world of yoga and make room in their hearts for the world beyond it. A kid-friendly guide to 17 yoga poses is included.

Book Information

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Customer Reviews

I love this little book. I am 64 years old with health issues and it is very difficult for me to exercise. So, I decided to try these "baby" steps and I am amazed. I can do everyone of these poses and I can feel where it is stretching those lazy muscles. I still have a long way to go to perfect the poses but this is a great start. I found I sleep much better too after doing these.

Not only is this about yoga poses but it's also about how yoga helps you to stay calm and feel better

when things aren't going your way. I love that part of the book. We have several yoga books for children but that part is unique to this book! Oh, and my children love it too! The 7 and 4 yr old enjoy it the most but the 2 yr likes "trying" the poses as well :)

This book describes how to move your body and slow your mind perfectly for young children. I read it daily with my two year olds and it quickly became their favorite. It's simple enough that they don't lose focus and they enjoy looking at the neatly illustrated moves. It's perfect for when things start to get a bit wild and you need to calm down, or just a great start to the day!

I bought this book for my nephews (3 & 5) to help them learn more about yoga. I loved it so much, I bought myself a copy too. The story is simple and relatable to all ages. It covers basic poses in a beautiful way. My nephews sat still through the whole book, tried every pose and had a great time.

This book is so full of inspiration and self esteem and self worth for all ages and genders. Unbelievable pictures to go with the prose. It makes a great gift and sends a positive message that our world needs so much right now.

I love this book! It is perfect for my class of 5 - 8 year olds, and would be very useful for older kids just learning yoga positions. It's easy to understand, so can be used for younger kids, but it may be a bit long for toddler/preschool age. It takes about 20 mins to read and go through the poses with a cooperative class.

I bought this for my niece as an introduction to yoga. She was interested in doing yoga after seeing me practicing during a visit to her home. It is a nice storybook, but also includes an index with more detailed descriptions on how to perform the pose.

Bought this for my seven year old! She loves it. I was hoping there was more of an instructional aspect to the story, but this works too.

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Yoga: 100 Key Yoga Poses and Postures Picture Book for Beginners and Advanced Yoga Practitioners: The Ultimate Guide For Total Mind and Body Fitness (Yoga ... Books) (Meditation and Yoga by Sam Siv 3) Yoga: The Yoga Beginner's Bible: Top 63 Illustrated Poses for Weight Loss, Stress Relief and Inner Peace (yoga for beginners, yoga books, meditation, mindfulness, ... self

help, fitness books Book 1) Yoga: 21 Essential Yoga Poses to Strengthen Your Body and Calm Your Mind (FREE Meditation Bonus!): (Meditation, Yoga Poses, Relaxation, Stress Relief, Yoga for beginners) Yoga Mama, Yoga Baby: Ayurveda and Yoga for a Healthy Pregnancy and Birth How to Sneak More Yoga Into Your Life: A Doable Yoga Plan for Busy People (Yoga for Busy People) Yoga con cuentos: Como enseñar yoga a los niños mediante el uso de cuentos (Cuentos Para Aprender Yoga) (Spanish Edition) Ultimate Hip Opening Yoga Guide: Exercises for Tight Hips & Hip Pain: 4-Week Yoga Guide w/ Videos (Beginner Yoga Guides Book 1) Yoga: A Man's Guide: The 30 Most Powerful Yoga Poses to Sharpen Your Mind and Strengthen Your Body (Just 10 Minutes a Day!, Yoga Mastery Series) Yoga: The Top 100 Best Yoga Poses: Relieve Stress, Increase Flexibility, and Gain Strength (Yoga Postures Poses Exercises Techniques and Guide For Healing Stretching Strengthening and Stress Relief) Easy YOGA GUIDE for beginners: Simple 46 Hatha Yoga Poses for Body and Mind (Yoga for Beginners Book 1) Shadow Yoga, Chaya Yoga: The Principles of Hatha Yoga Glimpses of Raja Yoga: An Introduction to Patanjali's Yoga Sutras (Yoga Wisdom Classics) Yoga Sastra: The Yoga Sutras of Patanjali Examined; With a Notice of Swami Vivekananda's Yoga Philosophy (Classic Reprint) Yoga Diet: How to Energize Your Yoga Practice and Nourish Your Body for Optimal Health and Happiness Yoga For Weight Loss: Yoga Weight Loss Secrets to Melt Fat, Trim Inches and Get a Youthful Sexy Bodyâ "FAST! Light on Yoga: Yoga Dipika Yoga, Meditation and Mindfulness Ultimate Guide: 3 Books In 1 Boxed Set - Perfect for Beginners with Yoga Poses Yoga for Children: 200+ Yoga Poses, Breathing Exercises, and Meditations for Healthier, Happier, More Resilient Children Yoga for a Happy Back: A Teacher's Guide to Spinal Health through Yoga Therapy Restorative Yoga For Breast Cancer Recovery: Gentle Flowing Yoga For Breast Health, Breast Cancer Related Fatigue & Lymphedema Management

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