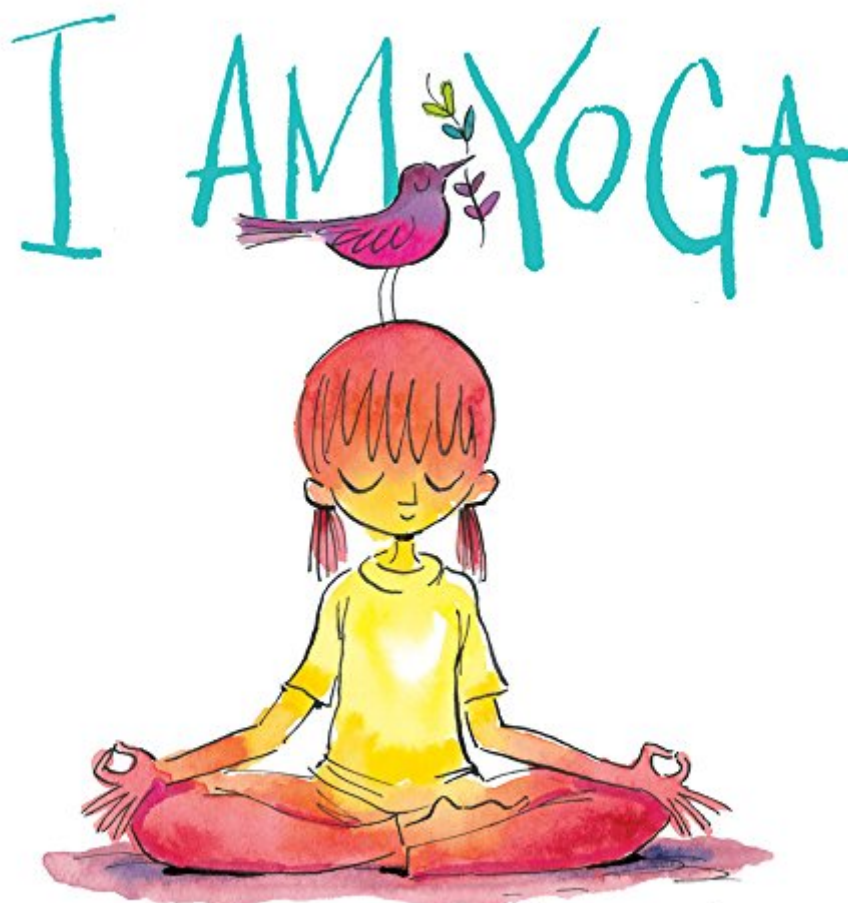




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# I Am Yoga



BY SUSAN VERDE · ART BY PETER H. REYNOLDS



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## 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

File Size: 7090 KB

Print Length: 32 pages

Publisher: Abrams Appleseed (September 8, 2015)

Publication Date: September 8, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B00YUZA0SI

Text-to-Speech: Not enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #9,221 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #2 in Kindle Store > Kindle eBooks > Children's eBooks > Growing Up & Facts of Life > Health > Personal Hygiene #66 in Books > Children's Books > Growing Up & Facts of Life > Health #70 in Kindle Store > Prime Reading > Children's eBooks & Kindle eBooks

## 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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