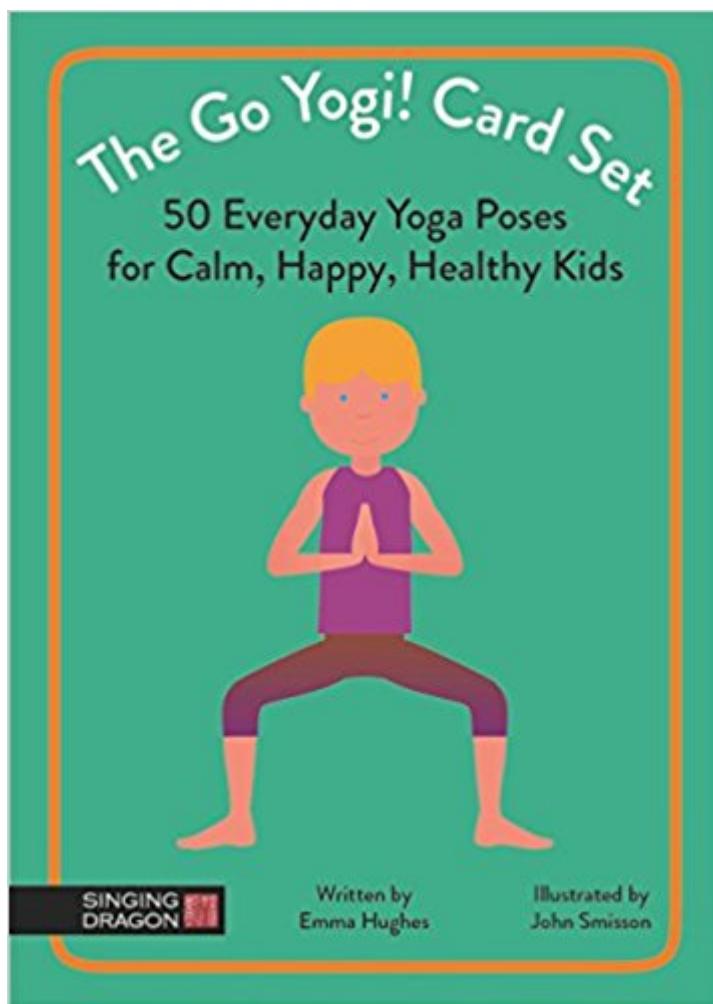


The book was found

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

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #621,987 in Books (See Top 100 in Books) #78 in Books > Children's Books > Growing Up & Facts of Life > Health > Fitness #131 in Books > Health, Fitness & Dieting > Exercise & Fitness > For Children #1492 in Books > Health, Fitness & Dieting > Mental Health > Emotions

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

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 Childrenâ™s Yoga Teacher, Bath)

[Download to continue reading...](#)

The Go Yogi! Card Set: 50 Everyday Poses for Calm, Happy, Healthy Kids 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) Driving Mr. Yogi: Yogi Berra, Ron Guidry, and Baseball's Greatest Gift The Calming Collection - Calm Mom, Calm Dad, Calm Child: Keeping Your Cool With Your Children, Your Family, and Everyone Else in Your Life Escape To Calm Adult Coloring Book Set With 24 Colored Pencils And Pencil Sharpener Included: Color Your Way To Calm The Complete Book of Poses for Artists: A comprehensive photographic and illustrated reference book for learning to draw more than 500 poses Boudoir and Glamour Photography - 1000 Poses for Models and Photographers: Boudoir, glamour and lingerie photography poses with instructions on techniques ... * Master Pro Secrets Quick & Easy Book 9) How to Draw Action Figures: Book 2: More than 70 Sketches of Action Figures and Action Poses (Drawing Action Figures, Draw Action Figures Book, How Draw Action Poses, Draw Comic Figures) 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) 47 Must Have Pre Wedding Poses: Couple Poses Inspired By Bollywood Movies Books For Kids: Natalia and the Pink Ballet Shoes (KIDS FANTASY BOOKS #3) (Kids Books, Children's Books, Kids Stories, Kids Fantasy Books, Kids Mystery ... Series Books For Kids Ages 4-6 6-8, 9-12) Low Calorie & Fat: Healthy Breakfast Recipes! Discover New Healthy Breakfast Ideas. Healthy Muffin Recipes, Healthy Smoothies, Healthy Egg Recipes and ... Only! (Low Calorie & Fat Recipes Book 1) Rays of Calm: Relaxation for Teenagers (Calm for Kids) The Yogi Assignment: A 30-Day Program for Bringing Yoga Practice and Wisdom to Your Everyday Life Essential Jazz (with CourseMate Printed Access Card and Download Card for 2-CD Set Printed Access Card) Happy, Happy, Happy: My Life and Legacy as the Duck Commander Cross-Stitch to Calm: Stitch and De-Stress with 40 Simple Patterns (Craft To Calm) Whole Health for Happy Cats: A Guide to Keeping Your Cat Naturally Healthy, Happy, and Well-Fed (Quarry Book) Dance Recital Journal Love Everyday Laugh Everyday Dance Everyday: Lined Notebook for Girls, Perfect Gift for Dancers ~ Unique Inspirational Quote Diary for Dance Students, Teacher A History of Everyday Life in Scotland, 1600-1800: A History of Everyday Life in Scotland, 1600 to 1800 (A History of Everyday Life in Scotland EUP)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)