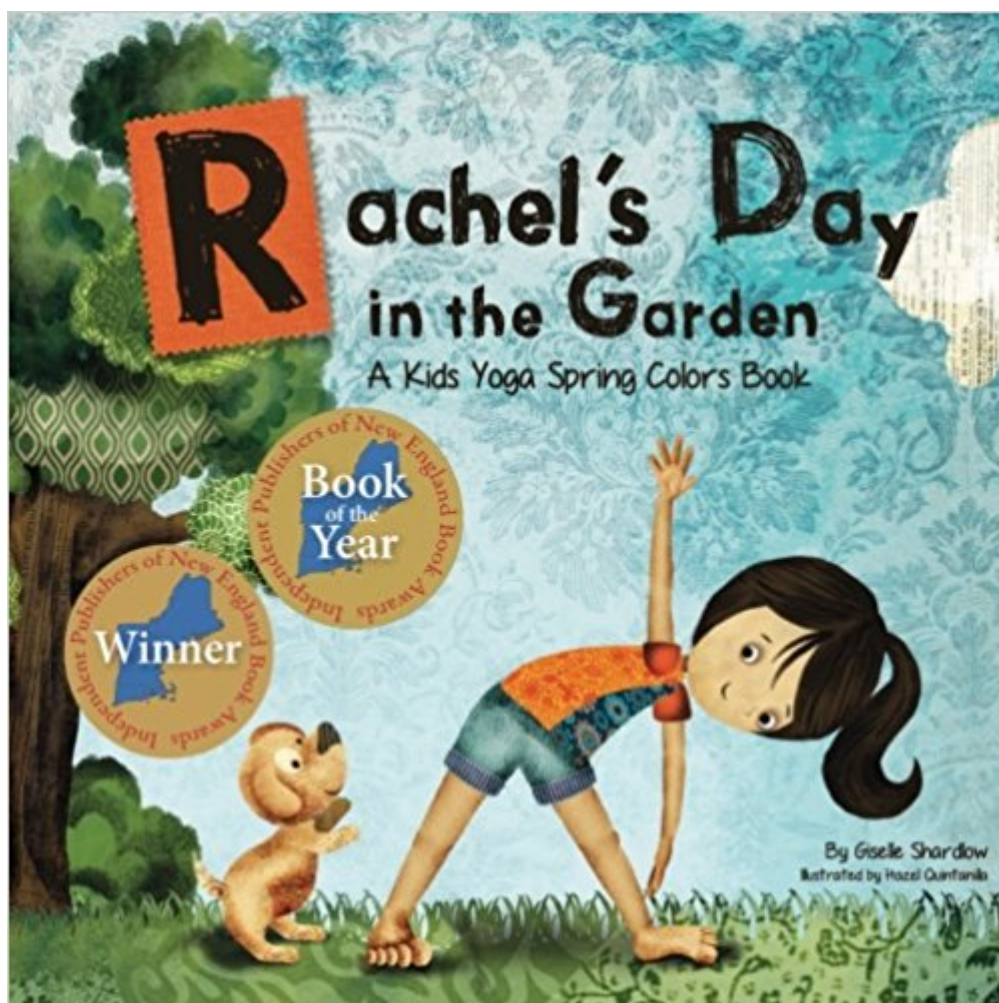


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# Rachel's Day In The Garden: A Kids Yoga Spring Colors Book (Kids Yoga Stories)



## Synopsis

IPNE BOOK OF THE YEAR 2015 & WINNER CHILDREN'S BOOK 2015 Experience the benefits of yoga while learning about the signs of spring! Join Rachel as she and her adorable puppy look for signs of spring in the garden. Crawl like a caterpillar, buzz like a bee, and flutter like a butterfly. Discover spring, explore movement, and learn the colors of the rainbow. The storybook includes a list of kids yoga poses and a parent-teacher guide. Kids Yoga Stories introduce you to engaging characters who will get your child laughing, moving, and creating. Reading is good for the mind AND body! The story links several yoga poses in a specific sequence to create a coherent and meaningful story. This spring yoga story for ages 3 to 6 is more than a storybook, but it's also a unique experience for children.

## Book Information

Series: Kids Yoga Stories

Paperback: 34 pages

Publisher: CreateSpace Independent Publishing Platform (December 23, 2014)

Language: English

ISBN-10: 1500138495

ISBN-13: 978-1500138493

Product Dimensions: 8.5 x 0.1 x 8.5 inches

Shipping Weight: 4.2 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 58 customer reviews

Best Sellers Rank: #265,928 in Books (See Top 100 in Books) #40 in Books > Children's Books > Growing Up & Facts of Life > Health > Fitness #57 in Books > Health, Fitness & Dieting > Exercise & Fitness > For Children

## Customer Reviews

"Rachel's Day in the Garden is yet another one of Giselle's masterpieces that incorporate yoga sequences into superb stories that kids love. The yoga poses are easy to follow and kids LOVE that they are moving their bodies like the real things they see within the book. Since they are so engaged in the story, kids don't realize how hard they are working at strengthening and stretching their little bodies and the fabulous benefits they are giving their sensory systems. As pediatric occupational and physical therapists, we give this book two thumbs up for body boosting fun!"- Claire Heffron & Lauren Drobnyak, Founders of The Inspired Treehouse, Inc. "Shardlow has mastered the art of integrating yoga, art, education and story into engaging

books that promote movement, relaxation, literacy and connection. Rachel's Day in the Garden is no exception and in fact, might be the best one yet! The Kids Yoga Stories series belongs in the hands of every child, parent and educator!"- Lisa Flynn, Founder of ChildLight Yoga and Yoga 4 Classrooms Author of Yoga for Children; and Yoga 4 Classrooms Activity Card Deck" Giselle Shardlow has done it again! Rachel's Day in the Garden, with its sweet story line and beautiful illustrations, makes it so easy for parents and teachers to bring simple, fun yoga poses into their homes and classrooms. The lovely depictions of the garden and natural world lend themselves to singing lots of traditional songs along with the book, too: You Are My Sunshine and Rain Rain Go Away!"- Kira Willey, Musical Yogini Creator of Dance for the Sun CD and Mindful Moments for Kids CD

Giselle Shardlow draws from her experiences as a teacher, traveler, mother, and yogi to write her yoga stories for kids. The purpose of her yoga books is to foster happy, healthy, and globally educated children. She lives in Boston with her husband and daughter.

I love this book. I received an ebook to review, but liked it so much, I bought a hardcover copy. The colors and illustrations are really fun, and my children enjoyed reading along with the story as we incorporate activity and movement into our story time. My favorite features are the little inserts that demonstrate the pose, the cute illustrations, the bright colors, and the overall look and appeal of the book. It's recommended for toddlers, but my 6 and 9 year old enjoyed it as much as my 4 year old! It's sometimes hard for me to fit in exercise and stretching, and the benefits of yoga are so tremendous - I love that I can read to my kids AND engage in a physical activity while reading!

This was a small paperback in all black and white. I sent it as a newborn gift, in the hopes it would be a beautiful book, whose mother's name is Rachel and loves gardening and yoga. I haven't used it yet to read to my niece but we should start in a few years.

Perfect introduction to organized exercise as well as exposure to the garden and our environment. We used it with a pre-school group and modeled the yoga moves and read the story. They loved being part of the activity. I bought it for my 7-year old granddaughter who read her own story and did the moves from the pictures, asked Mom for a yoga mat!"

The kids love this book. Easy to follow and beautiful illustrations!

Adorable book introducing yoga to children. My preschool class enjoyed the book.

4.5/5 First of all, I have to say how much I absolutely love this idea. I'm a big fan of yoga myself and I think it's great that there exists a picture book series for young kids (and adults too!) to get started practicing it at a young age while maintaining a fun and safe atmosphere. This isn't a book I'd ever noticed missing in my life, but I can say that now that I know it exists, it's one that I'd definitely recommend to my parent friends and relatives who have small children. Let's start with the fundamentals: this is a practical but easy to use book from an adult standpoint. At the end of the book, there's a little guide that goes into a bit more depth about how each of the poses demonstrated throughout the story should be done, as well as tips for staying safe while doing them, breathing control, and communication with the kids. Now for the story part of the book. What's most striking to me about this book is the illustrations. They are simply stunning. They have bright, vivid colors that are perfect for springtime, and have this cool textured/layered look to them that I really enjoy. The illustrations of Rachel serve dual purposes. First, they highlight the story of Rachel's lovely spring day in the garden with her dog. Also, each time that Rachel is on the page, she is in a new yoga position. On each of these new pages, there is a bubble with the name of the pose as well as a highlighted word in the sentence of the story that best represents that pose. That key word is also correspondent to a color (like the yellow sun). It's a really simple book on the surface, but it teaches so much in a small space. It encourages fitness, imagination, and relaxation while simultaneously teaching the child about yoga and colors while also entertaining them with a story about a bright spring day. It's a pretty neat idea that is really well done, in my opinion. This is a book that I think any yogi, fitness fan, or even parent of a young child would definitely benefit from reading. This is, from my gathered knowledge, the first book of a series with each book representing a different season. I would definitely read more from Giselle Shardlow and can't wait to see the illustrations and poses in the next book. A copy of this book was provided to me in exchange for my honest review.

I received a free copy of this book for an honest review. Rachel's Day in the Garden is adorable and a great way to teach simple yoga poses to young children. At the beginning, it is suggested for the parent to flip through the book first to get acquainted with the format. Then, as they read it with their child, they can both practice each pose as they go. There is also a springtime keyword for each pose which is a simple word for the child to learn in place of the actual name of

the pose. If you're a parent interested in teaching yoga to your young child, this book would definitely be a good way to start. It's not only easy to understand but it has examples to look at and colorful pictures to help keep their interest. I think it would be fun to get all 4 of the books when they're available.

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Kids Stories, Kids Fantasy Books, Kids Mystery ... Series Books For Kids Ages 4-6 6-8, 9-12) A Garden to Dye For: How to Use Plants from the Garden to Create Natural Colors for Fabrics & Fibers Books for Kids: Lily the Little Mermaid (Mermaid Books for Kids, Children's Books, Kids Books, Bedtime Stories For Kids) (The Mermaid Stories: Kids Fantasy Books Book 2)

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