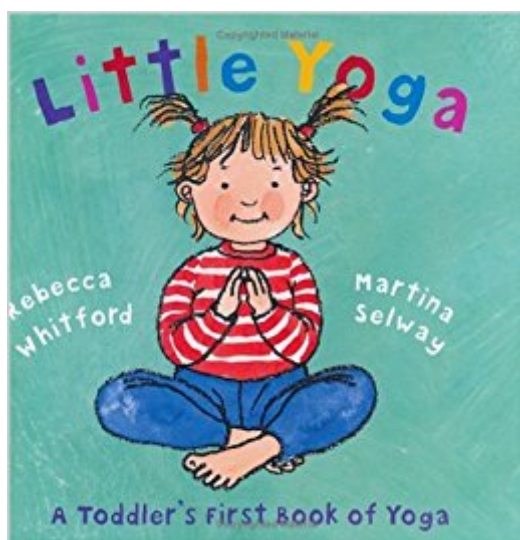


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# Little Yoga: A Toddler's First Book Of Yoga



## Synopsis

Yoga Baby spreads his arms out like a butterfly . . . Yoga Baby wobbles like a little bird . . . Yoga Baby says "time for rest" "A perfect introduction to yoga for toddlers Here is a playful introduction to nine simple yoga exercises for young children. Toddlers will enjoy moving along with Yoga Baby as they follow the basic poses. Unlike most books on the subject, Yoga Baby is aimed directly at preschoolers. This interactive picture book also includes helpful information for parents and educators. Fun, accessible, and colorful it's a great way for little ones to discover yoga.

## Book Information

Hardcover: 32 pages

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Average Customer Review: 4.6 out of 5 stars 97 customer reviews

Best Sellers Rank: #36,233 in Books (See Top 100 in Books) #7 in Books > Health, Fitness & Dieting > Exercise & Fitness > For Children #8 in Books > Children's Books > Growing Up & Facts of Life > Health > Fitness #98 in Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga

Age Range: 1 - 4 years

Grade Level: Preschool and up

## Customer Reviews

Toddlers can move along with the playful illustrations and simple poses introduced in this book. Each colorful spread shows a child in a yoga pose on one side, while the opposing page pictures the animal the position is supposed to reflect. For example, the first spread shows, Yoga Baby in the flying eagle pose, and the facing page reads, spreads his arms like a butterfly. While a butterfly is depicted rather than an eagle, the idea is conveyed and the other poses are fairly straightforward. Youngsters are shown hanging down like a monkey (forward bend), breathing like a lion (lion breath), etc. The brightly hued backgrounds of blue, pink, purple, and yellow,

combined with the large cartoon artwork, are pleasing to the eye. A note to adults offers some practice tips, and there is also a brief explanation of the poses. Yoga is all the rage, and this picture book will be popular where books on the topic are in demand. —DeAnn Tabuchi, San Anselmo Public Library, CA Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

PreS. Intended as a "gentle introduction" rather than a strict how-to manual, this small, square book offers a simple sequence of yoga poses designed especially for toddlers. On each cheerfully designed spread, a simple, black-outlined illustration shows a smiling toddler in a pose; on the opposite page, an animal mimics the same motion. The text is straightforward: "Yoga baby wags his tail like a dog" read the words above a boy, balanced in Downward Dog pose--just like the spotted pooch next to him. Appended material includes tips for adults to help guide children through the motions and photos of toddlers performing the poses. This slim offering isn't a necessary purchase, but there's little available about yoga for the toddler set, and the encouraging notes and well-chosen poses will give parents (and others who work with children) new ideas for channeling toddler energy. Gillian Engberg Copyright © American Library Association. All rights reserved

I ordered this book for my 22 month old daughter because she loves doing yoga at daycare. I thought it would include a variety of poses for toddlers to do and that we could do it together. I found it to be more like a bedtime yoga book with about nine poses that are compared to animals (arch like a cat, etc.). I guess I thought the book was going to be a little more like Itsy Bitsy Yoga which I had for her as a baby. Overall, she is not that interested in the book and it doesn't get much use.

This is a great book for beginning yogis. My nearly 2yo son and I love doing yoga before bedtime. Another reviewer mentioned that they wished the poses would become more relaxing as you read and I would agree. Having the frog pose near the end makes my son go crazy hopping around when we're trying to wind down for bed. I'll probably switch it up as we get to know the book better!

My 2 year old asks to do his yoga almost every night. It's so cute how they associated the poses with animals. He loves it and I have fun helping him and doing the poses with him.

My daughter (2 years) loves her little yoga book and we do the poses together. Can recommend this book.

My 18 month old is actually doing the poses which I really like. What I don;t like is that there is no flow to the book. It is not easy to get from one position to the next. The pages really need to be in a different order to make it easier to follow. I would also like this in a board book because its hard to do this with your child. I prop the book up but the pages flop around.

Such a cute little books

Cute book, but my toddler already knew some basic yoga and I found that the poses in this book are mainly the poses she already knows. Down Dog, Cat, cow, child's pose, etc. I almost returned it, but I decided to keep it because I thought she might enjoy looking at the pictures of children doing the poses.

Our toddler loves it.

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