

Download Kid Yoga Fun With A Twist

The author of the popular Ashtanga Yoga presents a bright, simple instructional book of yoga poses kids will love doing. More and more, yoga is becoming a popular pastime for children and a part of many a school's gym curriculum.

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A bright, simple instructional book of yoga poses kids will love doing. With its colorful and plentiful photographs of smiling kids obviously enjoying their workout, this guide will prove irresistible to parents and teachers hoping to create an entertaining practice for youngsters.

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Share the gift of yoga, deep breathing, meditation & visualisation with kids & learn to design creative & comprehensive kids yoga classes. Join us for a fun and practical workshop that combines stories, music and games with traditional yoga techniques to create a unique movement experience for children between 3 and 8 years (with older ages ...

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Join Beth for a fun and practical teacher training workshop that combines stories, music and games with traditional yoga techniques to create a unique movement experience for children between three and seven years (with older ages covered too).

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