

A Yoga Jungle Adventure

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join sophia on her jungle adventure fly like a toucan slither like a snake and flutter like a butterfly as you act out this journey through a costa rican jungle what else might you see cover

i am the jungle a yoga adventure takes kids through a yoga flow of poses inspired by the natural world including mountain river elephant and python told through a fun adventure story that focuses on imagination the book offers young readers the benefits of yoga including movement joy and focus in addition to learning basic yoga poses children will learn to identify different emotions while practicing those poses butterfly pose helps you feel calm and centered tree pose brings feelings of being grounded and well balanced and turaco pose lets you get your playful on the back of the book includes a parents and teachers guide with sanskrit names and physical benefits of each yoga pose

russian version of sophia s jungle adventure give your children the healthy benefits of yoga with this kids yoga stories adventure book join sophia on her jungle adventure fly like a toucan slither like a snake and flutter like a butterfly as you act out this journey through a costa rican jungle what else might you see 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 book for ages 3 to 7 is more than a storybook but it s also a unique experience for children sophia s jungle adventure is also available in spanish french portuguese and german see the author s page for the whole list of yoga stories at amazon com author giselleshardlow

the little yogi adventures are rhyming yoga stories centered around themes found in the natural world yoga asanas postures accompany each line of text with an asana key at the bottom of each page breathing practices and meditation techniques are presented within the stories and central to every adventure is a little bit of humour little yogi adventures are suitable for children aged 4 11 the stories can be enjoyed as a session of family yoga or little yogis can dive in by themselves following the text and yoga stickmen guides a yoga stickman sequence is included at the back of each book to allow little yogis to learn their very own yoga routine

this kids yoga coloring book is a great gift for a 3 to 8 year old to spark their creativity and get them into action join sophia s jungle adventure fly like a toucan slither like a snake and flutter like a butterfly as you act out a costa rican jungle adventure through this interactive coloring book complementing the sophia s jungle adventure storybook includes list of kids yoga poses and a parent teacher guide color be active and have fun sophia s jungle adventure coloring book is a complement to the sophia s jungle adventure storybook which is available in english spanish french portuguese russian and german see

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