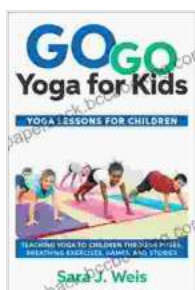


Go Go Yoga For Kids: A Fun and Educational Book for Children

Yoga is a great way for kids to improve their physical and mental health. It can help them to develop strength, flexibility, and balance, as well as improve their coordination and focus. Yoga can also help kids to learn how to relax and self-regulate their emotions.



Go Go Yoga for Kids: Yoga Lessons for Children

by Sara J. Weis

★★★★☆ 4.6 out of 5

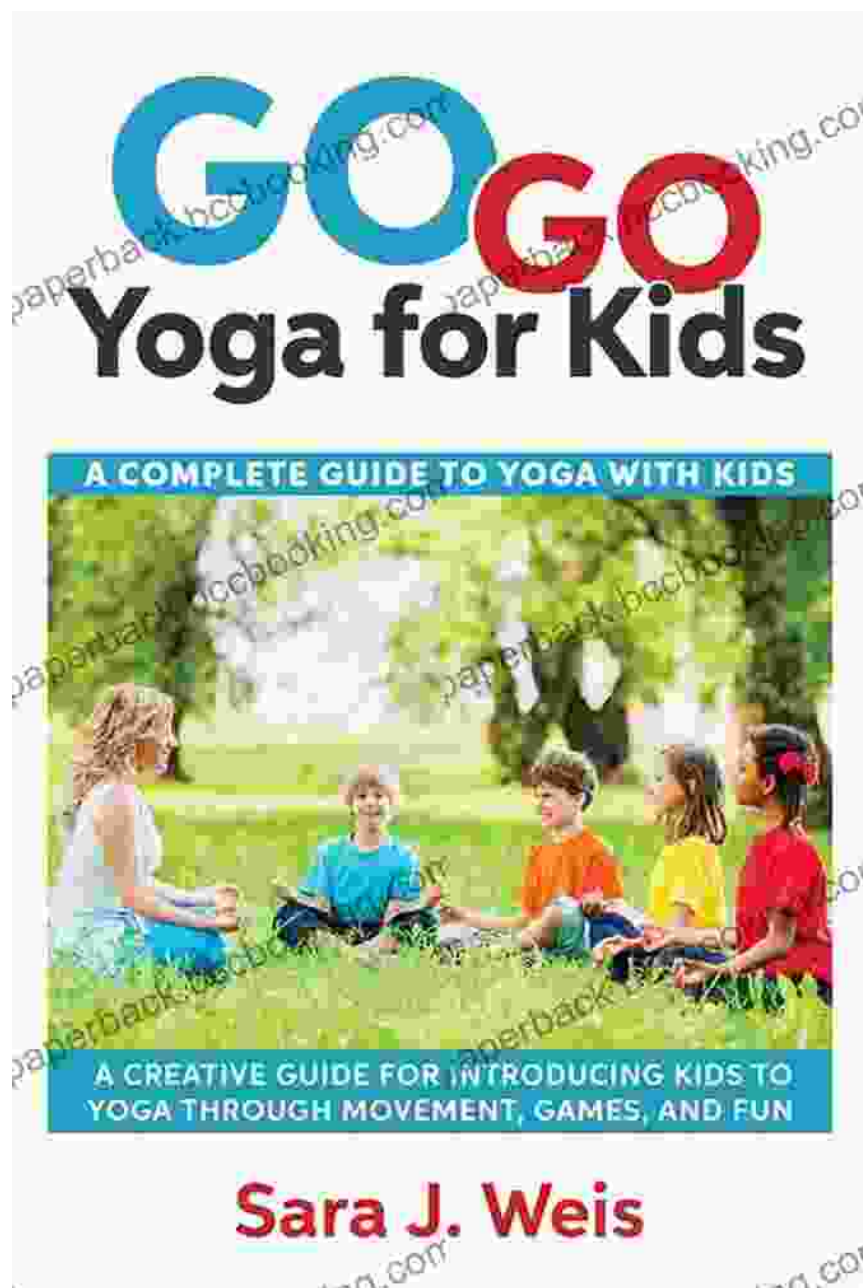
Language : English
File size : 3886 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 166 pages
Lending : Enabled



Go Go Yoga For Kids is a fun and educational book that teaches children the basics of yoga in a fun and engaging way. The book is written by a certified yoga instructor who has years of experience teaching yoga to children. The book is illustrated with bright and colorful images that will appeal to children of all ages.

The book includes 20 different yoga poses that are designed to be fun and easy for children to do. Each pose is clearly explained and illustrated with

step-by-step instructions. The book also includes a section on breathing exercises that can help children to relax and focus.



Go Go Yoga For Kids is a great book for children who are interested in learning about yoga. The book is fun, educational, and affordable. It is a great way to introduce children to the benefits of yoga and to help them develop a lifelong healthy habit.

What Parents Are Saying

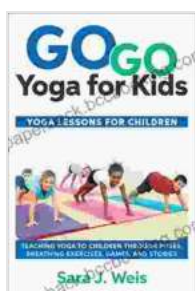
"My kids love this book! They have been ng yoga with me for years, but this book has helped them to learn new poses and to improve their flexibility and balance." - Sarah, mother of two

"I am a yoga instructor and I often use this book with my students. The poses are easy to follow and the illustrations are really helpful. I highly recommend this book to anyone who wants to teach yoga to children." - Emily, yoga instructor

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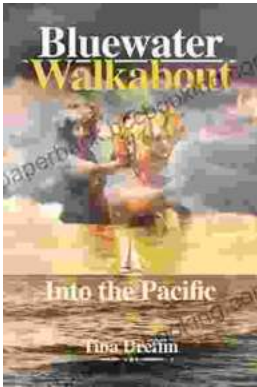
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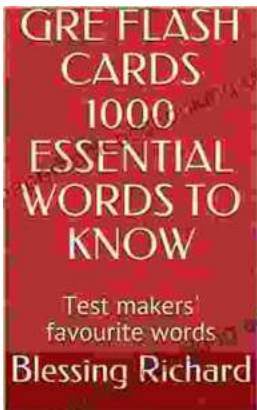
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