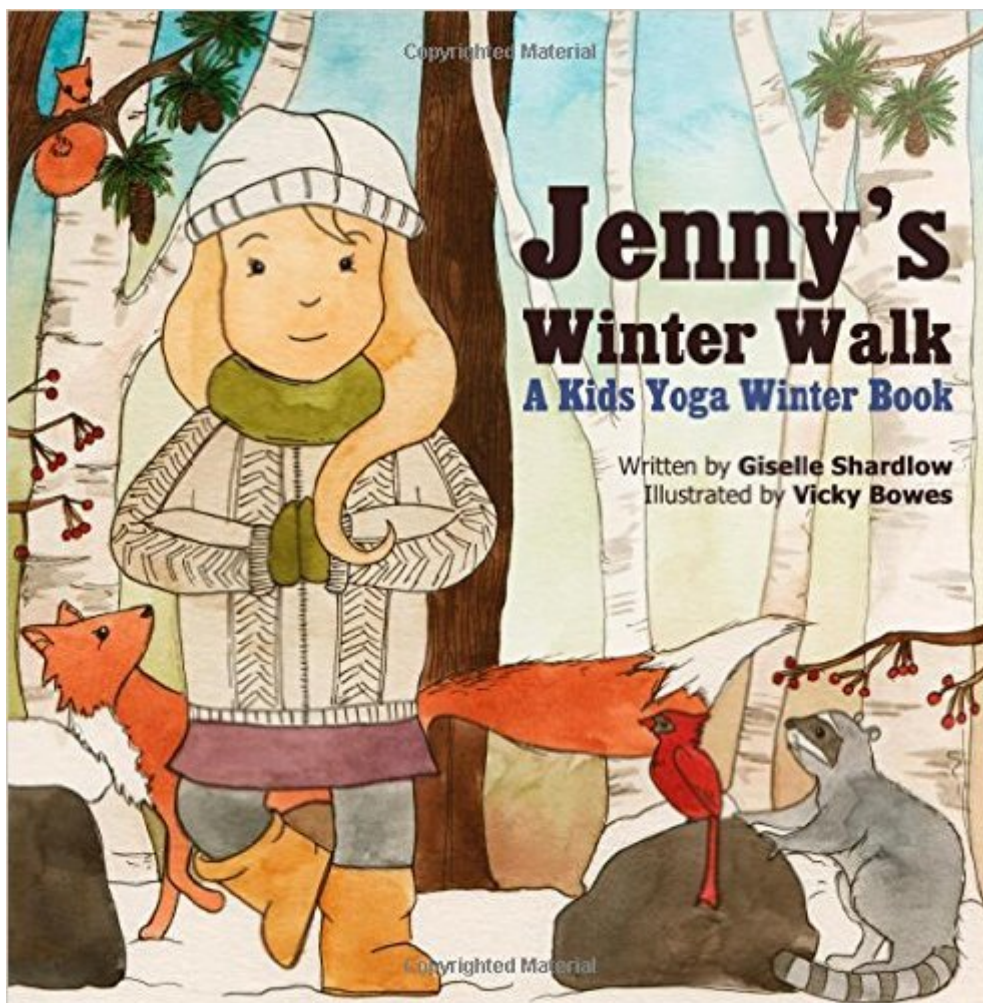


The book was found

Jenny's Winter Walk: A Kids Yoga Winter Book



Synopsis

Experience the benefits of yoga with your children or students by acting out what you see and hear in winter with this interactive yoga story, Jenny's Winter Walk! Join Jenny as she meets various animals on a winter walk with her mom. Be a squirrel, a fox, and a bunny. Discover winter, explore movement, and learn the five senses. The yoga 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 winter yoga story for ages 2 to 5 is more than a storybook, but it's also a unique experience for children.

Book Information

Paperback: 34 pages

Publisher: CreateSpace Independent Publishing Platform (March 27, 2015)

Language: English

ISBN-10: 150570720X

ISBN-13: 978-1505707205

Product Dimensions: 8.5 x 0.1 x 8.5 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars See all reviews (2 customer reviews)

Best Sellers Rank: #886,246 in Books (See Top 100 in Books) #109 in Books > Children's Books > Growing Up & Facts of Life > Health > Fitness #172 in Books > Health, Fitness & Dieting > Exercise & Fitness > For Children

Customer Reviews

a lovely book to use while teaching children's yoga. Works well for preschoolers and early primary students. Very nice pictures and explanations of poses as well...

A great story that incorporates yoga.

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