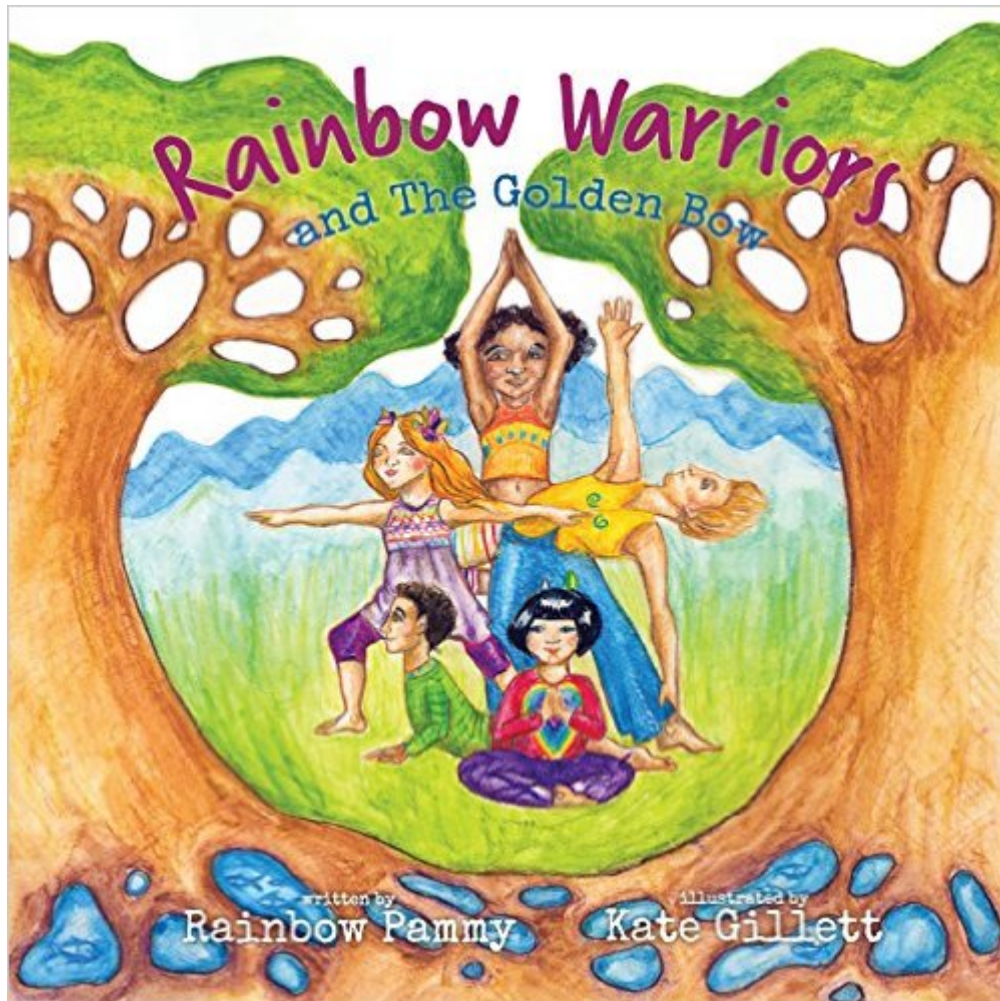


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# Rainbow Warriors And The Golden Bow: Yoga Adventure For Children (Rainbow Warriors Yoga Series)



## Synopsis

This fun yoga adventure is a way to heal the world with mindfulness! Get ready for an exciting expedition off your yoga mat and into the wilderness. This is the first of a series of books by yoga instructor and children's development specialist, Rainbow Pammy. This playful, instructional book has been designed to encourage kids to take their yoga practice out into nature. Developing a greater awareness of the environment, an appreciation of its beauty and the importance of their own place in it. Colourful illustrations accompany step-by-step yoga instruction and photography. This will provide children the basic yoga training they need to develop a meaningful practice that will stay with them the rest of their lives. Founder of Rainbow Yogis™, Rainbow Pammy has spent the last decade developing her own brand of yoga, especially for children, by combining a lifelong obsession with yogic practice, a deep interest in the psychology of mindfulness, as well as her endless love for animals and the environment.

## Book Information

Series: Rainbow Warriors Yoga Series (Book 1)

Paperback: 38 pages

Publisher: Rainbow Yogis (October 19, 2015)

Language: English

ISBN-10: 0994466013

ISBN-13: 978-0994466013

Product Dimensions: 8.5 x 0.1 x 8.5 inches

Shipping Weight: 4 ounces (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #2,075,859 in Books (See Top 100 in Books) #224 in Books > Children's Books > Growing Up & Facts of Life > Health > Fitness #339 in Books > Health, Fitness & Dieting > Exercise & Fitness > For Children

Age Range: 3 - 9 years

Grade Level: Kindergarten - 5

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