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Child's Garden Of Yoga



Synopsis

Text and photographs illustrate the three basic locks, deep breathing exercises, meditation, and simple postures of Yoga practice.

Book Information

Paperback: 108 pages

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Average Customer Review: 5.0 out of 5 stars 7 customer reviews

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Customer Reviews

I loved it. Very much hope our grandsons do as well.

Allthough this book is older, and the pictures of the posing children are somewhat dated, it is a wonderful begining book. It is easy to understand, and the kids have fun with the poses. They take the book themselves, look at the pics and do their yoga poses. Great little book.

Great book if you plan to teach Children't Yoga classes

A true gem!

Very useful for children who are beginners.... This book is useful both for teachers and parents alike.

In general children should not practice strrong hatha yoga. Their bodies are still growing and adapting. Forceful postures would cause damage. At the same time some measure of flexibility, if maintained, can help build a strong and agile body. This book hits the spot with an emphasis on fun

as well.

What could be more natural then a children's yoga book from Babaji. This is a lovely offering from a master of yoga who simply loves children. Great photos and clear text. For the adults in the family who want to go deeper with Babaji:Â Ashtanga Yoga Primer

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