



## Yoga for Kids: Simple Animal Poses for Any Age

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A child uses zoo animals as models for his yoga practice in this approachable guide that's easy to follow along. From the brave lion to the funny camel to the elegant eagle, the asanas this attentive boy attempts are well explained and are paired with cute images of him practicing each pose. *Yoga for Kids* playfully welcomes children into the healthy benefits of yoga and its natural inspirations. Ages four and up.

AIMEE JODOIN (Fall 2015)

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