



Rainbow Warriors and the Golden Bow: Yoga Adventure for Children (Hardback)

By Rainbow Pammy Hoggarth-Gray

Rainbow Yogis, United States, 2015. Hardback. Book Condition: New. Kate Gillett (illustrator). 216 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.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 YogisTM, 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.



READ ONLINE
[2.18 MB]

Reviews

This publication can be really worth a go through, and a lot better than other. It is actually writter in straightforward words and phrases instead of confusing. I discovered this pdf from my dad and i suggested this publication to learn.

-- Jackeline Rippin

A high quality book and also the font employed was intriguing to read. I was able to comprehended every thing out of this created e book. You wont really feel monotony at whenever you want of the time (that's what catalogues are for concerning should you check with me).

-- Prof. Johnson Cole Sr.