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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 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.



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Reviews

This composed ebook is wonderful. It really is written in basic words rather than hard to understand. You may like the way the writer compose this pdf.

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This book can be well worth a go through, and a lot better than other. It is written in simple words and phrases and not confusing. It's been printed in an exceptionally simple way in fact it is merely right after I finished reading through this pdf by which basically changed me, modify the way I think.

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