


[DOWNLOAD](#)


Yoga Menagerie's Adventures in Kids Yoga: Book One

By Victoria Fishman

Createspace, United States, 2014. Paperback. Book Condition: New. Morgan Keller (illustrator). 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Yoga Menagerie's Adventures in Kids Yoga Series is a collection of yoga sequences that incorporate dynamic movements and playful animal poses. Bring sensory exploration to a whole new level. Every adventure is short, easy to follow and fully illustrated! Adventures in Kids Yoga are suitable for all ages, levels and abilities! All the poses can be modified to allow each practitioner to maximize their personal experience! Doing the Adventures in Kids Yoga Series helps develop balance, coordination, rhythm, physical awareness and many other gross motor development skills. Practitioners will gain functional strength and endurance as well as increased flexibility and improved range of motion. These adventures also bring awareness of the mind-body connection and promote self-regulating skills. The Breathing Techniques are an essential and fundamental part of all yoga practices. They help to cultivate numerous self-regulating skills. The collection of breathing sequences is a kid and family friendly version and inspired by the pranayama yogic breathing techniques. Adventures in Kids Yoga Series increases concentration, focus and memory development while building self-esteem and encouraging creative...



[READ ONLINE](#)
[5.12 MB]

Reviews

This publication may be worth purchasing. it was actually writtern quite flawlessly and valuable. I am just happy to tell you that this is actually the very best book i actually have study inside my personal life and can be he best ebook for actually.

-- **Frank Nienow**

This is the greatest book we have study right up until now. This can be for all those who statte that there was not a worth reading. Your lifestyle period will probably be enhance when you complete looking at this ebook.

-- **Santos Koelpin**