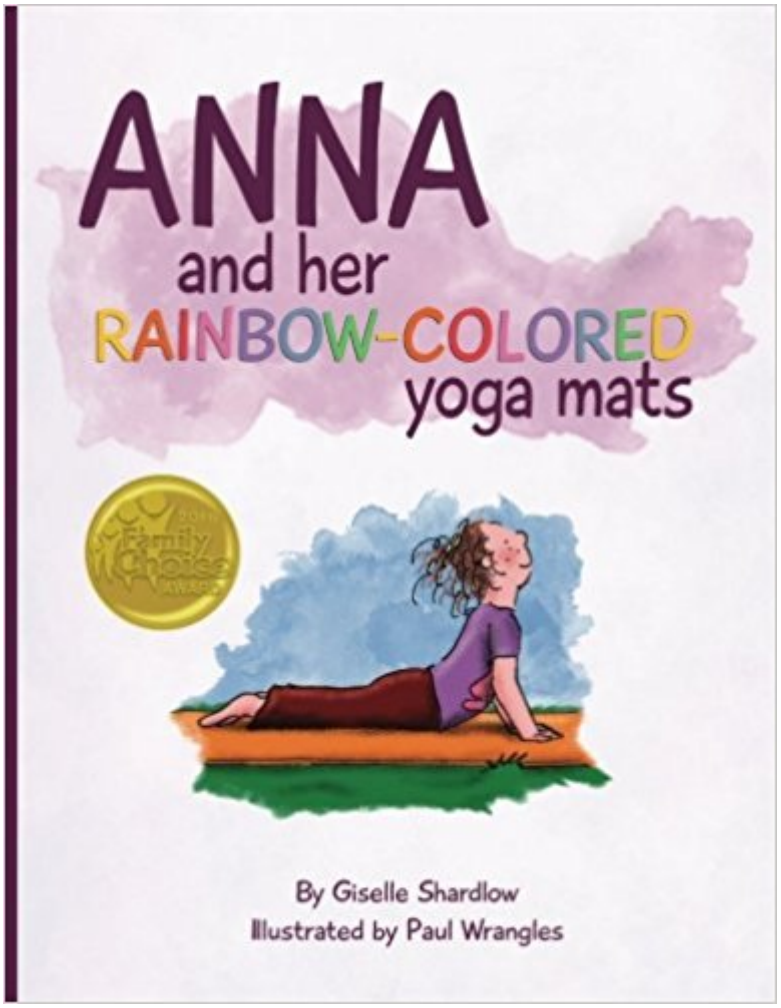
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Anna And Her Rainbow-Colored Yoga Mats



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Synopsis

WINNER OF FAMILY CHOICE AWARD 2016 A Kids Yoga Story About Friendship, Happiness and Acceptance Anna finds happiness practicing yoga at recess. She imagines traveling the world and exploring new places. Will her new classmates accept her and join the fun? Kids Yoga Stories introduce you to engaging characters who will get your child laughing, moving, and learning. Reading is good for the mind AND body! This book for ages 3 to 7 is more than a storybook, but it’s also a unique experience for children. This 2nd edition was published January, 2015

Book Information

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Average Customer Review: 4.7 out of 5 stars 73 customer reviews

Best Sellers Rank: #339,939 in Books (See Top 100 in Books) #31 inÃ Â Books > Children’s Books > Growing Up & Facts of Life > Health > Physical Disabilities #50 inÃ Â Books > Children’s Books > Growing Up & Facts of Life > Health > Fitness #78 inÃ Â Books > Health, Fitness & Dieting > Exercise & Fitness > For Children

Customer Reviews

"Giselle Shardlow crafts a multi-layered story that offers not just thetriumphs of a young heroine, but also the benefits of a yoga practice on the young body. What a gift for young kids today to find a story as rich as this thatallows them to participate in a practice that will leave them healthierand more empowered."- Alanna Kaivalya, founder of The Kaivalya Yoga Method"I love that the two main characters in the book have special needs(hearing loss) and are portrayed in a positive & empowered way! It is a moving story of the power of being true to yourself & friendship when being faced with teasing/bullying."- Angela Moorad, founder of OMazing Kids "Giselle encourages children to think of others, to celebrate diversity,and to move their bodies without feeling self-conscious or competitive."- Katie Manitsas, Director of Jivamukti Yoga Sydney "As a retired school librarian, I appreciate books which can be used to introduce multiple ideas. In addition to the yoga component, this story includes some academic concepts as well as emotional intelligence. There is much to

learn and discuss in this deceivingly simple looking book!"- Eve Panzer, founder of Barefoot Librarian

Giselle Shardlow is the author of Kids Yoga Stories. Her yoga-inspired childrenÃ¢â ¬â„¢s books get children moving, learning, and having fun. Giselle draws from her experiences as a teacher, traveler, yogi, and mom to write the stories found at www.kidsyogastories.com or on (.com/author/gisselleshardlow) worldwide.

I love yoga story books! I am a parent & me yoga teacher and I like to have a different book for each theme; this will work for my Chakras/Colors class. And can spark a nice discussion about those different from you. I'd say this is for 5+ rather than under 4 because of story length.(Some of the other books I have are "ABC's of Yoga" for ABC class; "Roar Like a Lion" for animal class where we do animal breaths and poses, "I Am Yoga" and then I just have some active books like "Clap Your Hands"/ "Shake a Leg" since the kids love those and "From head to toe" for body parts class)I have at least one of her other books (Sophia's Jungle Adventure); she also has Good Night, Animal World, Luke's Beach Day, The abc of Australian Animals and Hello, Bali.It would be ideal to have an easy kids book on sun salutations, and a simpler abc one (like B is for Bear but Y is for Yogi) and Yogi Says (I sometimes use Elmo Says but I know some parents don't like characters) *hint hint*; if anyone has any suggestions post a reply :)Spoiler Alert ~ Story: "Say hello to Anna," announced the teacher. "She's our new student from the country." Anna looked down at her toes. She felt a pain in her stomach. "Hello, Aaaannaaa!" chimed the class. What is that read thing in her sparkly backpack?" "Check out her curly hair" "Look at her crazy-colored shoes!" whispered the children to each other. Anna couldn't hear them. At recess, Anna unrolled her red yoga mat next to the tree. She felt safe on her yoga mat. She had learned to do yoga by watching her mom every morning. As she moved through her poses, she imagined traveling the world. That day, Anna imagined going on a farm adventure. She arched up like a cat. She kicked up like a horse...and she waddled like a duck. Anna was in her own little world on her red yoga mat. She couldn't hear the fire children watching her. The next day, at recess, Anna unrolled her orange yoga mat next to the tree. That day she imagined a journey to the jungle. She swayed like a palm tree. She stretched like a jaguar...and she hissed like a snake. Anna was in her own little world on her orange yoga mat. She couldn't hear the 10 children watching her. Anna looked forward to recess time. She ignored the funny looks and laughter from the other children. Her mother always said to her, "Be true to yourself, Anna. If you want to be happy, then you must be happy for others around you." Every day, she remembered

what her mother said. She thought about being happy inside. She tried not to worry that she didn't fit in or that she was different. The following day, Anna unrolled her yellow yoga mat next to the tree. That day she imagined a safari to the desert. She stretched up like a pyramid. She perched like a sphinx...and she bent back like a camel. Anna was in her own little world on her yellow yoga mat. She couldn't hear the 20 children watching her. One day, as Anna was unrolling her green yoga mat under the tree, she felt a soft tap on her shoulder. "I have a hearing loss too" Nick pointed shyly at Anna's hearing aids. Anna was surprised that Nick was talking to her. She had noticed groups of giggling girls following him around the playground. "I lip read. I don't know anyone like me." Nick pointed to her mat. "What is it you're doing anyway?" "I imagine that I am traveling the world. I visit deserts, oceans and forests." Anna leaper around her mat. "Why don't I teach you to lip read and you teach me to travel the world?" Nick grinned from ear to ear and felt happy for the first time in a long time. Each day, Anna and Nick practice lip reading together. And at recess time, Anna taught Nick how to travel the world. "All you need is a little concentration and a whole lot of imagination!" Anna told her new friend. Anna unrolled her blue yoga mat under the tree. She gave Nick her red one. They trekked through the mountains. They swayed like trees. They stood tall like mountains...and they moved like bears. They didn't notice the group of 40 children watching them. One day, Anna unrolled her purple yoga mat next to the tree. "Let's imagine going to the ocean!" Nick joined Anna under the tree. They flapped like swimmers. They balanced like surfers...and they titled like sails in the wind. they were so busy being seagulls, sandcastles and seashells that they didn't notice the 40 children around them. Suddenly it started to sprinkle. Anna's legs shot up like water from a dolphin's blowhole. The rain fell gently on her face. "I'm happy inside and my dreams have come true!" Anna felt a soft tap on her toes. "Look Anna! Our RAINBOW!" said Nick excitedly. Anna smiled when she saw that a group of children had come to join them on their own colorful yoga mats.

I have used the book Anna and her Rainbow Colored Yoga Mats several times to create delightful children's yoga classes. The inner-city school where I taught did not have a PE program. The children were from mostly single parent homes and 80% @ or below poverty level. Anna was a fabulous vehicle to teach the kids how to make beautiful new shapes with their bodies while learning compassion and relaxation as well. After reading the story aloud, each student was guided to pick a pose from the story that intrigued them (the book is loaded with wonderful yoga postures). The kids were then invited to take the shape of the pose and show it to the class. All of the kids were excited to mimic the poses and add creative twists to each one. By the time our 45 minutes were up

together, the kids did about 20 poses. They were exhilarated, enthusiastic and proud of their yoga accomplishments. They LOVED the story and how it became a catalyst to get them to stretch, balance, focus, strengthen and quiet their minds and bodies while learning about friendship and diversity!!I have also used the story for toddlers and pre-schoolers @ the children's museum where I teach Story Time Yoga and the children responded exquisitely to the story as they were either introduced or re-introduced to yoga. They celebrated their ability to move in new ways with their bodies and their smiles lit up the room.Minda Devorkin, Milwaukee Youth Yoga Instructor and author of Beau the Bee.

This is a great yoga book for kids. There are many poses you can follow along with as you read, and on top of that, it has a great message. I read this to a group of kids (7-9 year olds) as part of our yoga class and they were completely attentive to every word of the story. I highly recommend this if you are looking for a way to get kids interested in yoga. Even if your kids already love yoga, this is another great tool to add to your library for inspiring a little movement and a sense of empathy and compassion.

I'm a children's yoga teacher and this is a book for teaching yoga to children so it is perfect. It has nice pictures with a great story that teaches a sweet lesson.

Absolutely beautiful book with a great story. Planned to give to my 5 year old granddaughter, but found more appropriate for the 8 year old. Definitely recommend this one!

I teach Physical Education and have used this book in my classes many times. I highly recommend this book for parents, Physical Education and classroom teachers. I teach my students that it is our differences that make each of us unique, and Anna and her Rainbow-Colored Yoga Mats helps me reinforce this concept. The illustrations are gorgeous, and my students request this book again and again!

A beautiful Story of a girl and a boys friendship formed during their yoga practice. A fantastic story about adventure, acceptance, friendship and being truly happy! Not only do I use this story in my yoga classes but also at home with my three children aged 3-10yo. I love this story and so do all the children I have been lucky enough to share it with. Thank you for sharing your beautiful talent Giselle. Love Cassie Xox

I love this book! I teach yoga in an elementary school and this is perfect for pre-K and Kindergarten aged children! We had so much fun on these adventures. I plan to purchase more books by this author.

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