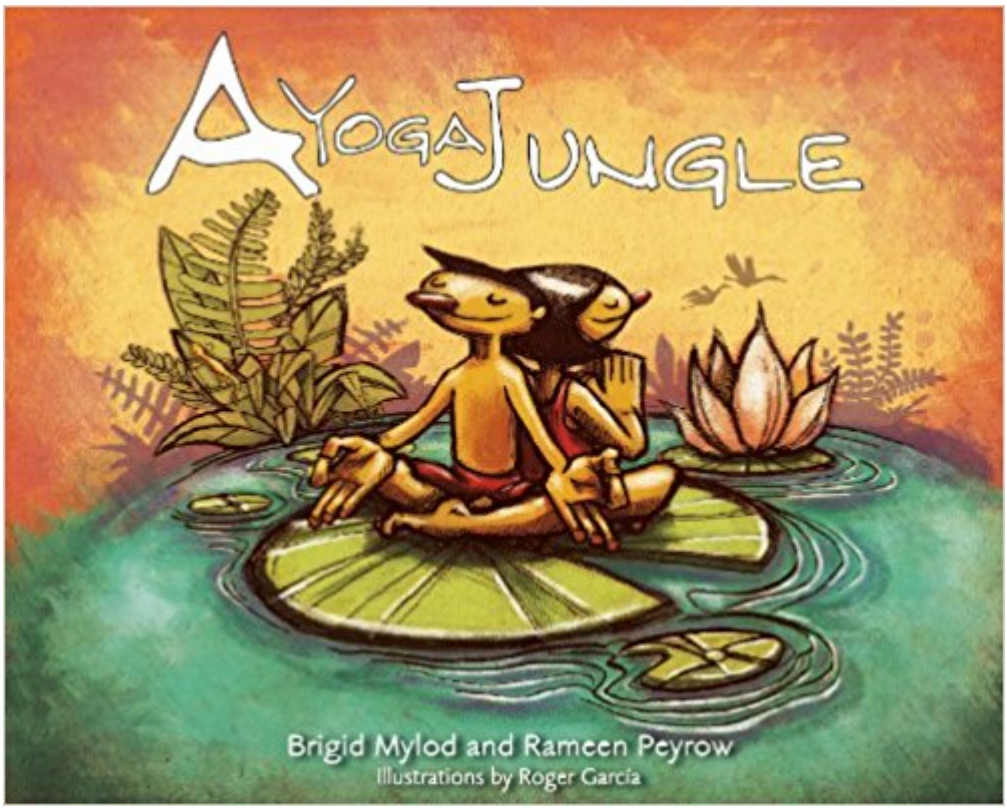
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A Yoga Jungle



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Synopsis

Ages 4 to 7 years. This engaging picture book introduces children aged 4 to 7 to yoga and yoga postures. Simple text and the actions of different jungle characters lead them to calming breathing techniques and a restful Sivasana (sleep) at its end. The illustrations show young readers how the body movements and actions of different jungle characters are mimicked yoga poses. By joining in, children not only practice yoga, but also learn the philosophy that we are all connected at a deeper level.

Book Information

Paperback: 24 pages

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Product Dimensions: 3.1 x 0.1 x 6.1 inches

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Customer Reviews

Brigid Mylod is a dedicated practitioner and teacher of Ashtanga Yoga. For more than 12 years she has been using and creating stories to develop children s language skills in early education classrooms. Brigid has also worked with an Early Education Program to introduce preschool children to yoga. Rameen Peyrow began his practice of yoga at a very young age with meditation, then Hatha and Ashtanga Yoga. He has dedicated his life to teaching yoga and to helping others discover their own true nature. He is the founder and owner of The Yoga Loft in Edmonton.

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