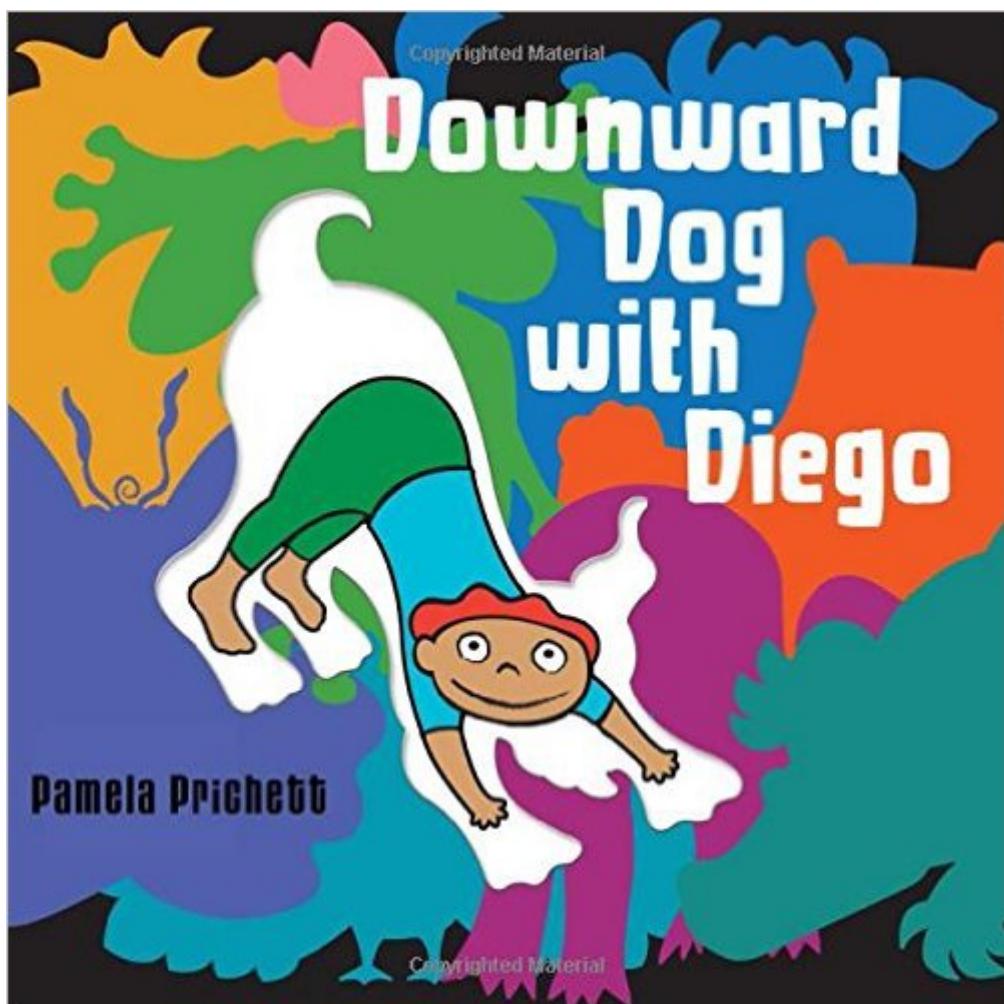


The book was found

Downward Dog With Diego



Synopsis

Jump! Stretch! Roar! This innovative and playful introduction to yoga encourages kids to look, imagine and move along with Diego and his colorful yoga animals. A fun, die cut cover invites interaction from the start and an illustrated glossary of the Sanskrit names of the poses is included in the final spread. Ten animal yoga poses are conveyed by illustrations, and simple, memorable rhymes lead from one page to the next to reveal Diego in the pose within the animal's silhouette. This art uniquely captures the relationship between the animal asana and a child's version of the pose. Stretch like a cat... arch high off your mat. Snuggle like a rabbit... make it a habit. Rise like a cobra... now you're doing yoga!

Book Information

Hardcover: 36 pages

Publisher: Blue Apple Books (August 9, 2016)

Language: English

ISBN-10: 1609055284

ISBN-13: 978-1609055288

Product Dimensions: 9.2 x 0.4 x 9.1 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars (See all reviews) (2 customer reviews)

Best Sellers Rank: #124,610 in Books (See Top 100 in Books) #26 in Books > Children's Books > Growing Up & Facts of Life > Health > Fitness #38 in Books > Health, Fitness & Dieting > Exercise & Fitness > For Children #666 in Books > Children's Books > Sports & Outdoors

Age Range: 3 - 7 years

Grade Level: Preschool - 2

Customer Reviews

Have young kids that you want to interest in yoga? This book is the book for you. Great illustrations that could make younger kids eager to try yoga as the illustrations and words that go with them make it fun! It is a well thought out book that will be a great addition to any kids yoga studio or for the home. This will be a great gift for the next time I need a baby gift!

I love this book, bought 2 and may have to buy another. The artwork and colors are vivid, inviting and happy. The characters make me want to get up and do yoga. My niece and nephews will love these books. May have to get another for my 10 year old granddaughter. The poses, their purposes

and the names in the back were a captivating touch.

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