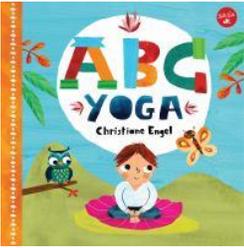
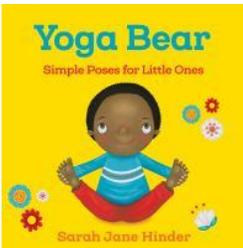


Children's Yoga Book List



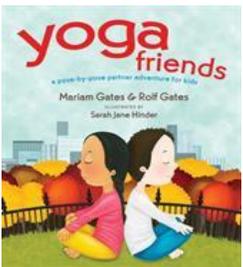
ABC Yoga by Christiane Engel

A fun family read, this interactive title is perfect for teaching toddlers their ABCs, as well as introducing them to familiar animals and basic, simplified yoga poses that promote health and well-being.



Yoga Bear : Simple Animal Poses for Little Ones by Sarah Jane Hinder

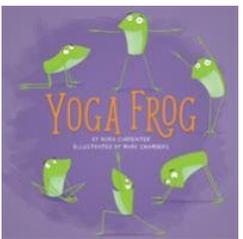
An introduction to the fun and healthy practice of yoga guides young readers and their caregivers through ten authentic yoga poses named after animals, including sloth, toucan, and crocodile.



Yoga Friends : a Pose-by-Pose Partner Adventure for Kids by Mariam Gates

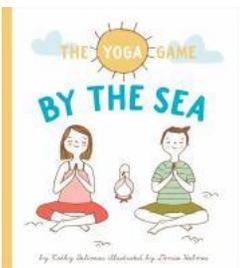
Perfect for teaming up with a friend, sibling, parent, or caregiver, each easy practice shows how cooperation helps us to imagine, move, and have fun in a whole new way.

Also see by this author **Good Morning Yoga: a Pose-by-Pose Wake Up Story** and **Goodnight Yoga: A Pose-by-Pose Bedtime Story**



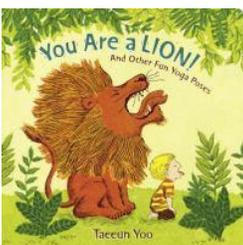
Yoga Frog by Nora Carpenter

A mindful, meditative frog introduces readers to a series of yoga poses, from warming up to cooling down, perfect for starting the day or preparing for bed.



The Yoga Game by the Sea by Kathy Beliveau

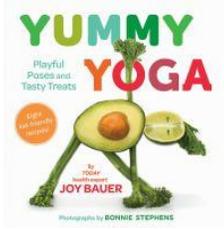
Invites children of all ages to feel the waves of their breath, to connect with the joy of a diving dolphin and to discover the magic of nature.



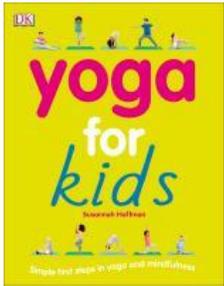
You Are a Lion! : and Other Fun Yoga Poses by Taeun Yoo

Children pretend to be many different animals as they do various yoga poses.

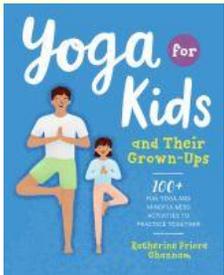
NONFICTION



Yummy Yoga : Playful Poses and Tasty Treats by Joy Bauer
A fun and fresh introduction to yoga and nutrition.



Yoga for Kids by Susannah Hoffman
Teach your kids about yoga and mindfulness with this mindful yoga activity book with more than 50 poses and activities.



Yoga for Kids and Their Grown-Ups : 100+ Fun Yoga and Mindfulness Activities to Practice Together by Katherine Priore Ghannam
From down dog to walking meditations, Yoga for Kids provides everything you need to teach your child yoga and mindfulness techniques.