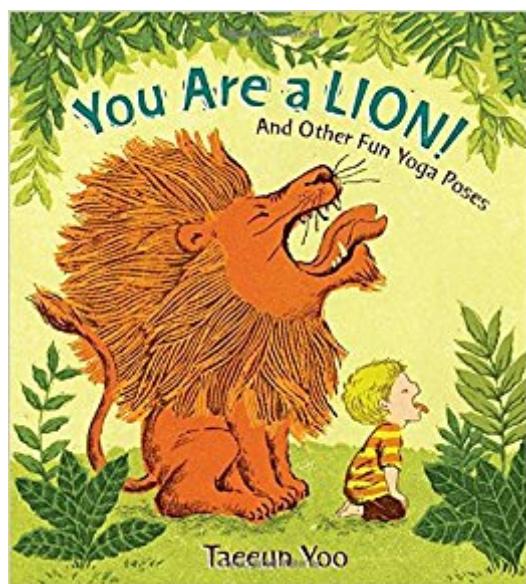


The book was found

You Are A Lion!: And Other Fun Yoga Poses



Synopsis

With simple instructions and bright, clear illustrations, award-winning artist Taeeun Yoo invites children to enjoy yoga by assuming playful animal poses. And she sparks their imagination further by encouraging them to pretend to be the animal - to flutter like a butterfly, hiss like a snake, roar like a lion and more. Yoga is great for kids because it promotes flexibility and focus - and it's relaxing good fun! The charming pictures of children and animals and the lyrical text make this gentle introduction to yoga a book to be treasured.

Book Information

Hardcover: 40 pages

Publisher: Nancy Paulsen Books; 1 edition (March 15, 2012)

Language: English

ISBN-10: 0399256024

ISBN-13: 978-0399256028

Product Dimensions: 9.4 x 0.3 x 10.2 inches

Shipping Weight: 13.4 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 64 customer reviews

Best Sellers Rank: #12,801 in Books (See Top 100 in Books) #4 in Books > Children's Books > Growing Up & Facts of Life > Health > Fitness #29 in Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga #297 in Books > Children's Books > Activities, Crafts & Games > Activity Books

Age Range: 3 - 5 years

Grade Level: Preschool - Kindergarten

Customer Reviews

"Yoo gracefully merges the spirit of yoga with children's intuitive sense of play." â " Publishers Weekly" A pleasingly uncomplicated introduction to yoga that can also simply be read as an invitation to play. A celebration of the ways that even young children can experience the wide world through their bodies as well as their minds." â " Kirkus Reviews"Extremely basic and appropriate for young children; the illustrations will encourage participation and some rambunctiousness. . . . Could be used to corral the energy of a rowdy group or an individual child. . . . A good choice for introducing yoga." â " School Library Journal"Inviting demonstration of seven safe, relatively easy poses." â " Booklist

Taeeun Yoo (www.taeeunyoo.com) received her MFA from the School of Visual Arts. She has illustrated several picture books, including Only a Witch Can Fly (by Alison McGhee) - a New York Times Book Review Best Illustrated Book of the Year. She lives in New York City.

My 1st grade Daisy Girl Scout Troop loved this book! They loved imitating the characters posing in the book, and they enjoyed guessing which animal each character was posing like before I turned the page and revealed it. Very big hit with the 6-7 year old girls.

What a great book! We purchased for our nieces since they love doing yoga with me. They really enjoyed doing the poses while I read the book. I love this idea!! The book was illustrated nicely. I was impressed and would definitely recommend. (Also, it's simple enough that kids can easily follow along if they have never done yoga poses before.)

I absolutely love the way this is set up- it describes the pose first, and then names it with a cute little bit about the animal. Very fun. The illustrations are great as well.

I have been doing this with my son for the past 4 months (he is almost 2) and he LOVES it. We get on our mats and read the book and do the poses. He will go get the book and bring it to me when he wants to do yoga.

Great book for young yogis (2-4 years) I use for kids yoga to show the kids the poses and act out. 4 or 5 poses are outlined in the book.

This is a great little book with beautiful illustrations and the delivery of the poses in terms of the build up to them, the instruction for the poses, and the way the page turns to the final pose with its name. Delightful and artful! I highly recommend!

Such a great book, my girls love it. I'm a yoga instructor and always keep my eyes peeled for ways to share with my passion with my kids. This is fantastic. :)

Our two year old Grandson loves to show us what he does in his toddler movement class and we knew he would love this book. He drew a connection immediately and pulled out mom's yoga mat!

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