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You Are a Lion! and Other Fun Yoga Poses

Tae-Eun Yoo

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You Are a Lion! and Other Fun Yoga Poses Tae-Eun Yoo
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.

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