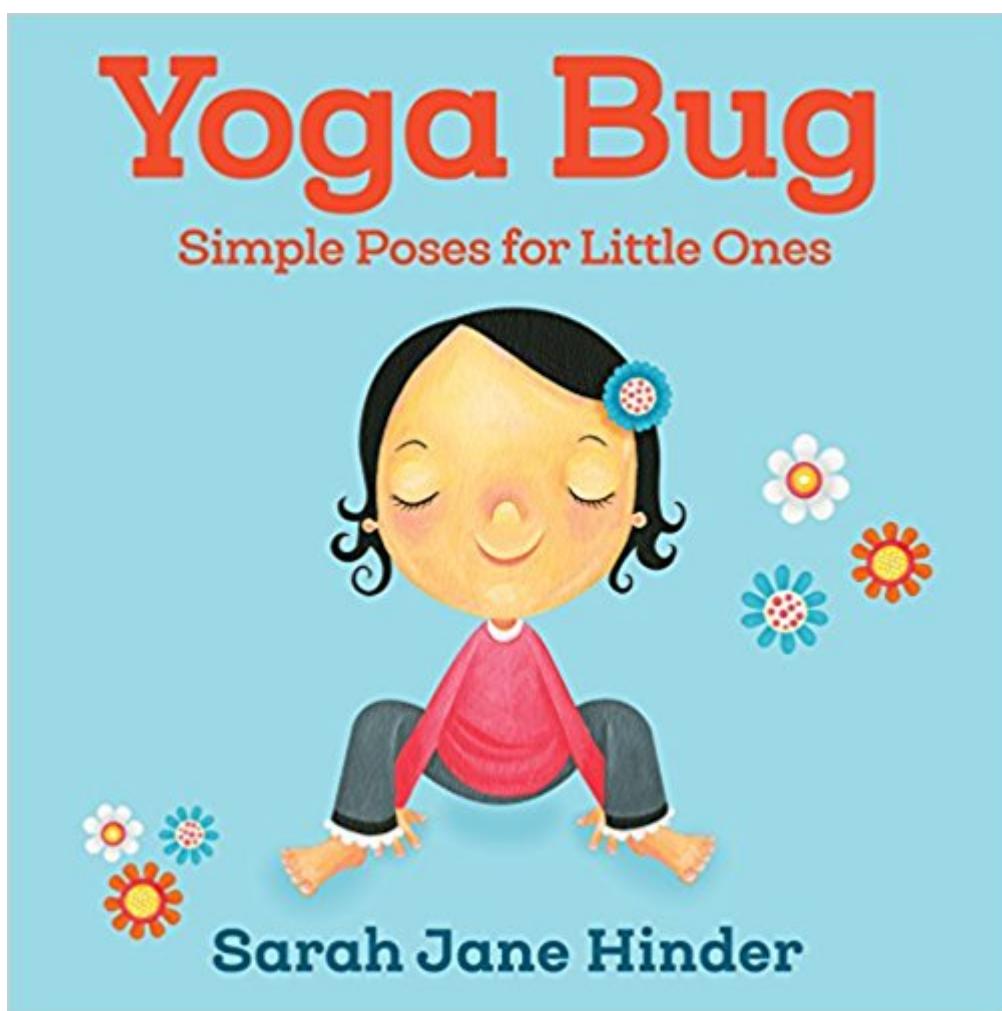


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# **Yoga Bug: Simple Poses For Little Ones**



## Synopsis

Flutter, wiggle, jiggle—<sup>it's</sup> never too early to introduce children to the fun and healthy joys of yoga. Flutter like a butterfly. Twist and turn like a grasshopper. Wiggle, jiggle, and giggle like a beetle. Kids love bugs—and what better way to get them excited about yoga than with the help of our multi-legged friends? This delightfully illustrated board book brings the fun and benefits of authentic yoga practice to infants and toddlers. Yoga Bug guides children through ten authentic yoga poses named after insects that unfold in an irresistibly whimsical flow of play, imagination, and movement. Kids will want to return to them again and again. Learning to love and accept our bodies, building lifelong attention, and self-soothing when distressed—when it comes to the benefits of yoga, you can't get started too early. Now, with Yoga Bug, parents, teachers, and caregivers have a perfect way to help children do just that. Includes a parents' guide to the source yoga poses and helpful tips.

## Book Information

Board book: 24 pages

Publisher: Sounds True; Brdbk edition (August 1, 2017)

Language: English

ISBN-10: 1622039793

ISBN-13: 978-1622039791

Product Dimensions: 6 x 0.7 x 5.9 inches

Shipping Weight: 11.4 ounces (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #11,166 in Books (See Top 100 in Books) #3 in Books > Children's Books > Growing Up & Facts of Life > Health > Fitness #22 in Books > Children's Books > Growing Up & Facts of Life > Health > Personal Hygiene #34 in Books > Health, Fitness & Dieting > Children's Health

Age Range: 2 - 4 years

Grade Level: Preschool and up

## Customer Reviews

You're never too young to make friends with your body. In this beautifully-designed and sturdy board book, very young learners are asked to imitate ten familiar insects with child-friendly yoga poses. From Hum, hum, hum, buzzy bee to Shine and sparkle, twinkle toes to Wiggle, giggle, jiggle, hands and feet the illustrations on the double-page

spreads show both serenely happy children and the insects in the poses. Hinder has already made her mark in children's yoga libraries with "Good Night Yoga" and "Good Morning Yoga. This charming addition to her credits further secures her place as a leader in the field. -- Anna Jedrzejewski, A Retailing Insight

Sarah Jane HinderSarah Jane Hinder, illustrator, creates acrylic artwork for a variety of children's books, including Good Morning Yoga, The Three Little Pigs, and The Elves and the Shoemaker. She lives in Manchester, England, with her husband and two chihuahuas. See [sarahjanehinder.com](http://sarahjanehinder.com).

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