



Yoga Games for Children: Fun and Fitness with Postures, Movements and Breath (SmartFun Activity Books)

Danielle Bersma, Marjoke Visscher

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This introduction to yoga for children contains variations on traditional yoga postures that help children develop physical strength, flexibility, emotional calm, and self-expression. The games involve relaxation, trust, and cooperation. Included are over 50 illustrations and 16 completely structured lessons based on themes like the seasons, rain, snow, and animals.

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