



Yoga With Your Child

15 Easy Programs To Do With Your Child

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Category : Practical Books

Genres : Sports/Games

Keywords : Yoga - How-to - Anthill - Uprooting - Eating disorder

A lovely illustrated book to get your child started with yoga, develop their motor skills, and share a peaceful activity!

Yoga benefits the body and the mind. This books offers a great number of exercises for the whole family. Children can become aware of their bodies and develop motor skills all while learning to master their emotions with their parents. Together, everyone can can share in a moment of well-being.

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