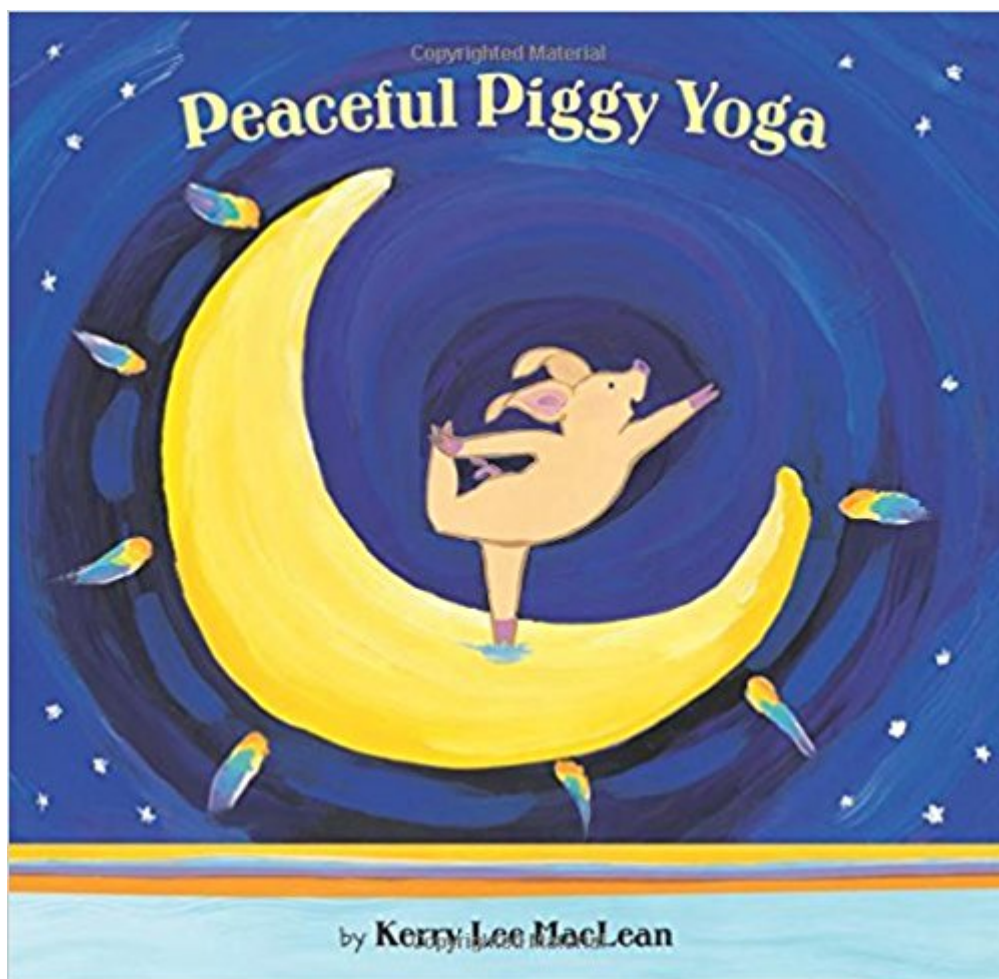


The book was found

Peaceful Piggy Yoga



Synopsis

Who loves yoga? Everyone from ballerinas to football players to moms and dads! It's a great way to keep your body and your mind happy and healthy! Includes instructions for eleven classic yoga poses.

Book Information

Hardcover: 32 pages

Publisher: Albert Whitman & Company (September 1, 2016)

Language: English

ISBN-10: 0807563889

ISBN-13: 978-0807563885

Product Dimensions: 7.9 x 0.5 x 8.1 inches

Shipping Weight: 0.3 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars See all reviews (32 customer reviews)

Best Sellers Rank: #90,097 in Books (See Top 100 in Books) #19 in Books > Children's Books >

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Exercise & Fitness > For Children

Age Range: 4 - 8 years

Grade Level: Preschool - 3

Customer Reviews

The last reason I'd want a kid doing yoga is because "movie stars do it to look good". I found this book shallow. It presents an angle of yoga that doesn't remotely tap the main principles children need to use yoga as lifetime healing venture and spiritual practice. This book is full of comments like the one I mentioned, plus "football players do it, cowboys do it after a hard day in the saddle". I think kids deserve better than this intro.

My daughter and I fell in love with Peaceful Piggy Meditation and bought an extra copy for my nephew who lives a rather high-powered life for a four year old. So when I saw this book I didn't hesitate to purchase since I figured it would nurture my daughter's budding interest in yoga. It has certainly done that--we use it often. It's an excellent introduction to yoga for children--the best I've seen so far. My husband, a novice yogi, even finds the poses in the book "just right" for his level of comfort and expertise. Definitely a favorite in our house. We love the Peaceful Piggies!

I had been looking for ways to encourage my daughter to do yoga with me. This book was great for that purpose. We read it together and then formed the yoga poses. It now sits next to the bed for nightly use.

I've been doing yoga for some time, and was looking for a way to someday introduce my daughter to it without being too somber or heavy-handed. This is the perfect book for doing so. It touches upon the universal needs yoga fulfills in a funny way, and gives sound advice on trying some basic poses.

I bought this so my great-granddaughter and I could some easy yoga poses together. It's fine for a young child. We had fun both reading the book and trying the poses. I left the book with my g-granddaughter in Utah (I live in NY state) and I'm not sure if she does any of the yoga on her own.

My two granddaughters -- 6 and 2 1/2 -- love Peaceful Piggy Yoga. Whenever they come over, they grab the book and break out into yoga on the living room floor.

I really like this book. It is great for my daughters (ages 5 & 3). They are both interested and attempt the poses (in their own ways!). It is something that we like to do before bed and it gets them to stretch and relax.

We first borrowed this book from the library and loved it so much that we had to get our own copy. My son is a VERY energetic 3 year old and has days when he just doesnt quite know what to do with himself because of his bounds of energy (even though I try and keep him active outdoors and doing lots of physical things). This book is so great for those days. We just get the book and yoga mat out, put on some relaxing music and work on the poses together. It keeps the poses really simple (little more than some good streching activities really) which makes its easy to do. It really helps to focus my son, so that on his "over-active" days he can learn to calm himself down a little. He really enjoys doing it to, and the bright colors in the book really capture his attention! Great little book!

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