

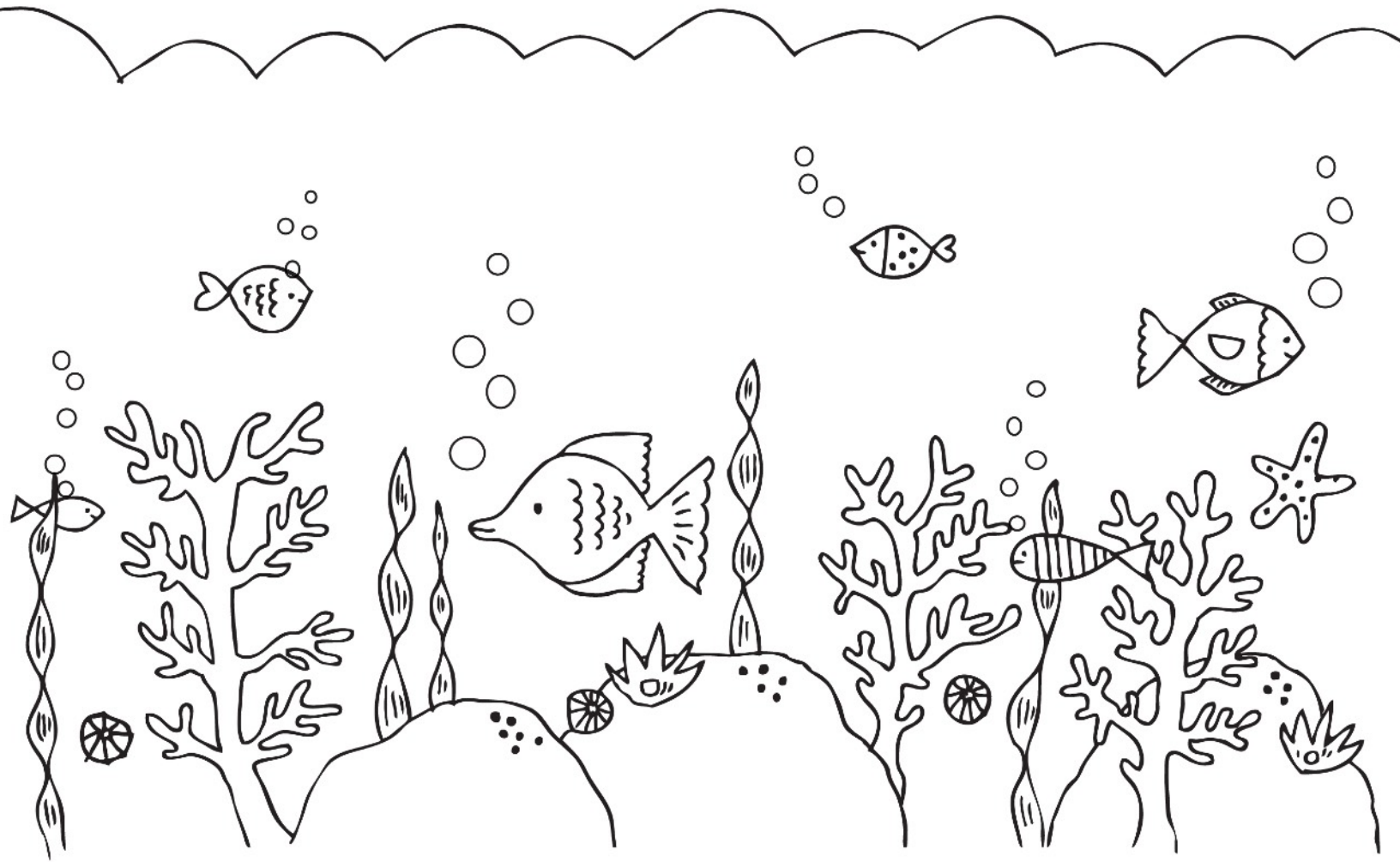
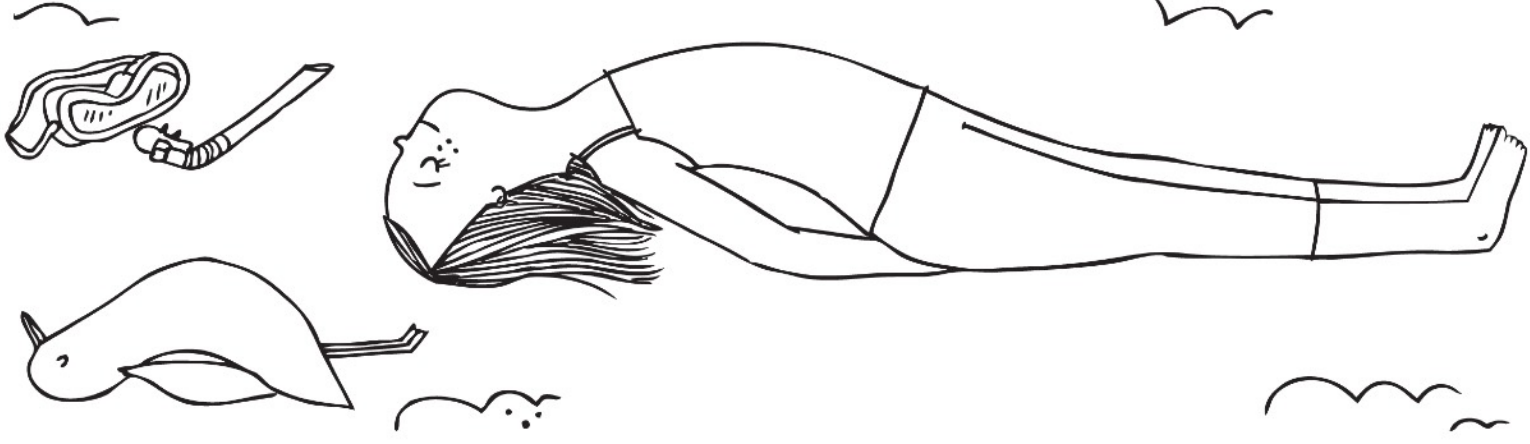
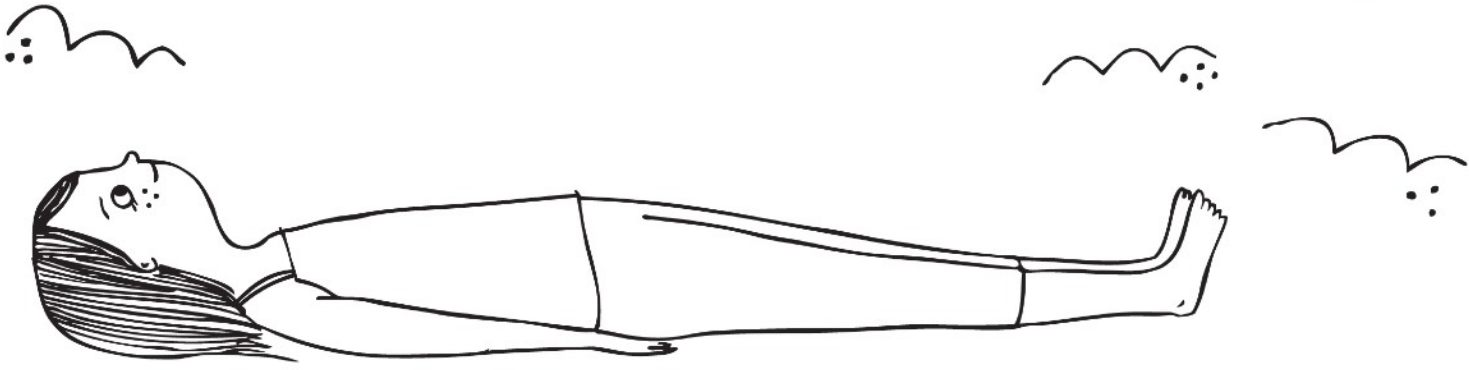
BOAT
POSE



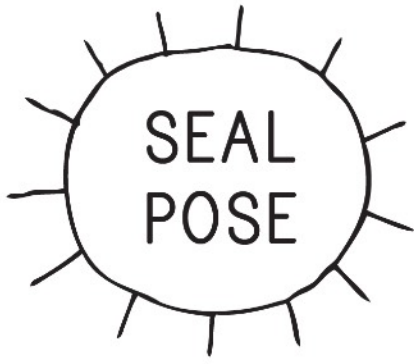
BUTTERFLY POSE



FISH POSE







TREE POSE

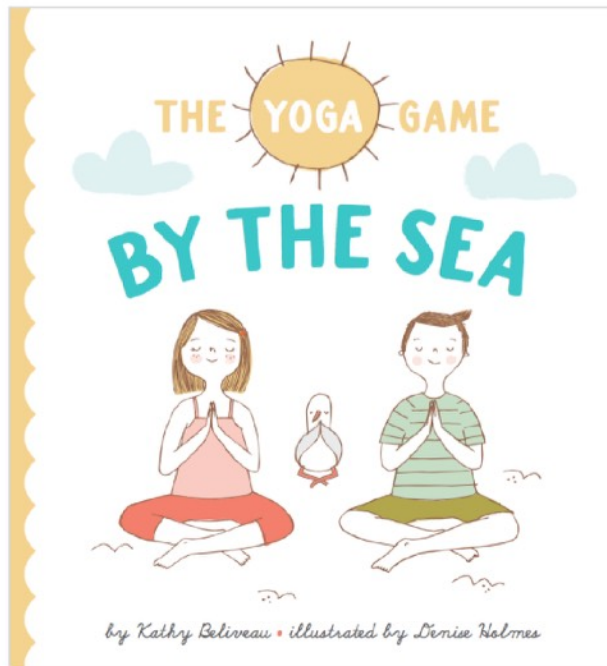


THE YOGA GAME SERIES

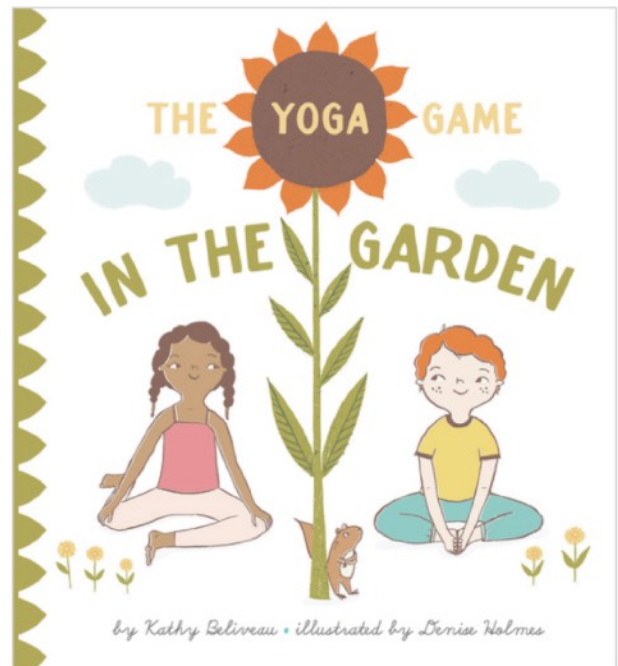
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Illustrated by Denise Holmes

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"I recommend this book for every yoga teacher, and to school teachers and parents as well. It's easy to follow and simple to teach." -Padma, Host of Padma™ Yoga Television Series

THE STORY

The Yoga Game series offers a user-friendly approach to introducing yoga while playing with language (rhymes), incorporating problem solving (riddles) and supporting the new reader with repetition and visual clues. This fun-filled practice works with breath, body movement and guided visualization to foster focus, flexibility and relaxation in the body and mind.