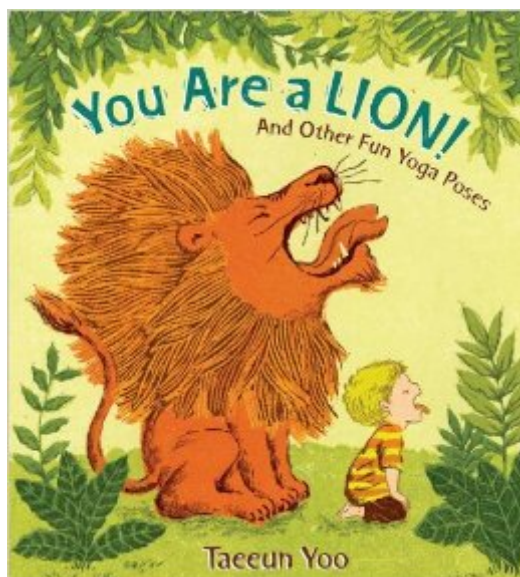


The book was found

You Are A Lion! And Other Fun Yoga Poses



Synopsis

With simple instructions and bright, clear illustrations, award-winning artist Tae-eun Yoo invites children to enjoy yoga by assuming playful animal poses. And she sparks their imagination further by encouraging them to pretend to be the animal - to flutter like a butterfly, hiss like a snake, roar like a lion and more. Yoga is great for kids because it promotes flexibility and focus - and it's relaxing good fun! The charming pictures of children and animals and the lyrical text make this gentle introduction to yoga a book to be treasured.

Book Information

Hardcover: 40 pages

Publisher: Nancy Paulsen Books; 1 edition (March 15, 2012)

Language: English

ISBN-10: 0399256024

ISBN-13: 978-0399256028

Product Dimensions: 9.3 x 0.4 x 10.3 inches

Shipping Weight: 13.4 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (45 customer reviews)

Best Sellers Rank: #18,270 in Books (See Top 100 in Books) #5 in [Books > Children's Books > Growing Up & Facts of Life > Health > Fitness](#) #66 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga](#) #513 in [Books > Children's Books > Activities, Crafts & Games > Activity Books](#)

Age Range: 3 - 5 years

Grade Level: Preschool - Kindergarten

Customer Reviews

I ordered this because I thought it would be a fun way to introduce yoga to my students, but I wasn't sure how they would respond. They love it! They ask me everyday "can we do yoga today?" One of my students actually said that yoga made her feel "tranquil"...how's that for a first grader? Very happy with my purchase.

My 1st grade Daisy Girl Scout Troop loved this book! They loved imitating the characters posing in the book, and they enjoyed guessing which animal each character was posing like before I turned the page and revealed it. Very big hit with the 6-7 year old girls.

I have been doing this with my son for the past 4 months (he is almost 2) and he LOVES it. We get on our mats and read the book and do the poses. He will go get the book and bring it to me when he wants to do yoga.

Parents are constantly being bombarded with the fact that most children do not get enough exercise. The story begins when children gather Namaste (a customary greeting when individuals meet) to each other in the morning sun. This word will throw a couple children, but a nice way to introduce Indian culture. As children stretch their bodies, they also stretch their minds and make both the poses and sounds of the wild jungle animals. A fun interactive book for those days that you just cannot get your little ones to sit still and read a book. The simple instructions are easy for both you and your child to assume the yoga positions and guess what animal you are trying to be. Overall, the illustrations are not going to hold the attention for most children over multiple readings. I would only pull out this book occasionally for those overactive days when you want to spend some stretching and talking time with your child.

My girls (2 and 4yrs) and I LOVE this. We've made it a bedtime ritual to help wind us down. I buy them a birthday gift too...never too young to learn some yoga.

This simple book features charming illustrations of a diverse group of children engaging in a series of seven yoga poses. Each features a two-page set up that lends itself to guessing: "Stand with feet flat. Bend and touch ground. Bottom up! You are a... (next page) DOG. Stretch in the sun. Bark at your friend, ready for fun." It should be noted that the children in the book look very young, making the book better suited for toddlers and preschoolers but a little too "babyish" for older kids. I wish that I could find a similar title with illustrations geared towards 6 - 9 year olds!

We love this book. My 2 year old asks for it over and over. She does all the poses as I'm reading.

What a great book! We purchased for our nieces since they love doing yoga with me. They really enjoyed doing the poses while I read the book. I love this idea!! The book was illustrated nicely. I was impressed and would definitely recommend. (Also, it's simple enough that kids can easily follow along if they have never done yoga poses before.)

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