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By starting yoga early, your children will develop their natural flexibility and balance while simultaneously releasing mental and physical tension. With the fun activities featured in this book, learn one hundred ways to introduce them to this healthy exercise, which could develop into a lifelong practice.

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The themes turn traditional kids yoga poses into fun poses to go with theme. Check out all of the different ideas to make yoga even more fun for your kids or the kids you work with! Getting

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Started With Yoga For Kids. A couple of tips before starting. When doing yoga with kids don't get stressed out about perfection.

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YOGA GAMES FOR CHILDREN, the ninth book in the series in the Hunter

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