

A Yoga Jungle Adventure

An illustrated picture book offering a playful introduction to yoga through dinosaurs. The latest yoga picture book from bestselling author Mariam Gates introduces children to the joys and benefits of yoga—through dinosaurs! Triceratops, Pterodactyl, T-Rex, and others learn to bend, stretch, and breathe through a yoga flow. Instead of being sad, mad, or frustrated when things aren't going their way, the dinosaurs practice yoga to feel better. The book features a parents' guide to the depicted postures and a glossary of dinosaurs at the back. As the creator of the celebrated Kid Power Yoga, Gates knows that teaching children yoga sets them up for better habits of flexibility, fitness, and self-soothing. With Dinosaur Yoga, kids can stomp, stretch, and snort their way to skills that will serve them for a lifetime.

"Join Sophia on her jungle adventure! Fly like a toucan, slither like a snake, and flutter like a butterfly as you act out this journey through a Costa Rican jungle. What else might you see?" --cover.

"Anna finds happiness practicing yoga at recess. She imagines traveling the world and exploring new places. Will her new classmates accept her and join the fun?"

Sophia's Jungle Adventure A Fun and Educational Kids Yoga

StoryCreateSpace

Wildpreneurs

Animal Olympics

Mindful Day

A Fun, Interactive, and Educational Kids Yoga Story

Storytime Yoga

A New York Times bestseller from the yoga instructor who inspires more than one million followers on Instagram every day. Whether she's practicing handstands on her stand-up paddleboard or teaching Downward-Facing Dog to the masses, Rachel

Brathen—Instagram's @Yoga_Girl—has made it her mission to share inspirational messages with people from all corners of the world. In Yoga Girl, Brathen takes readers beyond her Instagram feed and shares her journey like never before—from her self-destructive teenage years in her hometown in Sweden to her adventures in the jungles of Costa Rica, and finally to the beautiful and bohemian life she's built through yoga and meditation in Aruba today.

Featuring spectacular photos of Brathen practicing yoga with breathtaking tropical backdrops, along with step-by-step yoga sequences and simple recipes for a healthy, happy, and fearless lifestyle—Yoga Girl is like an armchair vacation to a Caribbean spa.

Are you ready to meet some of the most incredible Olympians in the world? These animal athletes are at the top of their game, and they're ready to go for gold! This fascinating book for readers aged 5+ examines the incredible abilities of animals from all around the globe with a captivating and original conceit – in Animal Olympics, the creatures are competing, and the reader has a front row seat to the action. In each event, animals are awarded bronze, silver or gold for their skills. Events featured in the book include diving, wrestling, rock climbing and gymnastics. Readers will discover all kinds of astounding animals, from

the bar-headed goose, which flies at heights of up to 6,300 metres, to the flic-flac spider, which cartwheels across the Moroccan desert. Fun vignettes show the animals in their heat, and are accompanied by absorbing, fact-packed captions. On your marks, get set, and off we go to the Animal Olympics!

Experience the benefits of yoga while learning about the signs of spring! Join Rachel as she and her adorable puppy look for signs of spring in the garden. Crawl like a caterpillar, buzz like a bee, and flutter like a butterfly. Discover spring, explore movement, and learn the colors of the rainbow. The storybook includes a list of kids yoga poses and a parent-teacher guide. Kids Yoga Stories introduce you to engaging characters who will get your child laughing, moving, and creating. Reading is good for the mind AND body! The story links several yoga poses in a specific sequence to create a coherent and meaningful story. This spring yoga story for ages 3 to 6 is more than a storybook, but it's also a unique experience for children.

From the lush jungle through the vastness of the galaxy, The Adventures of Babu tells the tale of an extraordinary elephant and his search for meaning throughout the cosmos. Although Babu finds excitement, dazzle, and even knowledge along the way, he ponders whether there is more--a better place somewhere. Travel with Babu as he seeks to discover what it means to be here rather than there ...

A Complete Guide to Using Yoga with Kids

Sophia's Jungle Adventure

A Yoga Adventure

Hello, Moon!

Yoga Kats

Teaching Yoga to Children Through Story

Fun and simple themes with monthly yoga poses and kids books recommendations To spark your imagination, each monthly theme includes five yoga poses for kids and five recommended children's books. This 34-page resource book is for teachers, parents, kids yoga teachers, caregivers, and health practitioners looking for simple, convenient ways to add yoga into your curriculum, classes, or home life. Age group: Toddlers to Early Primary, ages 3 to 8. What's included in this 34-page kids yoga class ideas book for kids: - 12 monthly kids yoga themes, including weather, feelings, transportation, and holiday - Each theme includes five yoga poses for kids and five recommended children's books What are the benefits of yoga for kids: - increases strength and flexibility - helps them relax, unwind, and calm down to reduce stress and anxiety - helps them sleep better - promotes interaction between adult and child, as well as between multiple children - improves their fine and gross motor skills, as well as their coordination - develops self-confidence, self-expression, and body awareness - promotes a healthy, active lifestyle Making yoga for children easy, fun, and educational

This Kids Yoga Coloring Book is a great gift for a 3 to 8 year old to spark their creativity and get them into action. Join Sophia's jungle adventure! Fly like a toucan, slither like a snake, and flutter like a butterfly as you act out

a Costa Rican jungle adventure - through this interactive Coloring Book complementing the Sophia's Jungle Adventure storybook. Includes List of Kids Yoga Poses and a Parent-Teacher Guide. Color, be active and have fun. Sophia's Jungle Adventure Coloring Book is a complement to the Sophia's Jungle Adventure storybook, which is available in English, Spanish, French, Portuguese, Russian, and German. See the author's page for the whole list of yoga stories at www.amazon.com/author/giselleshardlow.

Flutter, wiggle, jiggle—it's never too early to introduce children to the fun and healthy joys of yoga Flutter like a butterfly. Twist and turn like a grasshopper. Wiggle, jiggle, and giggle like a beetle. Kids love bugs—and what better way to get them excited about yoga than with the help of our multi-legged friends? This delightfully illustrated board book brings the fun and benefits of authentic yoga practice to infants and toddlers. Yoga Bug guides children through ten authentic yoga poses named after insects that unfold in an irresistibly whimsical flow of play, imagination, and movement. Kids will want to return to them again and again. Learning to love and accept our bodies, building lifelong attention, and self-soothing when distressed—when it comes to the benefits of yoga, you can't get started too early. Now, with Yoga Bug, parents, teachers, and caregivers have a perfect way to help children do just that. Includes a parents' guide to the source yoga poses and helpful tips.

Real-life "wildpreneur" Tamara Jacobi shares her insights on what it takes to successfully make the leap from a safe yet soul-crushing day job to chasing your dreams. This book illuminates how surf guides, ski builders, yoga and wellness instructors, environmental activists, nature lovers, podcasters, artisans, and other creatives achieve an adventurous lifestyle and financial viability. Whether you're stuck in the nine-to-five grind, are an enterprising college grad, a dynamic retiree, or are just an out-of-the-box thinker, it's time to embrace your free spirit and become a Wildpreneur! Entrepreneur and author Tamara Jacobi understands the challenge and reward of turning your passion into a business. Over ten years ago, she and her family started the Tailwind Jungle Lodge, a treehouse style eco-lodge in the jungle on the Mexican Pacific coastline. Jacobi shares the lessons she's learned, alongside stories and wisdom from other Wildpreneurs. In Wildpreneurs, you will: Access a practical blueprint for starting and managing an unconventional business. Receive the support needed to stay on track with what can be a difficult path filled with unexpected challenges and is worth it in the end. Gain insights into the world of Wildpreneurship, its characters, and the lifestyle that is within anyone's grasp. Discover an alternative to living on autopilot, an opportunity to move beyond fear, come alive, and tune into inspiration while also making a living. Let Wildpreneurs help you blaze the path to your own journey of meaning, purposefulness, and adventure—and start living the life of your dreams.

A Cosmic Kids Yoga Journey

A Perfect Father's Day

Jenny's Winter Walk

From There to Here

Simple Poses for Little Ones

A Cosmic Kids Yoga Adventure

Winner at the 2014 Living Now Book Awards Yoga in the Jungle is a wonderful tale of friendship that unfolds in the vibrant jungle of India, introducing young readers to the practice of yoga. While mimicking the body language of the exotic animals in the story, the beautifully illustrated yoga poses will help children to improve their poise and concentration, nurturing a learning process that will fill them with peace, happiness and a sense of being connected to nature. Guided Reading Level: P, Lexile Level: 640L

Join penguins Edward and Annie, the famous viral sensations, as they waddle through Chicago's Shedd Aquarium in this funny and surprising adventure story that teaches kids and adults alike that life's biggest changes lead to great discoveries and new friends. When Edward and Annie wake up one day, something is different. What could it be? Join this penguin pair on an adventure through the marine world exploring the unknown parts of their aquarium home. As they meet the other wonderfully strange creatures living there, these penguin friends discover that the world is much bigger and more interesting than they ever knew. Will they learn that different is not too bad, especially when you're safe among your friends? Edward and Annie teaches 4 to 8-year-olds that the best adventures start with trying something new a community is made of individuals who are each different, beautiful, and amazing trying new things can be rewarding In this funny read-aloud picture book by Caryn Rivadeneira, children will meet the real-life rockhopper penguins, Edward and Annie, who made a big splash on social media learn about the other sea animals that live at the aquarium, including Wellington the penguin and Annik the baby beluga learn fascinating science facts during family reading time or preschool and elementary STEM lessons in marine biology laugh at the penguins' curious questions and silly antics Your family will fall in love with these sweet, energetic penguins as together you discover that the world is a wonderful and surprising place—a place that is even better when explored with a friend by your side!

Experience the benefits of yoga with your children or students by acting out what you see and do on a fall day trip with this interactive yoga book for kids, Trish's Fall Photography! Join

Trish and her dad as they spend a day taking pictures of fall for her school project. Be a tree, kite, and pumpkin. Discover fall, explore movement, and then do your own photography project! This yoga storybook includes a list of kids yoga poses and a parent-teacher guide, to get the most out of your experience of yoga stories with young children. Kids Yoga Stories introduce you to engaging characters who will get your child laughing, moving, and creating. Reading is good for the mind AND body! The story links several yoga poses in a specific sequence to create a coherent and meaningful story. This fall yoga book for ages 2 to 5 is more than a storybook, but it's also a unique experience for children. Find the spring, winter, and summer yoga books in the Kids Yoga Stories Season Yoga Book Series on Giselle Shardlow's Author page: www.amazon.com/author/giselleshardlow.

An eagle soaring among the clouds or a star twinkling in the night sky . . . a camel in the desert or a boat sailing across the sea—yoga has the power of transformation. Not only does it strengthen bodies and calm minds, but with a little imagination, it can show us that anything is possible. New York Times bestselling illustrator Peter H. Reynolds and author and certified yoga instructor Susan Verde team up again in this book about creativity and the power of self-expression. I Am Yoga encourages children to explore the world of yoga and make room in their hearts for the world beyond it. A kid-friendly guide to 17 yoga poses is included.

A Kids Yoga Winter Book

Dinos Don't Do Yoga

Yoga Bug

Hello, Sun!

Once Upon a Pose

A Penguin Adventure

A rediscovered treasure for a new generation: the first and only story for children ever written by Alan Watts. Alan Watts, beloved for bringing a childlike wonder to the spiritual journey, once wrote a story for children. The Fish Who Found the Sea brings this delightful and wise parable to life for a new generation. Presented with new art from award-winning illustrator Khoa Le, here is a story as timely as it is entertaining—sharing a key message about getting into harmony with the flow of life. In this tale of a tail, we meet a fish with a curiously familiar problem—he 's gotten himself so mixed up that he spends all his time chasing himself in circles! Only the Great Sea knows how to help our poor fish get out of the mess he 's created with his own runaway thoughts. Here is a parable that perfectly captures the wit and wisdom that

have made Alan Watts a timeless teacher we will never outgrow.

Give Your Children the Healthy Benefits of Yoga with this Kids Yoga Stories Adventure Book. Learn the alphabet with Luke's ABC's of Australian Animals! Curl up like a koala, hop like a kangaroo, and waddle like a wombat as you act out Australian animals through this unique and interactive alphabet book. The book includes an alphabetical list of Kids Yoga Poses and a Parent-Teacher Guide. Kids Yoga Stories introduce you to engaging characters who will get your child laughing, moving, and creating. Reading is good for the mind AND body! This book for toddlers and preschoolers is more than a storybook, but it's also a unique experience for children. Learn something new, explore movement, and have fun together! A matching coloring book, Luke's A to Z of Australian Animals, is also available.

Children love stories. Bring the magic of good storytelling into your classroom with Classic Tales, and they'll love their English lessons too. Meet Curupira, the Amazon Rainforest boy with strange feet. Read this tale from Brazil to find out how he loves the forest and keeps its animals safe.

From the sounds of a bird greeting the morning sun to the rising of a silver moon at bedtime, a young girl experiences “ a mindful day ” from start to finish. Want to turn a dull day into a wonderful day? Make it a mindful day! When we slow down and pay close attention, we learn what it means to be mindful. In Mindful Day, early readers follow along as a young girl brings this special kind of attention to the various activities of her day with her family. Through Hopkinson ’ s lyrical narrative and Ng-Benitez ’ s delightful illustrations, kids will explore feelings such as gratitude and love, learn how our breathing can calm our bodies, and discover how remarkable every moment can be when we experience it as fully as possible. Mindful Day also shares positive examples like being patient, appreciating the little things, and showing empathy, while giving children their first introduction to the life-changing skill of mindfulness.

Trish's Fall Photography

We're Going on a Bear Hunt

A Yoga Sun Salutation to Start Your Day

Hello, Bali

Luke's Beach Day

A Practical Guide to Pursuing Your Passion as a Business

Join Luke's beach adventure. Hop like a kangaroo, perch like a sea gull, and rest like a sea star as you act out this journey on an East Coast Australian beach. What else might you see? Learn something new, explore movement, and have fun together!

The hugely successful Cosmic Kids YouTube channel helps children discover yoga by joining presenter Jaime on monthly yoga adventures, each one a story featuring a loveable animal character that achieves something amazing. Aimed at 4 to 8-year-olds, the Cosmic Kids yoga books offer children a chance to take the yoga more slowly than is possible in a fast-moving video, to spend more time in their favourite poses, and also

to enjoy reading or listening to the story. Each book is themed around a specific area of wellbeing; in the case of Lulu, this is coping with feelings of frustration and anger, and finding and managing our own inner power. In this adventure, we're off to Tanzania to meet Lulu, a lion cub who's not quite learned how to roar yet. This makes her really sad and frustrated and taking it out on her friends just makes her feel even worse, so we help her find ways of dealing with her emotions. Then Lulu discovers that the volcano is going to erupt ... all her friends are in terrible danger! Can she find her roar in time to save the other animals? The story concludes with a relaxation and some affirmations to reinforce the message of the book. With bright illustrations, the books are designed to mirror the Cosmic Kids look, and to allow children to get to know a range of characters from the Cosmic Kids shows. There's also information at the back to help parents and teachers introduce children to yoga, even if they don't practise yoga themselves.

An illustrated picture book for children that guides them through a morning sun salutation yoga flow The latest from the illustrator of the beloved Good Night Yoga and Good Morning Yoga series, Hello, Sun! gives children a great way to connect with their bodies and calm their thoughts before jumping into the adventures of a new day. Sarah Jane Hinder's bright color palette and playful illustrations are filled with nature imagery and fun details for children to find. Beginning and ending with Mountain Pose, children follow along with ten classic postures as they learn to breathe, stretch, and greet the day. For parents, grandparents, teachers, and childcare providers, Hello, Sun! is a heartwarming way to introduce children to the wonders of yoga and help set them up for a happy, mindful day. The book includes a complete illustrated flow of poses, as well as a brief history of sun salutations and a special sunshine meditation.

Grandma Bendy can stretch, twist, and bend her body. She uses her bendiness to help people, and is great at hide and seek! But Grandma Bendy didn't always use her abilities for good . . . Grandma Bendy introduces young children to reading with leveled text and colorful illustrations.

Sophia's Jungle Adventure Yoga Cards

Lulu the Lion Cub Learns to Roar

The Adventures of Babu

A Kids Yoga Island Adventure Book

Yoga in the Jungle

A Fun and Educational Kids Yoga Story

For fans of the hit YouTube show Cosmic Kids, this original picture book teaches kids easy yoga poses and mindfulness through a fun, interactive story. Sarah receives a mysterious letter inviting her to the top of the mountain for a party. But to get there, she'll have to face dark woods, a raging river, and the mountain itself! Can she be brave and make it to the party? Find out in this brand new Cosmic Kids adventure, and practice yoga and mindfulness with Sarah as you read along!

CHINESE VERSION of SOPHIA'S JUNGLE ADVENTURE Give Your Children the Healthy Benefits of Yoga with this Kids Yoga Stories Adventure Book! Join Sophia on her jungle adventure! Fly like a toucan, slither like a snake, and flutter like a butterfly as you act out this journey through a Costa Rican jungle. What else might you see? Kids Yoga Stories introduce you to engaging characters who will get your child laughing, moving, and creating. Reading is good for the mind AND body! The story links several yoga poses in a specific sequence to create a coherent and meaningful story. This

book for ages 3 to 7 is more than a storybook, but it's also a unique experience for children. Sophia's Jungle Adventure is also available in English, Spanish, French, Portuguese, Russian, and German. See the author's page for the whole list of yoga stories at www.amazon.com/author/giselleshardlow.

RUSSIAN VERSION of SOPHIA'S JUNGLE ADVENTURE Give Your Children the Healthy Benefits of Yoga with this Kids Yoga Stories Adventure Book Join Sophia on her jungle adventure Fly like a toucan, slither like a snake, and flutter like a butterfly as you act out this journey through a Costa Rican jungle. What else might you see? Kids Yoga Stories introduce you to engaging characters who will get your child laughing, moving, and creating. Reading is good for the mind AND body The story links several yoga poses in a specific sequence to create a coherent and meaningful story. This book for ages 3 to 7 is more than a storybook, but it's also a unique experience for children. Sophia's Jungle Adventure is also available in Spanish, French, Portuguese, and German. See the author's page for the whole list of yoga stories at www.amazon.com/author/giselleshardlow.

Energize your body and mind with this yoga island adventure book for young children! Say good day to the magical island of Bali! Join Anamika, one of the Yoga Kids, as she travels with her family to Bali, Indonesia. Surf like a surfer, dance like a Balinese dancer, and sit like a monkey. The book includes a list of Kids Yoga Poses, Map of Bali, Basic Indonesian Phrases, and a Parent-Teacher Guide with tips on creating a successful yoga experience. This yoga book for toddlers and preschoolers (ages 2 to 5) is more than a storybook, but it's also a unique experience for children.

A Yoga Moon Salutation for Bedtime

Sophia's Jungle Adventure (Russian)

Sarah's Brave Adventure

The Fish Who Found the Sea

Go Go Yoga for Kids

Edward and Annie

A fun-filled dinosaur story with timely themes about kindness, friendship, and being able to see past our differences. Meet Rex, the talon-tearing tough leader of a Cretaceous crew that loves to feed, feud, and fight! All is well in their rough-and-tumble world until someone new comes to town: a yoga-loving dino named Sam. Rex disapproves of his yoga pants, the "silly" chants, and frankly anyone who prefers tree pose to tussling. But how will Rex react when his surly, burly buddies want to try something new? And what is the real reason Rex rejects this new dinosaur? Kids will delight in this chomping, stomping showdown between the muscle-bound and the mellow, as Rex learns what true toughness looks like. With humor and heart, Dinos Don't Do Yoga reveals the strength of kindness and friendship over bullying and fear.

Storytime Yoga enlightens young minds with the magic of yoga while recounting some of the world's most delightful, instructive stories in a way that encourages literacy and vibrant physical health. Includes eight multicultural wisdom stories scripted with yoga poses, as well as instruction for relaxation and meditation using story. Designed for parents, teachers, and anyone interested in working with kids from Pre-K through 6th grade, it is packed with inspired and yet

practical information.

Susie takes her Dad to a restaurant and then they enjoy a series of special activities for Father's Day before returning home to a surprise that Mom has prepared.

An illustrated picture book for children that guides them through an end-of-day Moon Salutation yoga flow. Hello, Moon! A Yoga Moon Salutation for Bedtime takes children on a guided Moon Salutation yoga flow that will spark their imaginations and help them wind down at the end of the day. A companion volume to Hello, Sun! A Yoga Sun Salutation to Start Your Day, Hello, Moon! is an accessible and joyful introduction to yoga for kids. The latest from the illustrator of the beloved Good Night Yoga and Good Morning Yoga picture books, Hello, Moon! gives children a great way to connect with their bodies and calm their thoughts as they relax into naptime or bedtime. Author and illustrator Sarah Jane Hinder is a children's yoga instructor, and kids can actually do the poses or variations on the poses included in the book. They will breathe, stretch, bend, and sway as they follow an adventure to the moon! Hinder's bright color palette and whimsical illustrations are filled with imagery from space and fun details for kids to find. For parents, grandparents, teachers, and childcare providers, Hello, Moon! offers the perfect introduction to yoga for little ones, through an adventure story that celebrates the Earth and beyond into the night sky. The book includes step-by-step instructions as part of a complete illustrated flow of poses at the back, as well as a brief history of Moon Salutations.

An Interactive Kids Yoga Book

Fun and Simple Yoga Themes with Yoga Poses and Children's Book

Recommendations for Each Month

Anna and Her Rainbow-Colored Yoga Mats

The ABC's of Australian Animals

A Kids Yoga Spring Colors Book

Kids Yoga Class Ideas

Experience the benefits of yoga with your children or students by acting out what you see and hear in winter with this interactive yoga story, Jenny's Winter Walk! Join Jenny as she meets various animals on a winter walk with her mom. Be a squirrel, a fox, and a bunny. Discover winter, explore movement, and learn the five senses. The yoga storybook includes a list of kids yoga poses and a parent-teacher guide. Kids Yoga Stories introduce you to engaging characters who will get your child laughing, moving, and creating. Reading is good for the mind AND body! The story links several yoga poses in a specific sequence to create a coherent and meaningful story. This winter yoga story for ages 3 to 6 is more than a storybook, but it's also a unique experience for children.

Express your feelings through yoga poses for toddlers! Join our six yoga kids from around the world as they learn about various animals and relate their behaviors to our feelings. Be a caring koala, a cranky crocodile, or a curious cat. Visit countries

around the world, learn about various animals, and talk about feelings! This feelings yoga book for toddlers and preschoolers includes a list of kids yoga poses and a parent-teacher guide. Kids Yoga Stories introduce you to engaging characters who will get your child laughing, moving, and creating. Reading is good for the mind AND body! The book links several yoga poses to create a coherent and meaningful sequence for very young children. This feelings yoga story for ages 2 to 5 is more than a storybook, but it's also a unique experience for young children.

The Bestseller Go Go Yoga for Kids is a complete and creative guide for using yoga with kids. Over 150 games, poses, and lesson plans are included that will keep kids moving and mindful. Perfect for home, school, clubs, and studios. Easy to follow guide will help successfully lead yoga to all ages. This is the only kids yoga guide you will need.

I Am the Jungle: A Yoga Adventure takes kids through a yoga flow of poses inspired by the natural world, including Mountain, River, Elephant, and Python. Told through a fun adventure story that focuses on imagination, the book offers young readers the benefits of yoga, including movement, joy, and focus. In addition to learning basic yoga poses, children will learn to identify different emotions while practicing those poses. Butterfly Pose helps you feel calm and centered, Tree Pose brings feelings of being grounded and well balanced, and Turaco Pose lets you get your playful on! The back of the book includes a parents' and teachers' guide with Sanskrit names and physical benefits of each yoga pose.

I Am Yoga

A Jungle Adventure

Dinosaur Yoga

Rainforest Boy (Classic Tales Level 2)

I Am the Jungle

Sophia's Jungle Adventure Coloring Book