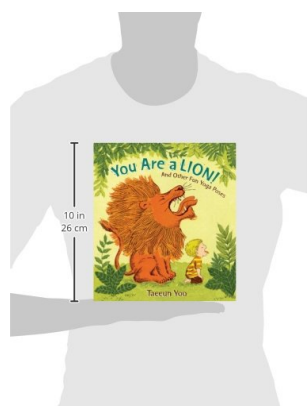


# [PDF] You Are A Lion!: And Other Fun Yoga Poses

Taeun Yoo - pdf download free book

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#### Books Details:

Title: You Are a Lion!: And Other Fu  
Author: Taeun Yoo  
Released: 2012-03-15  
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Pages: 40  
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#### Description:

With simple instructions and bright, clear illustrations, award-winning artist Taeun 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.

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