



Little Yoga: A Toddler's First Book of Yoga

Rebecca Whitford

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Yoga Baby spreads his arms out like a butterfly . . .

Yoga Baby wobbles like a little bird . . .

Yoga Baby says "time for rest?ahh, shh, shh"

A perfect introduction to yoga for toddlers

Here is a playful introduction to nine simple yoga exercises for young children. Toddlers will enjoy moving along with *Yoga Baby* as they follow the basic poses. Unlike most books on the subject, *Yoga Baby* is aimed directly at preschoolers. This interactive picture book also includes helpful information for parents and educators. Fun, accessible, and colorful?it's a great way for little ones to discover yoga.



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