



Stories That Come Alive Through Yoga (Paperback)

By Renee Sherkness

Createspace Independent Publishing Platform, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Stories That Come Alive Through Yoga is a fun, informative, and entertaining, instructional book for children and adults to experience yoga. It was created as a way to express to parents, grandparents, teachers and fitness instructors, or anyone for that matter new or old to yoga, who interacts with children ages 4 to 11 years old, how to share the experience of yoga with their child/children. It is a tool to assist adults to connect with the children they interact with in a fun and healthy way. This book can help adults much like all of us, who have become bogged down with the mundane in life, to enter a child's world for the purpose of both adult and child experiencing a happier, healthier, and more balanced life. The gift shared is one that is fun and entertaining and certain to become a memory children and their parents will cherish for a long, long time. If I had to convey the essence of this book in a few words, those words would be: stories that nurture the mind, the...



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