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## Yoga Poga Shmoga! (Hardback)

By Sonia Jones

Peek-A-Boo Publishing, United States, 2016. Hardback. Condition: New. Todd Dakins (illustrator). Language: English . Brand New Book. Ages 5 to 7 years. When Mitzi turns ten, she gets a yoga mat as a birthday gift and her brother Axel feels left out because he thinks yoga is for girls! 100 of the author s proceeds go to the Sonima Foundation, which provides dynamic health and wellness programs to children across the country, and engages and inspires them with yoga-based exercise and mindfulness practices.

### Reviews

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