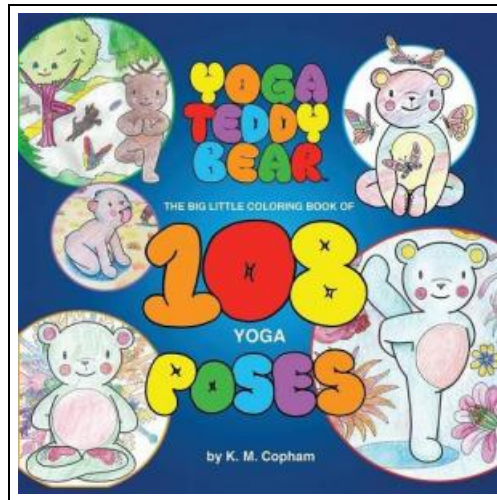


Yoga Teddy Bear: The Big Little Coloring Book of 108 Yoga Poses (Paperback)



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Reviews

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(Hunter Witting)

YOGA TEDDY BEAR: THE BIG LITTLE COLORING BOOK OF 108 YOGA POSES (PAPERBACK)



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NY Studio Gallery LLC, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Yoga Teddy Bear: The Big Little Coloring Book of 108 poses will ensure you are never at a loss for a yoga pose again. Use this book to enhance your practice, learn yoga's Sanskrit names, or even to win prizes or money in Yoga Teddy Bear's ongoing online coloring and yoga contest. It's an equally perfect gift for anyone who already enjoys yoga or a beginner who's curious about the practice. Yoga Teddy Bear and friends are sure to inspire both creativity and movement in this comprehensive coloring book featuring 108 core yoga poses. Loosely based on the pivotal *Light on Yoga* book by B. K. S. Iyengar that introduced the yoga practice to the west, this compilation of poses begins with Mountain Pose and follows a logical progression of poses to the final Corpse Pose. Loveable characters based on yoga poses such as Downward Dog, Cat and Cow, Monkey, Eagle, Lizard and Turtle join less obvious characters based on interpretations of yoga names such as Plow, Tree, Dragonfly, Sun Dial, Bird of Paradise, Scale and so many more. Other characters such as a mouse, an elephant, a koala, a dragon and an octopus join the cast of characters in interpreting warrior poses and poses dedicated to the sages. Each page of this engrossing and useful book features a lovingly hand-drawn illustration of Yoga Teddy Bear with a yoga-based character in demonstrating the yoga postures within a creative environment. Readers will gain even more appreciation of the natural world while enjoying these detailed and thoughtful compositions. Examples include: Standing Star (Utthita Tadasana) with a star character set among the constellations of the zodiac; Pyramid / Intense Side...



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