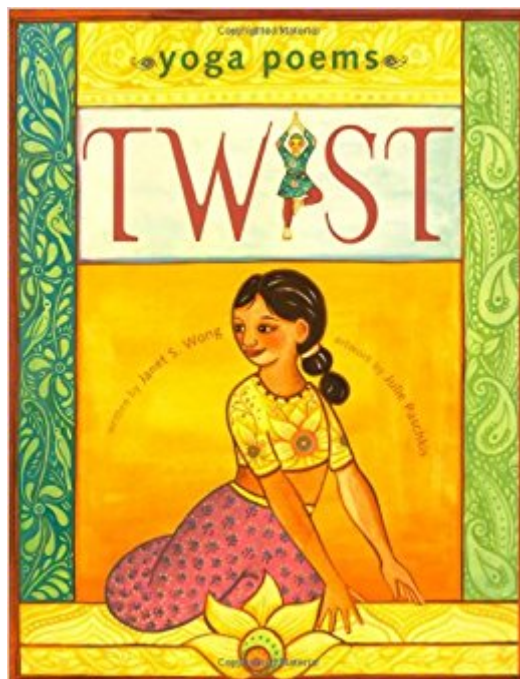


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# Twist: Yoga Poems



## Synopsis

Come explore yoga in a new way with TWIST, a collection of sixteen original poems sure to inspire even the youngest yogi! Feel the damp soil beneath you as Cobra, and grab hold of a star as Half-Moon. From Low Crow to Eagle and from Triangle to Tree, yoga comes alive with Janet S. Wong's artful creativity. Add vibrant illustrations by Julie Paschkis, and each pose is no longer simply a stretching position, but a picture and a story that will exercise the imagination as well as the body.

## Book Information

Hardcover: 40 pages

Publisher: Margaret K. McElderry Books; First Edition; First Impression edition (February 27, 2007)

Language: English

ISBN-10: 0689873948

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Product Dimensions: 8.5 x 0.4 x 11 inches

Shipping Weight: 12.8 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 8 customer reviews

Best Sellers Rank: #296,161 in Books (See Top 100 in Books) #46 in [Books > Children's Books > Growing Up & Facts of Life > Health > Fitness](#) #64 in [Books > Health, Fitness & Dieting > Exercise & Fitness > For Children](#) #1210 in [Books > Children's Books > Sports & Outdoors](#)

Age Range: 7 - 10 years

Grade Level: 2 - 5

## Customer Reviews

Grade 2-5 • This collection of 16 poems touches on the uplifting and emotional aspects of yoga, putting words to the spirit of the poses and evoking the energy and feelings of the practice. Wong's simple verses read almost like haiku, using imagery to get to the essence of the positions, rather than teaching how to perform them. On each spread, Paschkis's watercolor paintings frame both the poem and a child performing the pose with colorful fauna, flora, and people that suggest India as well as that particular exercise. The youngsters are varied ethnically though all wear clothing with Indian colors and patterns. The words and images blend together effortlessly, with energy and beauty. A few minor concerns: Tree pose should never be done with the foot directly on the knee as shown in the illustrations. Handstand shouldn't be done with the head on the

floor and is a dangerous pose for children to try without direction. However, this is not an instruction book and readers should be directed to resources such as Baron Baptiste's *My Daddy Is a Pretzel* (Barefoot, 2004) to learn the actual poses. A simple author's note provides added encouragement for novices. Lovely to listen to and to look at, *Twist* is sure to inspire some new yogis. © Susan Oliver, Tampa-Hillsborough Public Library System, FL Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

Wong and Paschkis, who have collaborated on poetry titles about dreams (*Night Garden*, 2000) and superstitions (*Knock on Wood*, 2003), focus on yoga in their latest attractive picture-book collection. Each selection, presented on a double-page spread, is named after a different asana (pose): Down Dog, Child's Pose, and so on. The best of the brief poems communicate yoga's philosophy and feeling in language and imagery that is immediately accessible: "Breath is a broom / sweeping your insides." Some selections will help children visualize the shapes of the poses: "Head to foot to foot, / Finger to finger to toe . . . My body is a puzzle of triangles." Paschkis' vibrant watercolors greatly enhance the book's appeal with portraits of multiethnic yogis demonstrating the poses, surrounded by lively, paisley-patterned borders of animals, plants, and figures. Kids eager to try the featured asana may want to move on to Thia Luby's *Children's Book of Yoga* (1998), Liz Lark's *Yoga* (2003), and Baron Baptiste's *My Daddy Is a Pretzel* (2004). Gillian Engberg Copyright © American Library Association. All rights reserved

I have been using this book for years in my kids yoga class. Beautiful pictures and sweet poems. Sometimes I read one to the class, sometimes I read them all! I have used it to teach an Indian themed lesson plan for a 5th grade class, since their teacher was doing a unit on India. The teacher loved the book so much that she asked to borrow it for awhile so she could continue using it with her students. This book is a gem!

I pull this out when my girls (5 and 2) are getting loopy or grumpy, and it works everytime. I love the poems and images, and they love trying all the poses (though my 5 year old gets VERY disgruntled with low crow!)... I recommend this to everyone, whether you have any experience with yoga or not.

ALTHOUGH THE PICTURES ARE NICE THE POEMS AREN'T GREAT. TRY FLY LIKE A BUTTERFLY OR YOGA KIDS. FOR YOUNG CHILDREN TRY BARBA THE ELEPHANT YOGA BOOK IT COMES WITH A NICE POSTER.

Beautiful book! My 3 year old lives this book, and asks to read it daily. It's a wonderful way to introduce the poses and breathing and energy behind them. The donut one is a little bizarre though for a health yoga book though...

I can always count on for quick and efficient delivery for all my reading needs. The books are always in great condition and arrive very quickly.

The librarian read this at story time and the kids loved it. Not every position can be done by all ages but it is sure fun to try. Plus, The book is broken up nicely, poem by poem, position, by position which makes it easy to do. I highly recommend this!

this is a wonderful book! The seller was fast and the book was in beautiful condition. GREAT price

This is a beautiful book for children and adults alike. The art is wonderful. I've love posters of some of these illustrations!

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