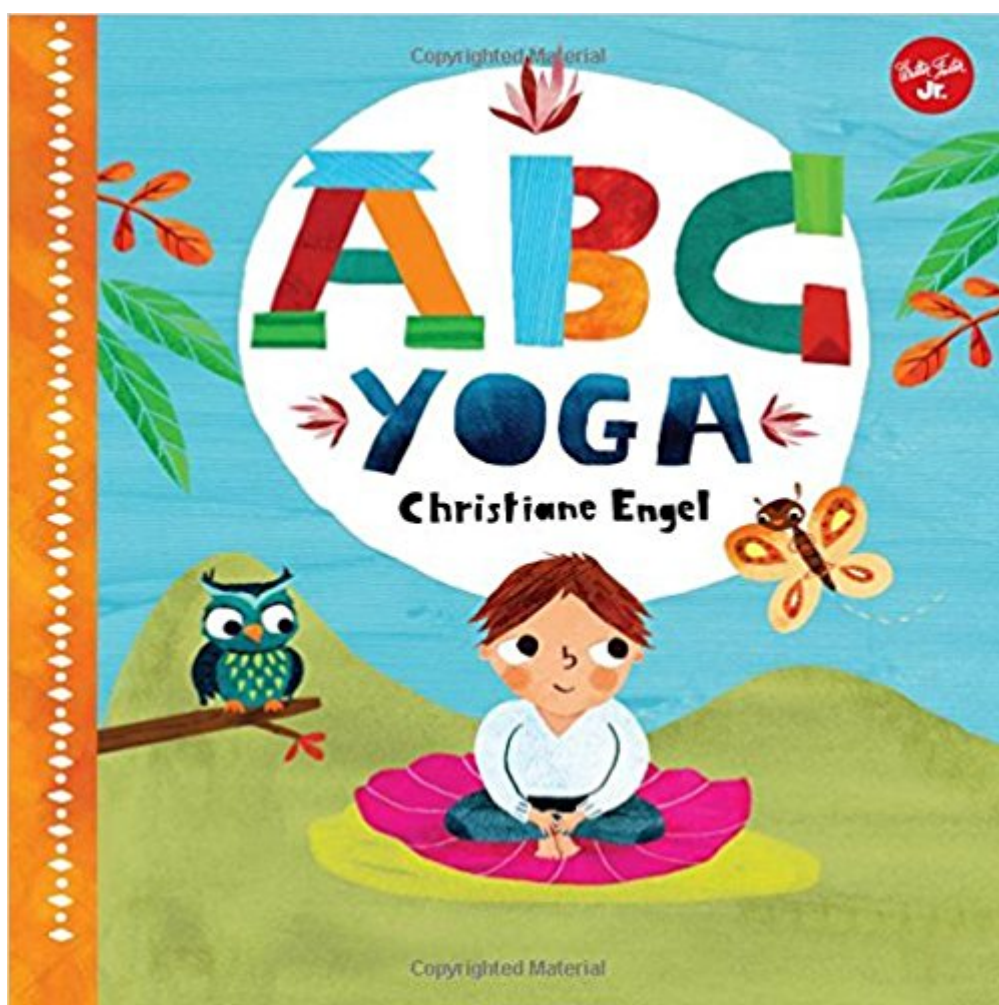


The book was found

# ABC For Me: ABC Yoga: Join Us And The Animals Out In Nature And Learn Some Yoga!



## Synopsis

Pairing simplified yoga poses with alphabetized animals and objects, ABC Yoga features colorful illustrations of children and animals practicing yoga along with playful rhymes to explain each movement. A fun family read, this interactive title is perfect for teaching toddlers their ABCs, as well as introducing them to familiar animals and basic, simplified yoga poses that promote health and well-being. Each letter of the alphabet is paired with an engaging illustration mimicking the various animals' natural movements. Clever rhymes explain how toddlers (and their parents!) can copy the poses, each of which encourage movement, physical fitness, and mental health. The 26 yoga poses, one for each letter of the alphabet, are renamed for easy understanding, while an index at the end of the book identifies the correct name for each asana (yoga pose) for the adults. The engaging illustrations and playful rhymes encourage children and their parents to get up and move, promoting physical activity, learning, and togetherness.

## Book Information

Lexile Measure: 560 (What's this?)

Series: ABC for Me

Hardcover: 36 pages

Publisher: Walter Foster Jr (September 1, 2016)

Language: English

ISBN-10: 1633221466

ISBN-13: 978-1633221468

Product Dimensions: 9.2 x 0.8 x 9.2 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 15 customer reviews

Best Sellers Rank: #43,342 in Books (See Top 100 in Books) #10 in [Books > Health, Fitness & Dieting > Exercise & Fitness > For Children](#) #11 in [Books > Children's Books > Growing Up & Facts of Life > Health > Fitness](#) #78 in [Books > Children's Books > Early Learning > Basic Concepts > Alphabet](#)

Age Range: 3 - 6 years

Grade Level: Preschool - 1

## Customer Reviews

Christiane Engel is an award-winning illustrator and author. Her work can be found in a huge variety of kids' books all over the world, including a kids' bible and a children's atlas as well as Walter

Foster Jr.'s ABC Love and ABC Yoga. Her instantly recognizable children's characters appeared in an award-winning ad campaign in the UK and she works with the Surrey County Council to create advertising and educational material for families. She has also created illustrations for animated programs for clients including the BBC. Christiane lives by the sea in southeast England with her little family. Learn more at [chengel.myportfolio.com](http://chengel.myportfolio.com).

This board book is larger than expected which I love! I adore the beautiful illustrations, perfect introductory book for little ones. Perfect for gifting.

Such a cute book and a great introduction to yoga! My 2-year-old was very curious when watching mommy do yoga, so I bought him this book. Now he practices the different poses and goes to grab the book whenever he sees me exercising. Each page has a different animal, so even the poses that are too difficult for him to do at his age, he has fun impersonating the animals. Very cute illustrations and sturdy pages for little hands.

Great book for young children as well as kids on the spectrum. I use it in my individual therapy sessions and small groups. Great pictures and easy and fun yoga moves based on animals.

I am a kindergarten teacher and my kids absolutely love this book! So excited for yoga.

We got this as a gift for our 2 year old, and it is awesome! She loves it, and we laugh our way through all the poses. So much fun and a great way to introduce exercise as a super fun activity to a child!

Good pictures and good book to practice alphabet and physical activity with toddlers.

Cute book that I bought for my niece and she loves it.

Great book for kids!

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ABC: Baseball ABC ( ABC BOOK, ABC FOR KIDS, ABC, ABC BOOK FOR KIDS, FRUIT'S ABC, CHILDREN EARLY LEARNING, A to Z, Book of ABC's, Potty Training & Preschool ... Habitats, Children's Books, ABC's) ABC for Me: ABC Yoga: Join us and the animals out in nature and learn

some yoga! Some We Love, Some We Hate, Some We Eat: Why It's So Hard to Think Straight About Animals  
Some We Love, Some We Hate, Some We Eat: Why It's So Hard to Think Straight About Animals (P.S.)  
Yoga: 100 Key Yoga Poses and Postures Picture Book for Beginners and Advanced Yoga Practitioners: The Ultimate Guide For Total Mind and Body Fitness (Yoga ... Books)  
(Meditation and Yoga by Sam Siv 3) Book for kids: 30 Most Poisonous Animals in the World that You Should Know!: Incredible Facts & Photos to the Some of the Most Venomous Animals on Earth (Deadliest Animals)  
Book for kids: 30 Most Poisonous Animals in the World that You Should Know! : Incredible Facts & Photos to the Some of the Most Venomous Animals on Earth (Deadliest Animals 2)  
Yoga: The Yoga Beginner's Bible: Top 63 Illustrated Poses for Weight Loss, Stress Relief and Inner Peace (yoga for beginners, yoga books, meditation, mindfulness, ... self help, fitness books Book 1)  
Yoga: 21 Essential Yoga Poses to Strengthen Your Body and Calm Your Mind (FREE Meditation Bonus!): (Meditation, Yoga Poses, Relaxation, Stress Relief, Yoga for beginners) Crochet: GRANNY SQUARE BASICS: Learn How to Crochet and Join Granny Square Motifs  
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Yoga: The Top 100 Best Yoga Poses: Relieve Stress, Increase Flexibility, and Gain Strength (Yoga Postures Poses Exercises Techniques and Guide For Healing Stretching Strengthening and Stress Relief)  
Yoga Mama, Yoga Baby: Ayurveda and Yoga for a Healthy Pregnancy and Birth Wee Sing & Learn ABC (Wee Sing and Learn)

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