



# Little Yoga: A Toddler's First Book of Yoga

By Rebecca Whitford

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*Yoga Baby spreads his arms out like a butterfly . . .*

*Yoga Baby wobbles like a little bird . . .*

*Yoga Baby says "time for rest?ahh, shh, shh"*

### A perfect introduction to yoga for toddlers

Here is a playful introduction to nine simple yoga exercises for young children. Toddlers will enjoy moving along with *Yoga Baby* as they follow the basic poses. Unlike most books on the subject, *Yoga Baby* is aimed directly at preschoolers. This interactive picture book also includes helpful information for parents and educators. Fun, accessible, and colorful?it's a great way for little ones to discover yoga.

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## Little Yoga: A Toddler's First Book of Yoga By Rebecca Whitford Bibliography

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### Editorial Review

From School Library Journal

PreS–Toddlers can move along with the playful illustrations and simple poses introduced in this book. Each colorful spread shows a child in a yoga pose on one side, while the opposing page pictures the animal the position is supposed to reflect. For example, the first spread shows, Yoga Baby in the flying eagle pose, and the facing page reads, spreads his arms like a butterfly. While a butterfly is depicted rather than an eagle, the idea is conveyed and the other poses are fairly straightforward. Youngsters are shown hanging down like a monkey (forward bend), breathing like a lion (lion breath), etc. The brightly hued backgrounds of blue, pink, purple, and yellow, combined with the large cartoon artwork, are pleasing to the eye. A note to adults offers some practice tips, and there is also a brief explanation of the poses. Yoga is all the rage, and this picture book will be popular where books on the topic are in demand.—*DeAnn Tabuchi, San Anselmo Public Library, CA*

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From [Booklist](#)

PreS. Intended as a "gentle introduction" rather than a strict how-to manual, this small, square book offers a simple sequence of yoga poses designed especially for toddlers. On each cheerfully designed spread, a simple, black-outlined illustration shows a smiling toddler in a pose; on the opposite page, an animal mimics the same motion. The text is straightforward: "Yoga baby wags his tail like a dog" read the words above a boy, balanced in Downward Dog pose--just like the spotted pooch next to him. Appended material includes tips for adults to help guide children through the motions and photos of toddlers performing the poses. This slim offering isn't a necessary purchase, but there's little available about yoga for the toddler set, and the encouraging notes and well-chosen poses will give parents (and others who work with children) new ideas for channeling toddler energy. *Gillian Engberg*

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Review

"Beautifully simple, with bold illustrations, it's a captivating introduction to some of the animal poses of yoga" -- Judith Woods Daily Telegraph "Beautifully illustrated ... Guaranteed to amuse and interest little people and inspire them to enjoy simple yoga stretches. A lovely book" Yoga & Health "A delightful introduction to yoga with simple but endearing artwork ... We loved the use of simile for comparisons" Practical Pre-School "For all mothers out there who are constantly looking for new ways to entertain their little ones ... With cute, fun illustrations" Yoga Magazine "A wonderful tool to ignite your toddler's imagination ... adorable illustrations" Junior

### Users Review

**From reader reviews:**

**Maria Gardner:**

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**Carmen Russell:**

In this period globalization it is important to someone to receive information. The information will make professionals understand the condition of the world. The condition of the world makes the information simpler to share. You can find a lot of recommendations to get information example: internet, newspapers, book, and soon. You can observe that now, a lot of publisher which print many kinds of book. The book that recommended for you is Little Yoga: A Toddler's First Book of Yoga this reserve consist a lot of the information on the condition of this world now. This book was represented just how can the world has grown up. The terminology styles that writer require to explain it is easy to understand. The particular writer made some investigation when he makes this book. Honestly, that is why this book suited all of you.

**Matthew White:**

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