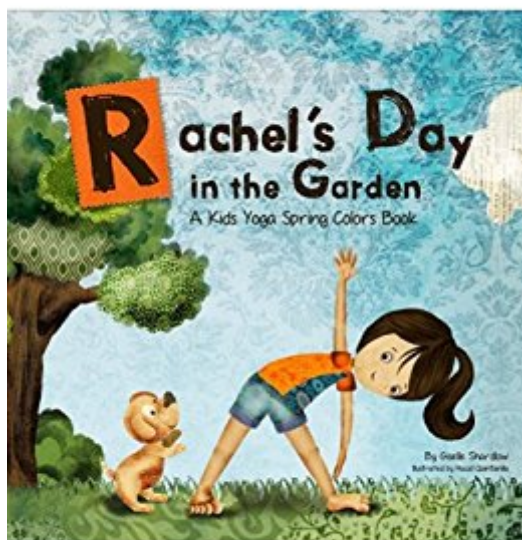


The book was found

# Rachel's Day In The Garden: A Kids Yoga Spring Colors Book



## Synopsis

Experience the benefits of yoga while learning about the signs of spring! Join Rachel as she and her adorable puppy look for signs of spring in the garden. Crawl like a caterpillar, buzz like a bee, and flutter like a butterfly. Discover spring, explore movement, and learn the colors of the rainbow. The storybook includes a list of kids yoga poses and a parent-teacher guide. Kids Yoga Stories introduce you to engaging characters who will get your child laughing, moving, and creating. Reading is good for the mind AND body! The story links several yoga poses in a specific sequence to create a coherent and meaningful story. This spring yoga story for ages 3 to 6 is more than a storybook, but it's also a unique experience for children.

## Book Information

File Size: 4052 KB

Print Length: 35 pages

Simultaneous Device Usage: Unlimited

Publisher: Kids Yoga Stories LLC (February 1, 2016)

Publication Date: February 1, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01BE4QDGA

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #124,411 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #79

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## Customer Reviews

4.5/5 First of all, I have to say how much I absolutely love this idea. I'm a big fan of yoga myself and I think it's great that there exists a picture book series for young kids (and adults too!) to get started practicing it at a young age while maintaining a fun and safe atmosphere. This isn't a book I'd ever noticed missing in my life, but I can say that now that I know it exists, it's one that I'd definitely

recommend to my parent friends and relatives who have small children. Let's start with the fundamentals: this is a practical but easy to use book from an adult standpoint. At the end of the book, there's a little guide that goes into a bit more depth about how each of the poses demonstrated throughout the story should be done, as well as tips for staying safe while doing them, breathing control, and communication with the kids. Now for the story part of the book. What's most striking to me about this book is the illustrations. They are simply stunning. They have bright, vivid colors that are perfect for springtime, and have this cool textured/layered look to them that I really enjoy. The illustrations of Rachel serve dual purposes. First, they highlight the story of Rachel's lovely spring day in the garden with her dog. Also, each time that Rachel is on the page, she is in a new yoga position. On each of these new pages, there is a bubble with the name of the pose as well as a highlighted word in the sentence of the story that best represents that pose. That key word is also correspondent to a color (like the yellow sun). It's a really simple book on the surface, but it teaches so much in a small space.

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