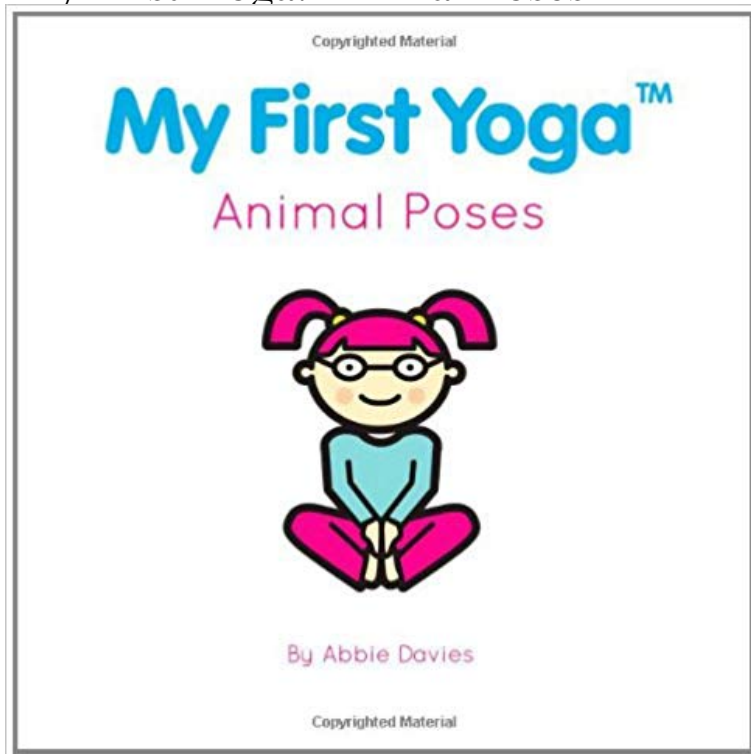


My First Yoga: Animal Poses



This book uses child friendly vocabulary and vibrant illustrations to lead readers through a series of easy to follow yoga poses. Learn to become a strong dog, quiet turtle and proud lion- while stretching mind and body to improve focus, balance and concentration.

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