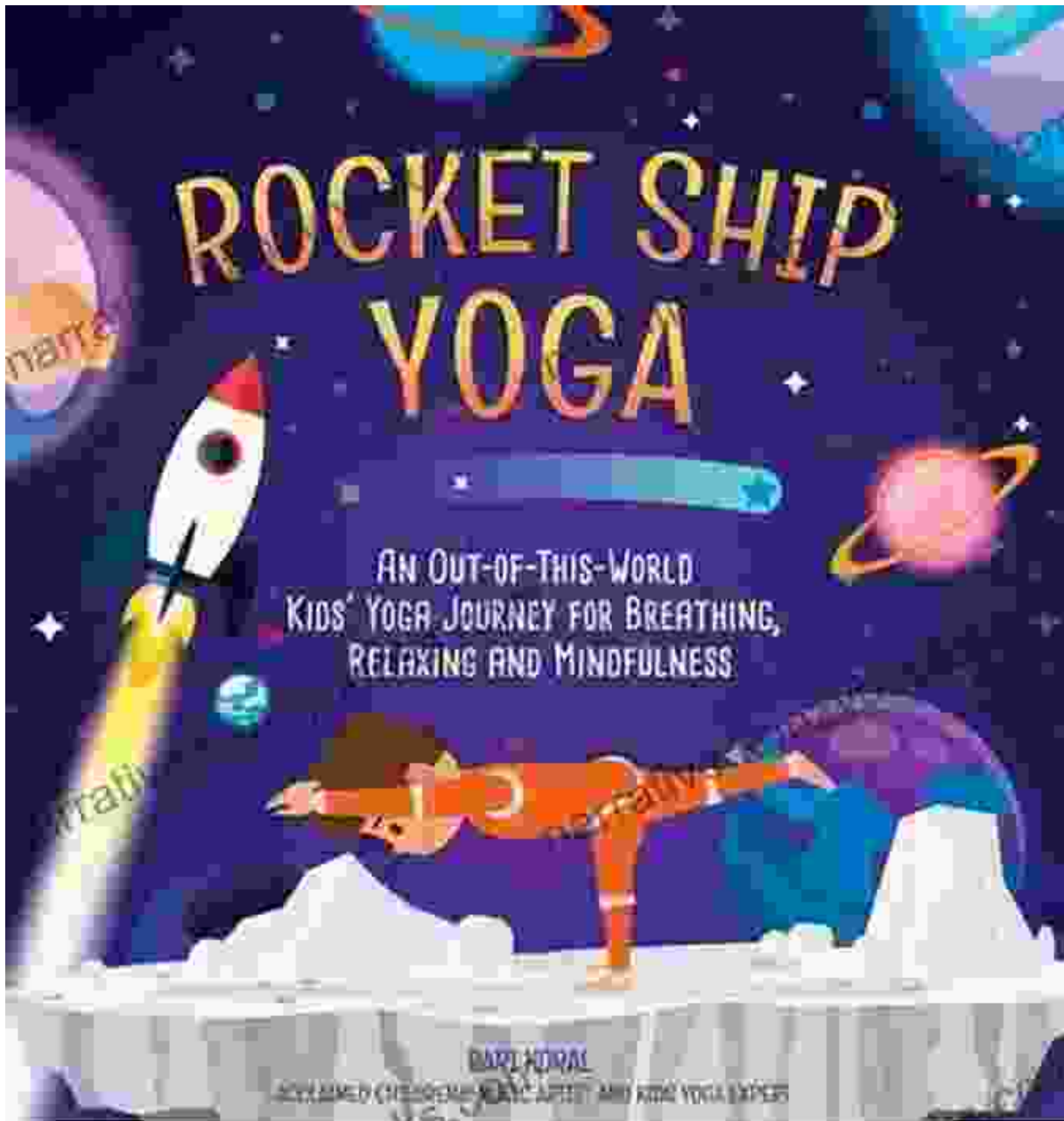


An Out Of This World Kids Yoga Journey For Breathing Relaxing And Mindfulness



Rocket Ship Yoga: An Out-of-This-World Kids Yoga Journey for Breathing, Relaxing and Mindfulness (Yoga

Poses for Kids, Mindfulness for Kids Activities)

by Bari Koral

★★★★★ 5 out of 5

Language : English

File size : 8906 KB

Print length : 264 pages

Screen Reader : Supported



Take your child on an extraordinary yoga journey through the cosmos!

Our book, 'An Out of This World Kids Yoga Journey,' is a captivating guide that introduces children to the wonders of yoga, mindfulness, and breathing exercises. With whimsical illustrations and engaging stories, we'll embark on a cosmic adventure that promotes relaxation, focus, and overall well-being.

Through a series of imaginative yoga poses, your child will transform into a majestic eagle soaring through the sky, a playful dolphin leaping through the waves, and a wise old tree standing tall and strong. Each pose is carefully designed to enhance flexibility, coordination, and body awareness.

But our journey doesn't stop at physical movement. We'll also explore the realm of mindfulness and breathing exercises. Your child will learn how to calm their mind, focus on the present moment, and regulate their emotions. These techniques are invaluable tools for managing stress, anxiety, and promoting overall well-being.

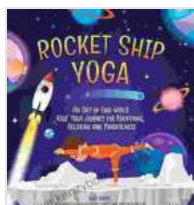
As we travel through the cosmos, your child will encounter a cast of lovable characters who embody the principles of yoga and mindfulness. From the wise and gentle Cosmic Cat to the energetic and playful Moonbeam Bunny, these characters will guide your child on their journey and inspire them to embrace a healthy and balanced lifestyle.

Whether you're a seasoned yoga practitioner or a complete beginner, 'An Out of This World Kids Yoga Journey' is the perfect way to introduce your child to the transformative power of yoga, mindfulness, and breathing exercises. With its engaging stories, whimsical illustrations, and easy-to-follow instructions, this book is sure to become a cherished part of your family's bedtime routine or daily wellness practice.

Benefits of 'An Out of This World Kids Yoga Journey':

- Enhances flexibility, coordination, and body awareness.
- Promotes relaxation, focus, and overall well-being.
- Introduces children to the principles of yoga and mindfulness.
- Provides valuable tools for managing stress, anxiety, and emotions.
- Inspires children to embrace a healthy and balanced lifestyle.

Free Download your copy of 'An Out of This World Kids Yoga Journey' today and embark on an extraordinary cosmic adventure with your child!

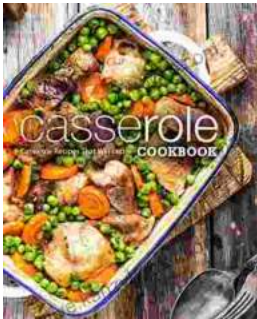


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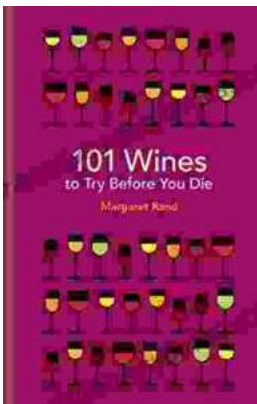
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