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Yoga Teddy Bear and Friends: Coloring Book (Paperback)

By K M Copham

NY Studio Gallery LLC, United States, 2014. Paperback. Book Condition: New. 216 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.The first book in the rainbow series of coloring books by Yoga Teddy Bear, Yoga Teddy Bear Friends shows our hero with a host of animal friends who make yoga accessible and easy to follow for kids and grown ups alike. This book features a variety of basic poses ranging from Downward Facing Dog to Happy Baby. Each pose is depicted with the bear and a character in a unique and playful setting, Sanskrit translation lettering, a difficulty key code, and a brief description. The back of this book reads: Hello! I m Yoga Teddy Bear. I like to practice yoga with my friends. There are lots of poses named after them. Join us on a journey of adventure practicing yoga around the world. Test your ability when you copy our poses, which are called Yoga Asanas. Try to hold each Asana for 3 long breaths. Never hold a pose if it hurts and always breathe deeply. Smile. Breathe through your nose. Feel your body move and stretch. Remember to color the pictures! Yoga...



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Reviews

Very beneficial to all of type of individuals. This can be for those who statte that there had not been a really worth reading. You will not really feel monotony at at any time of your respective time (that's what catalogs are for concerning should you ask me).

-- **Michale Shields**

The publication is straightforward in study safer to recognize. It is writter in straightforward words and never hard to understand. Its been printed in an extremely straightforward way and it is just after i finished reading this book through which basically modified me, affect the way i think.

-- **Percy Bernhard**

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