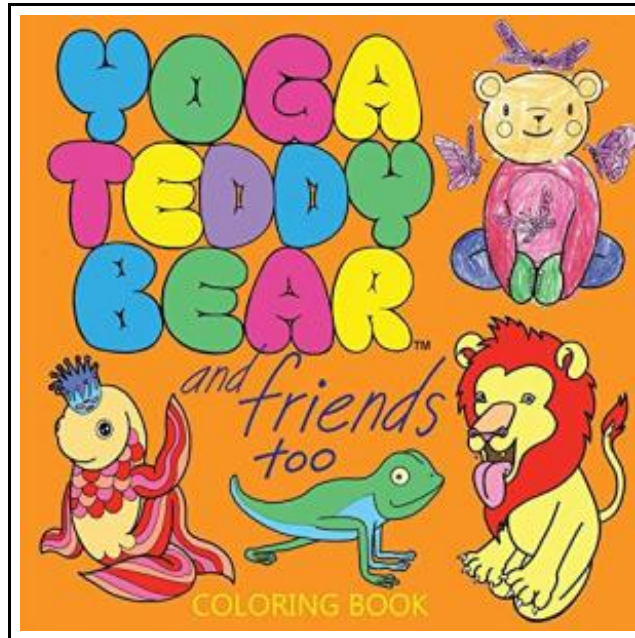


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NY Studio Gallery LLC, United States, 2016. Paperback. Book Condition: New. 216 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.The second in the rainbow series of coloring books by Yoga Teddy Bear, Yoga Teddy Bear Friends Too features our hero with a cast of animal characters who make yoga accessible and fun for kids and grown ups alike. This book features a variety of poses ranging from Sphinx Pose to Crane/Crow Pose. Each pose depicts the bear with a friend in a unique setting that invites creative interpretation. Succinct and clear pose descriptions are accompanied by Sanskrit translation and lettering and a difficulty key code. The back of this book reads: Hello! I m Yoga Teddy Bear. Every day I meet new friends who teach me the art of yoga poses, which are called Asanas in the Sanskrit language. With their help, I learn new Asanas that increase my flexibility, strength and endurance - while having fun too! Will you join us? Try perfecting the poses you see here and practice listening to your body. Discover the ways you can move and breathe and stretch. Breathe deeply and slowly and never hold your breath. Only push yourself if it feels good. Breathe in. Smile. Breathe out. Stretch. Notice what you can do today and see what you can do tomorrow. Use your creativity to color the pictures! Yoga Teddy Bear and Friends Too Coloring Book (yellow) Poses Featured: Poses included: Butterfly/Bound Angle, Lion s Breath, Sphinx, Puppy, Dolphin, Frog Legs, Lizard, Pigeon, Half Lord of the Fishes, Upward Hands, Cow Face, Crow/Crane, Locust/Grasshopper, Rabbit, Corpse Pose.

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