



The Kids' Yoga Deck: 50 Poses and Games

Annie Buckley

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Yoga is fun! Get kids bending, breathing, and stretching with The Kids Yoga Deck. Playful poses such as Cat, Flower, Airplane, and Gorillaas well as partner poses that can be performed with friendsteach kids the basics of yoga. Easy enough for children to do on their own, The Kids Yoga Deck engages bodies and minds to help youngsters build strength, flexibility, balance, and mental focus.

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