



# The ABCs of Yoga for Kids: A Book for Coloring

*Teresa Anne Power*

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# The ABCs of Yoga for Kids: A Book for Coloring

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## **The ABCs of Yoga for Kids: A Book for Coloring** Teresa Anne Power

This unique coloring book uses each letter of the alphabet and the corresponding yoga pose for each letter to enable kids to not only color in the pictures of children doing the postures, but also teaches them the alphabet and how to practice yoga, a non-competitive form of exercise.

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Spent a free the perfect time to be fun activity to accomplish! A lot of people spent their leisure time with their family, or their friends. Usually they accomplishing activity like watching television, planning to beach, or picnic inside the park. They actually doing same every week. Do you feel it? Do you want to something different to fill your personal free time/ holiday? Can be reading a book may be option to fill your free of charge time/ holiday. The first thing that you'll ask may be what kinds of reserve that you should read. If you want to attempt look for book, may be the publication untitled The ABCs of Yoga for Kids: A Book for Coloring can be good book to read. May be it may be best activity to you.

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