



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 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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