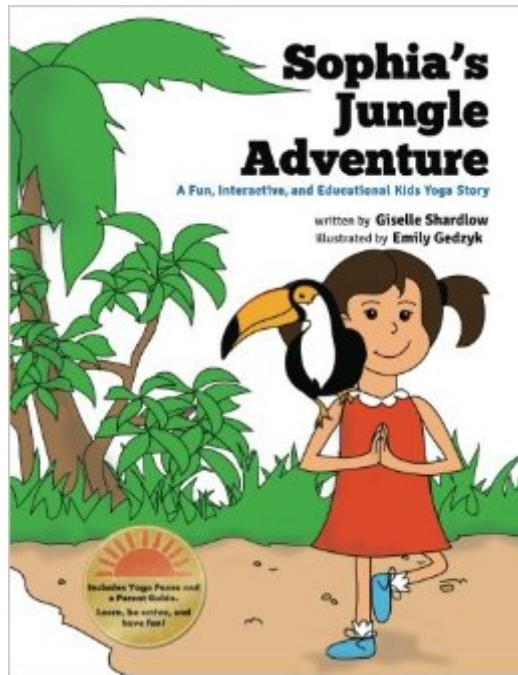


The book was found

# Sophia's Jungle Adventure: A Fun And Educational Kids Yoga Story



## Synopsis

Give Your Children the Healthy Benefits of Yoga with this Kids Yoga Stories Adventure Book! Join Sophia on her jungle adventure! Fly like a toucan, slither like a snake, and flutter like a butterfly as you act out this journey through a Costa Rican jungle. What else might you see? Kids Yoga Stories introduce you to engaging characters who will get your child laughing, moving, and creating.

Reading is good for the mind AND body! The story links several yoga poses in a specific sequence to create a coherent and meaningful story. This book for ages 3 to 7 is more than a storybook, but it's also a unique experience for children. Sophia's Jungle Adventure is also available in Spanish, French, Portuguese, Chinese, Italian, Russian, and German. See the author's page for the whole list of yoga stories (including the complementary, Sophia's Jungle Adventure Coloring Book) at [www.giselleshardlow.com/author/giselleshardlow](http://www.giselleshardlow.com/author/giselleshardlow).

## Book Information

Paperback: 38 pages

Publisher: CreateSpace Independent Publishing Platform (May 19, 2012)

Language: English

ISBN-10: 1475225482

ISBN-13: 978-1475225488

Product Dimensions: 8.5 x 0.1 x 11 inches

Shipping Weight: 5.3 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars Â Â See all reviews Â (71 customer reviews)

Best Sellers Rank: #247,692 in Books (See Top 100 in Books) #39 in Â Books > Children's Books > Growing Up & Facts of Life > Health > Fitness #62 in Â Books > Health, Fitness & Dieting > Exercise & Fitness > For Children #80 in Â Books > Children's Books > Geography & Cultures > Explore the World > Central & South America

## Customer Reviews

Here's what I love about this book & coloring book: \*Great eco-friendly theme! Sophia & her friends are in an Environment Club at school\*Each page in the book includes the targeted pose in bold font in the text & a picture of the pose in the top right corner. This makes it easy to keep the flow in a kids yoga storytime especially for those who are new to yoga and may not know all the poses.

Additional details are provided in the back of the book. \*There are 18 poses in the book. Plenty to fill most kids yoga classes for the targeted age range (4-8 year olds). For a longer class, you could add poses for other animals you might see in a jungle and talk about conservation/eco-friendly choices

to extend the theme. Suggestions are provided in the book. \*Each page in the coloring book includes the name of that item in the story, the name of the pose and illustrations of both Sophia doing the pose and some of the elements from that scene in the story. The illustrations and font sizes are large & clear. \*The Parent-Teacher Guide section at the end of the book & the coloring book are goldmines of great tips for setting up a fun & safe yoga storytime for kids. Gotta share this quote from the end of both books: "Ooze creativity, imagination and abundance. Encourage each child to tap into his or her own creativity and imagination through movement and breath. Welcome quiet times for reflection. Pause often. Remember, it's not the end result, but the journey where miracles happen...". Giselle's passion and love for kids shines through\*Love the inclusion of Savasana at the end of the book & the idea of Sophia putting her notebook on her belly! \*The book has bright colorful illustrations & a nice easy-to-read font size.

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