



Yoga and Breathing for Children

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Publisher : Gallimard Jeunesse

Category : Children's Books

Genres : CD Books/Sound Books

Keywords : Relaxation - Yoga

A book with CD to practice yoga and breathing control for little ones!

10 yoga postures with simple instructions to help young children understand their bodies and control their breathing. Comes with a 15-minute CD of beautiful relaxing music and nature sounds.

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Pages : 32

Format cm : 21 x 21

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