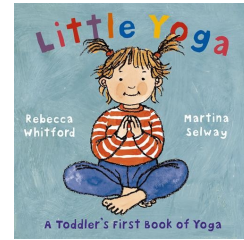


# Yoga for Babies and Toddlers

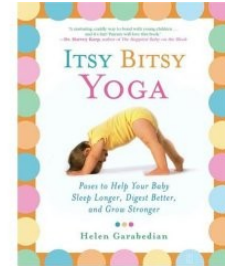
## Little Yoga by Rebecca Whitford and Martina Selway.

Here is a playful introduction to nine simple yoga exercises for young children. Toddlers will enjoy moving along with "Yoga Baby" as they follow the basic poses. This interactive picture book also includes helpful information for parents and educators. (E613.704608 WHI)



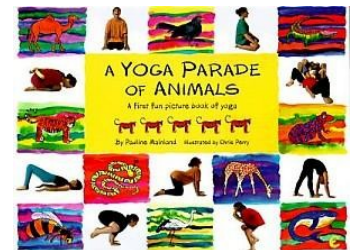
## Itsy bitsy yoga by Helen Garabedian.

Shows poses to help your baby sleep longer, digest better, and grow stronger. "Through yoga, babies sense their parents' trust and deep commitment to understanding as they move forward in developing their physical, social, intellectual, and emotional skills." (649.112 GAR)



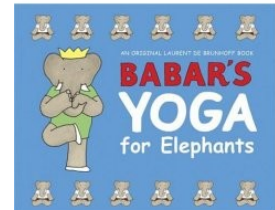
## A Yoga Parade of Animals by Pauline Mainland.

Inspires children to assume beginning yoga positions using the shapes of animals as guides. With simple explanations and easy-to-follow instructions, this book develops a life-lasting awareness of good relaxed posture, stillness and inner well-being. (J613.7046 MAI)



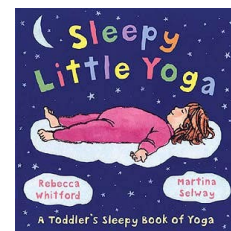
## Baba's Yoga for Elephants by Laurent de Brunhoff.

Babar the elephant demonstrates and provides step-by-step instructions for basic yoga techniques and positions, then shows how he and Celeste use them to relax and have fun as they travel around the world. (J613.704608 BRU)



## Sleepy Little Yoga by Rebecca Whitford.

May be used to calm a young child and to introduce yoga poses. Colorful pages show a toddler in an easy pose opposite an animal in a similar position. The book is fun to share, even in a group storytime, while letting children do their own thing. A photo spread shows children practicing the postures. (on order)



## Children's Book of Yoga by Thia Luby.

Presents six complete yoga workouts designed for children from three to twelve years of age. (J613.7046 LUB)



## Twist: Yoga Poems by Janet Wong.

A collection of 16 poems sure to inspire even the youngest yogi! (E811.54 WON)

