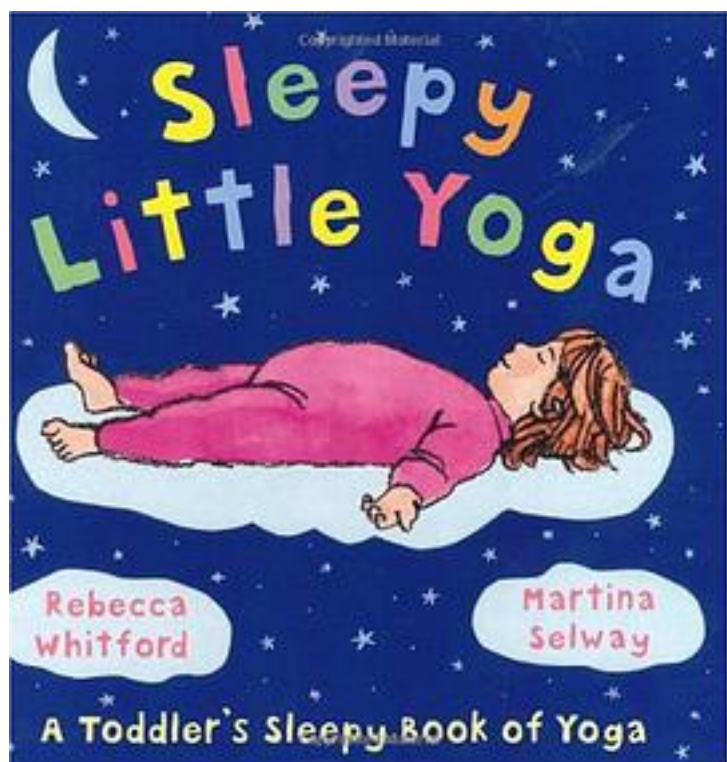


# Sleepy Little Yoga



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著者:Whitford, Rebecca/ Selway, Martina (ILT)

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A relaxing yoga sequence for toddlers Here is a soothing sequence of nine simple yoga poses perfect for helping young children to wind down before nap or bedtime. Toddlers will love moving along with Yoga Baby in poses that mimic nighttime animals?from bats and owls to tired bunnies and sleepy bees. This interactive picture book also includes useful information for parents and educators, and photographic demonstrations of each pose. Bright, colorful, and accessible, "Sleepy Little Yoga" is a great way for little ones to enjoy the benefits of yoga.

作者介绍:

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标签

评论

四岁宝宝很喜欢，每个动作都可以按照书上的做出来，快乐的睡前读物

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书评

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