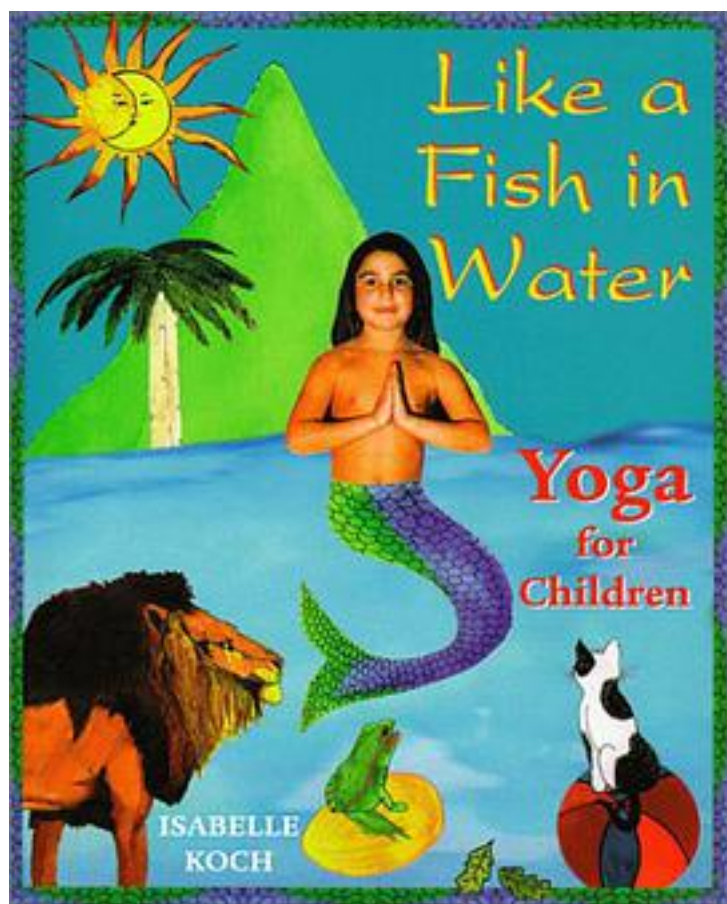


Like a Fish in Water



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著者:Koch, Isabelle

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- A playful introduction to the practice of yoga for the health and well-being of your child.- Includes step-by-step instructions for more than 20 postures, as well as information on breathing and relaxation exercises.- Each posture is demonstrated by a child whose image is magically woven into full-color illustrations.- An invitation for

children, ages three and up, to experience the healthy benefits of yoga. In this exuberant and colorful book, author and illustrator Isabelle Koch introduces children to hatha yoga, inviting them into a world of good health and vitality through her use of playful analogies and whimsical illustrations. "Like a Fish in Water" provides step-by-step instructions for more than 20 yoga postures and the basics of breathing, as well as a variety of relaxation exercises. Each posture is demonstrated by a child whose image is magically woven into the brightly colored backgrounds and accompanied by text that clearly and simply guides the child through the movements, using language accessible to everyone. Daily yoga practice can provide an island of calm in today's hectic world in which children are continuously bombarded with stimuli. Yoga fosters both physical and emotional health, sharpens focus, and improves attention span. "Like a Fish in Water" offers parents a perfect opportunity to spend time with their children, while engaging in a healthy and enjoyable activity. So whether it is used to get the day off to a positive start or to wind it down toward a peaceful end, Koch's book and the instruction it offers is ideal for parents, teachers, and, most importantly, children.

作者介绍:

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