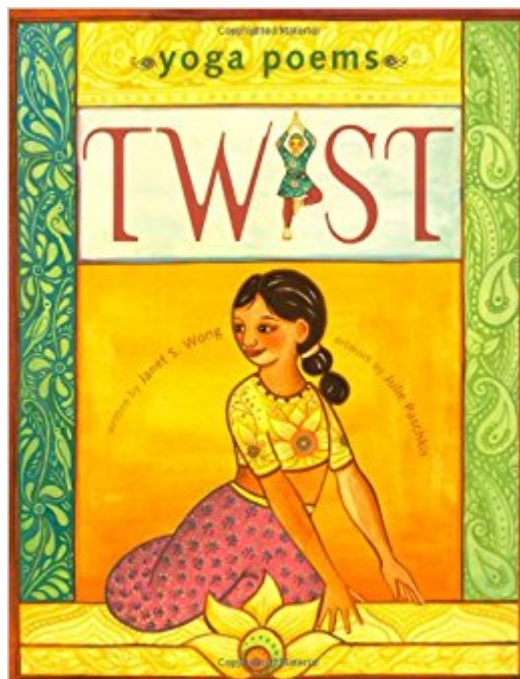


The book was found

Twist: Yoga Poems



Synopsis

Come explore yoga in a new way with TWIST, a collection of sixteen original poems sure to inspire even the youngest yogi! Feel the damp soil beneath you as Cobra, and grab hold of a star as Half-Moon. From Low Crow to Eagle and from Triangle to Tree, yoga comes alive with Janet S. Wong's artful creativity. Add vibrant illustrations by Julie Paschkis, and each pose is no longer simply a stretching position, but a picture and a story that will exercise the imagination as well as the body.

Book Information

Hardcover: 40 pages

Publisher: Margaret K. McElderry Books; First Edition; First Impression edition (February 27, 2007)

Language: English

ISBN-10: 0689873948

ISBN-13: 978-0689873942

Product Dimensions: 8.5 x 0.4 x 11 inches

Shipping Weight: 12.8 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 8 customer reviews

Best Sellers Rank: #296,161 in Books (See Top 100 in Books) #46 in Books > Children's Books > Growing Up & Facts of Life > Health > Fitness #64 in Books > Health, Fitness & Dieting > Exercise & Fitness > For Children #1210 in Books > Children's Books > Sports & Outdoors

Age Range: 7 - 10 years

Grade Level: 2 - 5

Customer Reviews

Grade 2â "5â "This collection of 16 poems touches on the uplifting and emotional aspects of yoga, putting words to the spirit of the poses and evoking the energy and feelings of the practice. Wong's simple verses read almost like haiku, using imagery to get to the essence of the positions, rather than teaching how to perform them. On each spread, Paschkis's watercolor paintings frame both the poem and a child performing the pose with colorful fauna, flora, and people that suggest India as well as that particular exercise. The youngsters are varied ethnically though all wear clothing with Indian colors and patterns. The words and images blend together effortlessly, with energy and beauty. A few minor concerns: Tree pose should never be done with the foot directly on the knee as shown in the illustrations. Handstand shouldn't be done with the head on the floor and is a dangerous pose for children to try without direction. However, this is not an instruction book and

readers should be directed to resources such as Baron Baptiste's *My Daddy Is a Pretzel* (Barefoot, 2004) to learn the actual poses. A simple author's note provides added encouragement for novices. Lovely to listen to and to look at, *Twist* is sure to inspire some new yogis.â Susan Oliver, Tampa-Hillsborough Public Library System, FL Copyright Â© Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

Wong and Paschkis, who have collaborated on poetry titles about dreams (*Night Garden* , 2000) and superstitions (*Knock on Wood* , 2003), focus on yoga in their latest attractive picture-book collection. Each selection, presented on a double-page spread, is named after a different asana (pose): Down Dog, Child's Pose, and so on. The best of the brief poems communicate yoga's philosophy and feeling in language and imagery that is immediately accessible: "Breath is a broom / sweeping your insides." Some selections will help children visualize the shapes of the poses: "Head to foot to foot, / Finger to finger to toe . . . My body is a puzzle of triangles." Paschkis' vibrant watercolors greatly enhance the book's appeal with portraits of multiethnic yogis demonstrating the poses, surrounded by lively, paisley-patterned borders of animals, plants, and figures. Kids eager to try the featured asana may want to move on to Thia Luby's *Children's Book of Yoga* (1998), Liz Lark's *Yoga* (2003), and Baron Baptiste's *My Daddy Is a Pretzel* (2004). Gillian Engberg Copyright Â© American Library Association. All rights reserved

I have been using this book for years in my kids yoga class. Beautiful pictures and sweet poems. Sometimes I read one to the class, sometimes I read them all! I have used it to teach an Indian themed lesson plan for a 5th grade class, since their teacher was doing a unit on India. The teacher loved the book so much that she asked to borrow it for awhile so she could continue using it with her students. This book is a gem!

I pull this out when my girls (5 and 2) are getting loopy or grumpy, and it works everytime. I love the poems and images, and they love trying all the poses (though my 5 year old gets VERY disgruntled with low crow!)... I recommend this to everyone, whether you have any experience with yoga or not.

ALTHOUGH THE PICTURES ARE NICE THE POEMS AREN'T GREAT.TRY FLY LIKE A BUTTERFLY OR YOGA KIDS. FOR YOUNG CHILDREN TRY BARBA THE ELEPHANT YOGA BOOK IT COMES WITH A NICE POSTER.

Beautiful book! My 3 year old loves this book, and asks to read it daily. It's a wonderful way to introduce the poses and breathing and energy behind them. The donut one is a little bizarre though for a health yoga book though...

I can always count on for quick and efficient delivery for all my reading needs. The books are always in great condition and arrive very quickly.

The librarian read this at story time and the kids loved it. Not every position can be done by all ages but it is sure fun to try. Plus, The book is broken up nicely, poem by poem, position, by position which makes it easy to do. I highly recommend this!

this is a wonderful book! The seller was fast and the book was in beautiful condition. GREAT price

This is a beautiful book for children and adults alike. The art is wonderful. I've loved posters of some of these illustrations!

[Download to continue reading...](#)

Yoga: 100 Key Yoga Poses and Postures Picture Book for Beginners and Advanced Yoga Practitioners: The Ultimate Guide For Total Mind and Body Fitness (Yoga ... Books) (Meditation and Yoga by Sam Siv 3) Yoga: The Yoga Beginner's Bible: Top 63 Illustrated Poses for Weight Loss, Stress Relief and Inner Peace (yoga for beginners, yoga books, meditation, mindfulness, ... self help, fitness books Book 1) Yoga: 21 Essential Yoga Poses to Strengthen Your Body and Calm Your Mind (FREE Meditation Bonus!): (Meditation, Yoga Poses, Relaxation, Stress Relief, Yoga for beginners) Twist: Yoga Poems Yoga Mama, Yoga Baby: Ayurveda and Yoga for a Healthy Pregnancy and Birth How to Sneak More Yoga Into Your Life: A Doable Yoga Plan for Busy People (Yoga for Busy People) Yoga con cuentos: Como enseñar yoga a los niños mediante el uso de cuentos (Cuentos Para Aprender Yoga) (Spanish Edition) Ultimate Hip Opening Yoga Guide: Exercises for Tight Hips & Hip Pain: 4-Week Yoga Guide w/ Videos (Beginner Yoga Guides Book 1) Yoga: A Man's Guide: The 30 Most Powerful Yoga Poses to Sharpen Your Mind and Strengthen Your Body (Just 10 Minutes a Day!, Yoga Mastery Series) Yoga: The Top 100 Best Yoga Poses: Relieve Stress, Increase Flexibility, and Gain Strength (Yoga Postures Poses Exercises Techniques and Guide For Healing Stretching Strengthening and Stress Relief) Easy YOGA GUIDE for beginners: Simple 46 Hatha Yoga Poses for Body and Mind (Yoga for Beginners Book 1) Shadow Yoga, Chaya Yoga: The Principles of Hatha Yoga Glimpses of Raja Yoga: An Introduction to

Patanjali's Yoga Sutras (Yoga Wisdom Classics) Yoga Sastra: The Yoga Sutras of Patanjali Examined; With a Notice of Swami Vivekananda's Yoga Philosophy (Classic Reprint) Heroes, Horses, and Harvest Moons: A Cornucopia of Best-Loved Poems, Vol. 1 (A Cornucopia of Best-Loved Poems) Where the Sidewalk Ends Special Edition with 12 Extra Poems: Poems and Drawings National Geographic Book of Animal Poetry: 200 Poems with Photographs That Squeak, Soar, and Roar! (Stories & Poems) Rainy Day Poems: Poems for Kids I Feel a Little Jumpy Around You: A Book of Her Poems & His Poems Collected in Pairs Go In and In: Poems From the Heart of Yoga

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)