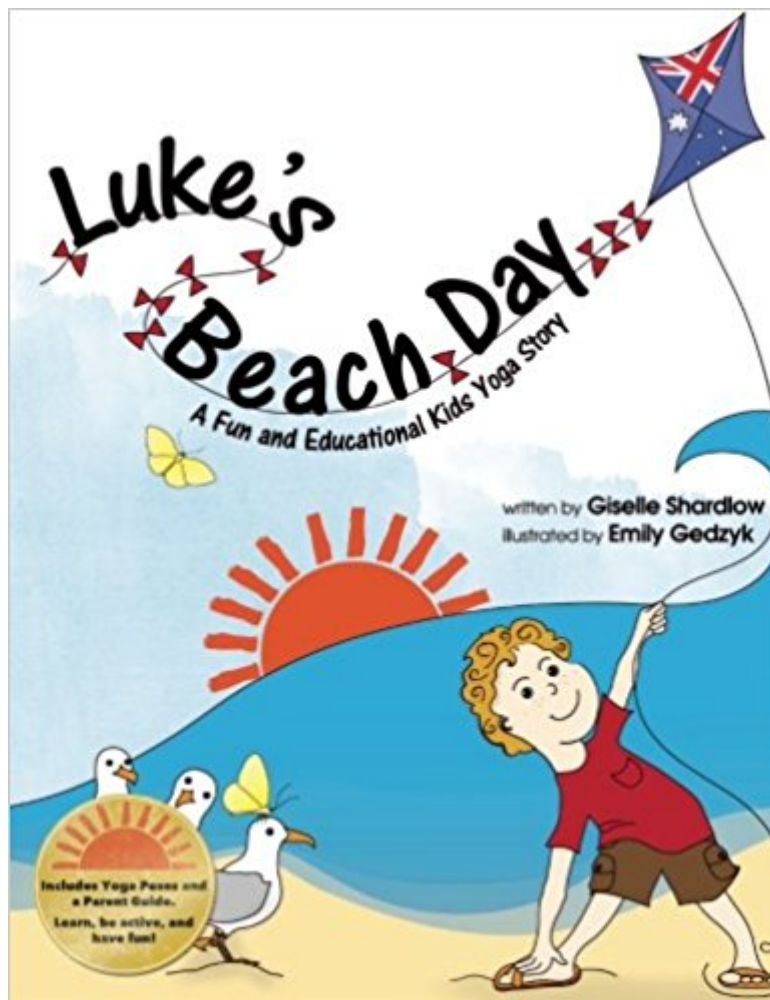




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# Luke's Beach Day: A Fun And Educational Kids Yoga Story (Kids Yoga Stories)



## Synopsis

Give Your Children the Healthy Benefits of Yoga with this Kids Yoga Stories Beach Adventure Book. Join Luke™s beach adventure. Hop like a kangaroo, perch like a sea gull, and rest like a sea star as you act out this journey on an East Coast Australian beach. What else might you see? Learn something new, explore movement, and have fun together! Kids Yoga Stories introduce you to engaging characters who will get your child laughing, moving, and creating. Reading is good for the mind AND body! The story links several yoga poses in a specific sequence to create a coherent and meaningful story. This book for ages 4 to 8 is more than a storybook, but it's also a unique experience for children.

## Book Information

Series: Kids Yoga Stories

Paperback: 46 pages

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Product Dimensions: 8.5 x 0.1 x 11 inches

Shipping Weight: 6.1 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars 41 customer reviews

Best Sellers Rank: #465,706 in Books (See Top 100 in Books) #64 in Books > Children's Books > Growing Up & Facts of Life > Health > Fitness #103 in Books > Health, Fitness & Dieting > Exercise & Fitness > For Children #202 in Books > Health, Fitness & Dieting > Mental Health > Attention Deficit & Attention Deficit Hyperactivity Disorders

## Customer Reviews

What people say about this beach yoga book for kids: \* \* \* Storytelling at its best--highly recommended! \* \* \* Another fun book from Kids Yoga Stories! \* \* \* A fun yogic day at the beach . . . wherever you are! \* \* \* Giselle's yoga stories are all beautifully written and illustrated. \* \* \* Highly engaging and lots of fun! \* \* \* A winner with teachers! \* \* \* A magical combination of fun, relaxation and education. \* \* \* The beach and yoga--combining two favorites into one great book! \* \* \* Wonderful creative way to get kids interested in yoga! \* \* \* GREAT book for Kids Yoga Class and for your favorite little yogi in your life!

Giselle Shardlow draws from her experiences as a teacher, traveler, mother, and yogi to write her yoga-inspired children's books. This story was inspired by her years living in Sydney, Australia. She lives in San Francisco with her husband and daughter.

This book is meant for ages 3+ and I am looking forward to purchasing Maria's day at the ocean for the younger kids. Love all of Giselle's book as they are easy to follow and have beautiful illustrations! Thank you to the author for wonderful kids yoga books :)

Another great book by Giselle Shardlow for teaching yoga to children. The beach theme is great for summer classes and the children love the poses.

another great story to share yoga with kids! These stories are so great because they are first of all stories with yoga poses included. I also like the pose guide at the back of the book and the helpful hints to parents and teachers...can't wait for more.

Loved them! Graceful and delicate with great backings. I'd like to order more from this vendor.

A perfect companion piece for a child's regular Yoga class. Simple illustrations presented in an engaging manner, make experiencing the joy of Yoga incredibly easy.

Here's what I love about the book:\* Great eco-friendly theme as Luke & his friends clean up along the way in their adventure at the beach!\* Each page in the book includes the targeted pose in bold font in the text & a picture of the pose in the top corner. This makes it easy to keep the flow in a kids yoga storytime especially for those who are new to yoga and may not know all the poses. Additional details are provided in the back of the book.\* There are 18 poses in the book. Plenty to fill most kids yoga classes for the targeted age range (4-8 year olds). For a longer class, you could add poses for other animals or things you might see in the ocean or at a beach and talk about eco-friendly choices to extend the theme. Suggestions are provided in the book.\* The Kids Yoga Stories Guide section at the end of the book is full of great tips for setting up a fun & safe yoga storytime for kids. Love this: "Ooze creativity, imagination and abundance. Encourage each child to tap into his or her own creativity and imagination through movement and breath. Welcome quiet times for reflection. Pause often. Remember, it's not the end result, but the journey where miracles happen...". Giselle's passion and love for kids shines through\* Love the inclusion of Savasana at the end of the book.\*

The book has bright colorful illustrations & a nice easy-to-read font size.\* The book is available in English & Spanish versions. Angela Moorad, MS, CCC-SLP, IAYT, RCYP-2 Speech-Language Pathologist Founder of OMazing Kids, LLC - inclusive wellness activities for kids of all abilities Facebook: OMazingKidsYoga

I received a free copy of this book in exchange for my honest opinion about it. I love the eco-friendly theme to this book. It is the perfect length for my three year old to sit through while giving her a good workout. I mean, what kid doesn't get wiggly during story time? This is the perfect way to enjoy reading together while getting your children moving. We are learning about ocean animals right now and this book has been a great tie-in. A definitive new favorite around here. We have other yoga books, but my daughter prefers this one!

Getting my children involved in kid's yoga has come up many times in the last few months so this book was a welcome introduction for my 3 and 6 year old. The fact that the book is set at the beach makes it a very attractive read for my eldest two boys as the beach has to be one of their favourite places to go. The colourful illustrations are easy on the eye and lots of fun for the kids to look at whilst I am reading the story. When it came to the yoga poses the enthusiasm from my children was infectious. Giggling and trying to outdo each other with the 'best' pose, the boys had a whale of a time trying to master the various positions. The great thing is that the illustrations made it easy for them to follow the poses and copy. Linking the names of the poses to the beach and the story is clever and makes it more relevant to the children - posing like a surfer (Warrior 2 Pose) was a particular favourite with my six year old and my three year old worked enthusiastically at the swimming pose (Warrior 3 Pose) and scuttling like a crab. Along the way the children asked lots of questions about themes in the book (like littering and the danger to animals) and got very animated about the possibility of sharks in the sea. As the book came to an end my children were relaxed and sitting (in lotus pose) grinning like Cheshire cats. In short, lots of fun, some educational topics to talk about and a great way to get children interested in yoga.

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