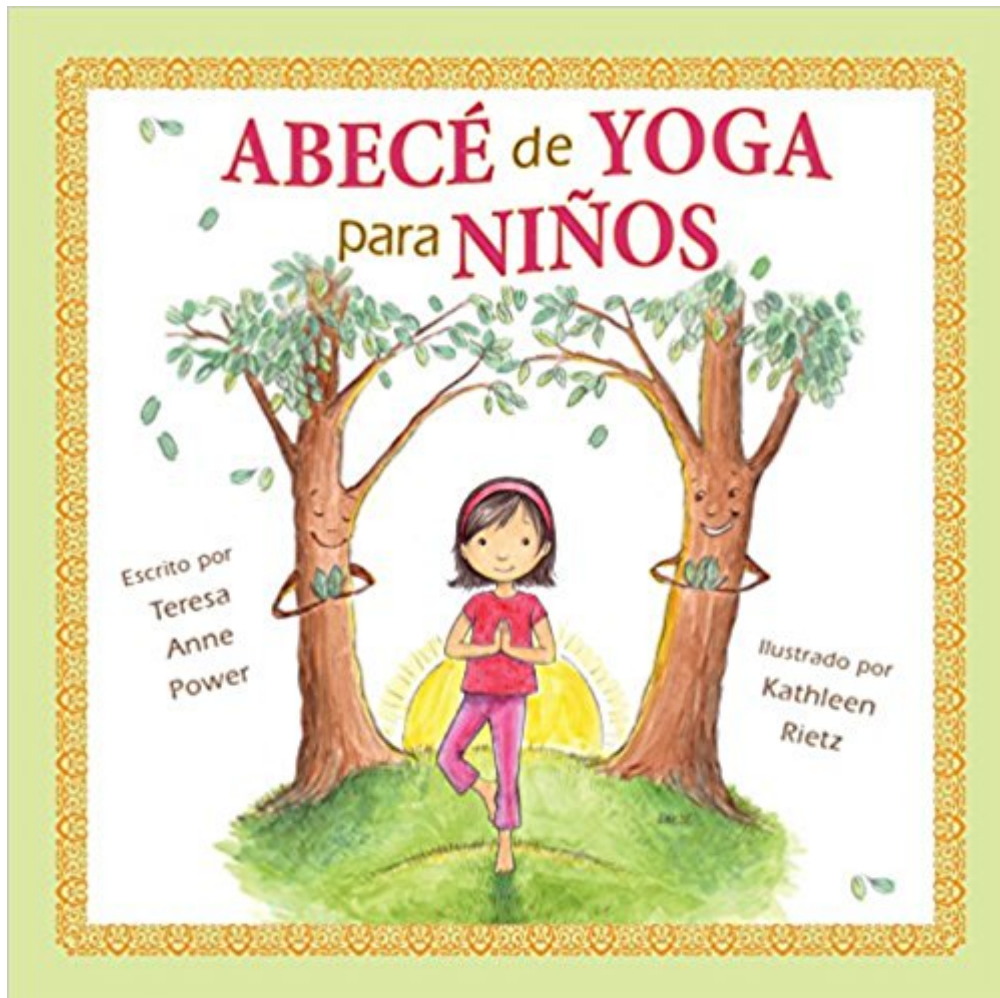


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Abece De Yoga Para Ninos (Spanish Edition)



Synopsis

ABECÃfâ de Yoga para NiÃfÂ os is the Spanish version of The ABCs of Yoga for Kids. This multiple award-winning book uses the alphabet, rhyming vignettes, and colorful illustrations to introduce children to yoga in a kid-friendly way. Endorsed by actress and mother Mariel Hemingway as well as Olympic volleyball player Sinjin Smith, ABECÃfâ de Yoga para NiÃfÂ os is one way in which children can incorporate healthy activity in their daily lives. The text of the book is in Spanish; only the names of the individual poses are written in both English and Spanish. For example, children can learn the English alphabet and also about the corresponding yoga pose in Spanish. This book is sure to delight and bring joy to the early yoga practitioner.

Book Information

Paperback: 32 pages

Publisher: Stafford House; First edition (May 6, 2011)

Language: Spanish

ISBN-10: 0982258747

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Product Dimensions: 0.5 x 10 x 10.5 inches

Shipping Weight: 7.8 ounces

Average Customer Review: 3.9 out of 5 stars 9 customer reviews

Best Sellers Rank: #879,741 in Books (See Top 100 in Books) #112 inÂ Books > Children's Books > Growing Up & Facts of Life > Health > Fitness #181 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > For Children #1965 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga

Age Range: 4 - 12 years

Grade Level: Preschool - 7

Customer Reviews

El yoga ofrece tantos beneficios para la mente, el cuerpo, y el alma que es maravilloso que los ninos empiecen a practicarlo desde muy pequenos. La mejor forma de lograr esto es de hacerlo divertido - y este libro lo hace con certeza. Con sus bellas ilustraciones y sus cuentitos instructivos, Teresa hace que el aprendizaje del yoga se convierta en juego. Â¡Me encanta! --Mariel Hemingway, actriz y mama coautora de Be YOU Now! Actriz acompañante del Yoga Now y del 15-Minute Results Yoga El yoga me ayuda a competir al nivel ma Â¡s alto de mi deporte hasta bien entrado en mis cuarenta. Hay muchas personas que piensan que el yoga es sa lo para adultos,

pero este libro nos hace dar cuenta de que los beneficios del yoga pueden ser ahora compartidos tambien con los ninos, permitiendoles disfrutar plenamente de la vida al mantenerse activos y sanos, comenzando desde pequenos. --Sinjin Smith, Campeon olimpico y mundial del voleibol en la arenaEl yoga me ayud  a competir al nivel m s alto de mi deporte hasta bien entrado en mis cuarenta. Hay muchas personas que piensan que el yoga es s lo para adultos, pero este libro nos hace dar cuenta de que los beneficios del yoga pueden ser ahora compartidos tambi n con los ni os, permiti ndoles disfrutar plenamente de la vida al mantenerse activos y sanos, comenzando desde peque os --Sinjin Smith, Campeon olimpico y mundial del voleibol en la arena.

Teresa Anne Power, avid yoga practitioner for the past quarter-century, is the author of the The ABCs of Yoga for Kids. Her book has won nine awards, including earning the Parent Tested Parent Approved (PTPA) Seal of Approval. For the past eight years she has taught yoga to young children, both in schools and at local organizations, and has spoken at numerous libraries, schools, book stores, yoga studios, and school conferences. She has also taught teacher training seminars at Children's Bureau and Pathways to help children from all walks of life be exposed to the health benefits of yoga. She is a member of the Society of Book Writers and Illustrators and the Independent Book Publishers Association, and writes articles about children's health on Examiner.com. She lives in Pacific Palisades, California, with her husband and two teenage children.

This is organized by the English alphabet- not the Spanish one- the English words are listed, along with the Spanish translation (which is obviously not in alphabetical order) and an explanation of the pose in Spanish. I do like the book, but would not have purchased it in Spanish if I had known this. I'll keep it because we'll still use it for the poses, but buyers beware.

Good pictures. I loved the English version, and I wanted the Spanish version for future usage. Thank you very much.

my kid loves it. wonderful book that teaches the basics of yoga in a simple way. highly recommend it. wonderful

Its not a great deal but It gives you ideas for naming the postures making It more Fun for class and

for kids

I am sure it as good at the English version of the book. I bought this one by mistake.

I use this for school at our bilingual school.

I wanted the English version accidentally clicked Spanish version...its ok you can do the ones that have pictures but I have no idea what the description says..Hope the poster isn't in Spanish...

Great purchase

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