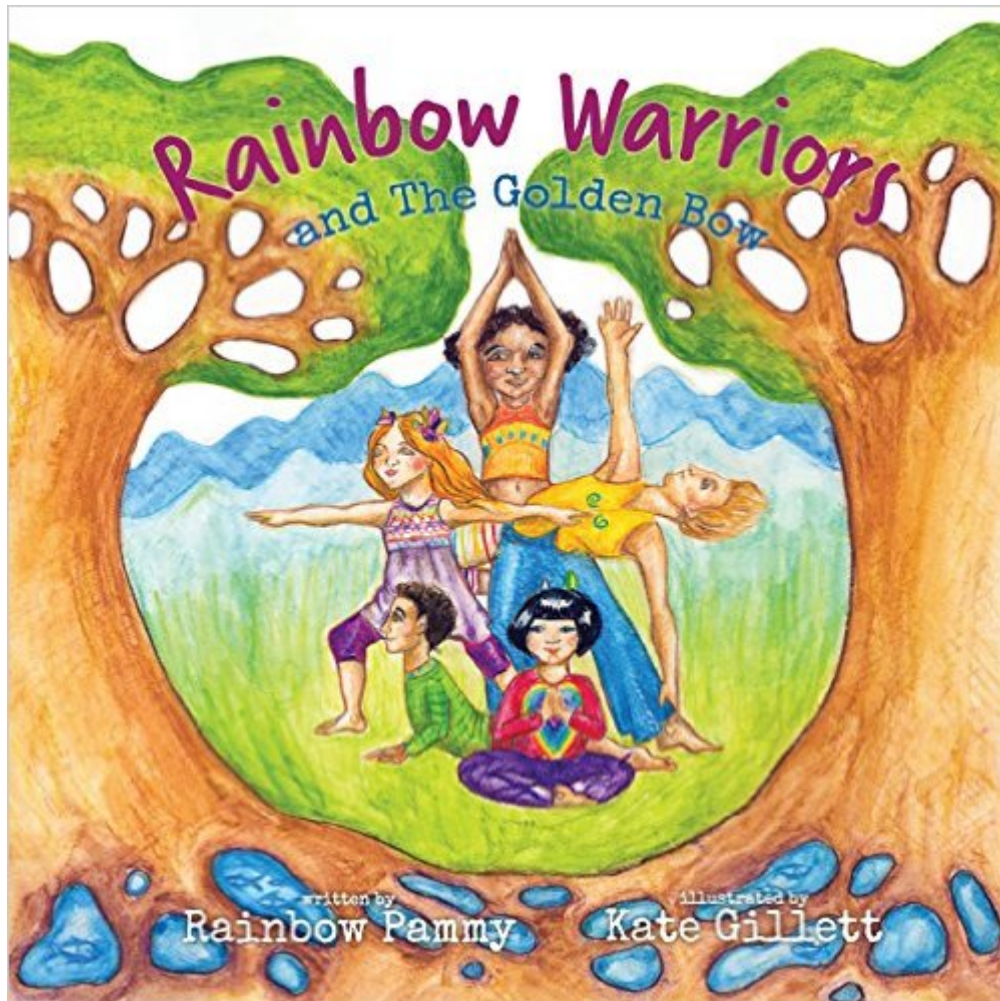


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# Rainbow Warriors And The Golden Bow: Yoga Adventure For Children (Rainbow Warriors Yoga Series)



## Synopsis

This fun yoga adventure is a way to heal the world with mindfulness! Get ready for an exciting expedition off your yoga mat and into the wilderness. This is the first of a series of books by yoga instructor and children's development specialist, Rainbow Pammy. This playful, instructional book has been designed to encourage kids to take their yoga practice out into nature. Developing a greater awareness of the environment, an appreciation of its beauty and the importance of their own place in it. Colourful illustrations accompany step-by-step yoga instruction and photography. This will provide children the basic yoga training they need to develop a meaningful practice that will stay with them the rest of their lives. Founder of Rainbow Yogis™, Rainbow Pammy has spent the last decade developing her own brand of yoga, especially for children, by combining a lifelong obsession with yogic practice, a deep interest in the psychology of mindfulness, as well as her endless love for animals and the environment.

## Book Information

Series: Rainbow Warriors Yoga Series (Book 1)

Paperback: 38 pages

Publisher: Rainbow Yogis (October 19, 2015)

Language: English

ISBN-10: 0994466013

ISBN-13: 978-0994466013

Product Dimensions: 8.5 x 0.1 x 8.5 inches

Shipping Weight: 4 ounces (View shipping rates and policies)

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Age Range: 3 - 9 years

Grade Level: Kindergarten - 5

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Yoga For Men, Yoga Journal) Yoga For Beginners: An Easy Yoga Guide To Relieve Stress, Lose Weight, And Heal Your Body (yoga, yoga for beginners, yoga for weight loss, yoga guide, chakras, meditation) Yoga for Beginners: Top 10 Essential Yoga Poses (Yoga Meditation, Yoga Workouts, Yoga Books, Yoga Sutras) The Bow Builder's Book: European Bow Building from the Stone Age to Today Yoga for Kids: Safe Yoga Poses for Children ages 0-12: Starting Them Young: Children's Yoga Poses for Total Mind-Body Fitness (Yoga for Kds) Aztec Warriors (Torque Books: History's Greatest Warriors) (Torque: History's Greatest Warriors (Library)) Yoga: Your Journey To Incredible Health, Weight Loss, and Ultimate Happiness (2nd Edition) (Yoga, Yoga for Beginners, Yoga Positions, Meditation, Mindfulness, Chakras, Mobility) Rainbow Magic #3: Azafr n, el hada amarilla: (Spanish language edition of Rainbow Magic #3: Sunny the Yellow Fairy) (Spanish Edition) LISA KLEYPAS: SERIES READING ORDER & INDIVIDUAL BOOK CHECKLIST.: SERIES LIST INCLUDES: GAMBLERS, BOW STREET, WALLFLOWERS, HATHAWAYS, CAPITOL THEATRE & ... Reading Order & Checklists Series 18) Yoga for Children: 200+ Yoga Poses, Breathing Exercises, and Meditations for Healthier, Happier, More Resilient Children Most Fierce Ruthless Warriors That Shaped History: Ancient Aztec Eagle Warriors: Mesoamerica's Spartans and Their Finest Hour Dark Planet Warriors: The Complete Serial (Dark Planet Warriors Book 1) Post-Apocalyptic Nomadic Warriors (A Duck & Cover Adventure Post-Apocalyptic Series Book 1) The Team Building Strategies of Steve Kerr: How the NBA Head Coach of the Golden State Warriors Creates a Winning Culture Everything I Need To Know I Learned From a Little Golden Book (Little Golden Books (Random House)) Yoga: Ultimate Yoga Mastery: 2-Books-in-1 (50+ Beginner and Advanced Poses Illustrated) (Yoga Healing, Stress Reduction and Mindfulness) Yoga Mama, Yoga Baby: Ayurveda and Yoga for a Healthy Pregnancy and Birth At Office Yoga: Your At Work Yoga Guide For Stiff Bodies That Sit All Day (Just Do Yoga Book 7)

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