



# Yoga for Kids: Simple Animal Poses for Any Age

*Lorena V. Pajalunga*

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A little boy begins taking yoga lessons at the zoo, where he learns that he can mimic the animals there with simple yoga poses. When he returns home after his lessons, he practices with his cat, Nino. With an illustration of each animal pose and a description of how to do it, this enchanting book makes the perfect instruction guide for even the smallest yogi.

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