



# **Rachel's Day in the Garden: A Kids Yoga Spring Colors Book (Kids Yoga Stories)**

*Giselle Shardlow*

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**IPNE BOOK OF THE YEAR 2015 & WINNER CHILDREN'S BOOK 2015**

**Experience the benefits of yoga while learning about the signs of spring!**

Join Rachel as she and her adorable puppy look for signs of spring in the garden. Crawl like a caterpillar, buzz like a bee, and flutter like a butterfly. Discover spring, explore movement, and learn the colors of the rainbow.

The storybook includes a list of kids yoga poses and a parent-teacher guide.

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 spring yoga story for ages 3 to 6 is more than a storybook, but it's also a unique experience for children.

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#### **Mary Kerr:**

This Rachel's Day in the Garden: A Kids Yoga Spring Colors Book (Kids Yoga Stories) is great book for you because the content which is full of information for you who also always deal with world and also have to make decision every minute. That book reveal it details accurately using great plan word or we can say no rambling sentences inside. So if you are read that hurriedly you can have whole details in it. Doesn't mean it only provides straight forward sentences but challenging core information with beautiful delivering sentences. Having Rachel's Day in the Garden: A Kids Yoga Spring Colors Book (Kids Yoga Stories) in your hand like keeping the world in your arm, information in it is not ridiculous one. We can say that no publication that offer you world in ten or fifteen second right but this reserve already do that. So , this is good reading book. Heya Mr. and Mrs. hectic do you still doubt that?

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