

Embark on a Yoga Adventure with Yoga Frog

Nora Shalaway Carpenter



Yoga Frog by Nora Shalaway Carpenter

★★★★☆ 4.8 out of 5

Language : English

File size : 22491 KB

Screen Reader : Supported

Print length : 40 pages

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Join the enchanting Yoga Frog Nora Shalaway Carpenter on a whimsical yoga adventure that will delight and inspire young readers. This charming children's book introduces kids to the world of yoga in a fun and accessible way, empowering them to explore their inner peace and flexibility.

Through engaging rhymes and vibrant illustrations, children will follow Nora's journey as she discovers the power of yoga poses. Each pose is clearly described and accompanied by step-by-step instructions, making it easy for kids to follow along. Nora's playful spirit and infectious enthusiasm will motivate young readers to embrace their own practice.

Yoga Frog Nora Shalaway Carpenter is not just a book; it's an invitation for kids to embark on a lifelong journey of self-discovery and well-being. Yoga teaches children to connect with their bodies, minds, and surroundings, fostering a sense of balance and harmony. This book provides a gentle to these principles, inspiring kids to cultivate a love for yoga and all its benefits.

Parents and educators will appreciate the educational value of Yoga Frog Nora Shalaway Carpenter. The book includes fun facts about yoga and its origins, promoting cultural awareness and respect for different traditions. It also reinforces important life skills such as mindfulness, self-regulation, and perseverance.

With its enchanting story, engaging illustrations, and practical yoga instruction, Yoga Frog Nora Shalaway Carpenter is a must-have for children's libraries, homes, and classrooms. It's a perfect way to introduce kids to the transformative power of yoga and encourage them to embrace a healthy and fulfilling lifestyle.

About the Author

Nora Shalaway Carpenter is a certified yoga instructor and children's book author. Her passion for yoga inspired her to create Yoga Frog, a fun and accessible way to share the benefits of yoga with young children. Nora

believes that yoga is not just a physical practice but a way of life, and she hopes that her book will empower kids to cultivate inner peace and well-being.

Reviews

"Yoga Frog Nora Shalaway Carpenter is a delightful and educational book that introduces children to the world of yoga in a fun and engaging way. The rhymes are catchy, the illustrations are vibrant, and the yoga poses are clearly described. My kids loved following along with Nora's journey and have been practicing yoga ever since!"

- Our Book Library Customer

"This book is a gem! My daughter has always been interested in yoga, but she's too shy to attend a class. Yoga Frog Nora Shalaway Carpenter has given her the confidence to practice yoga at home, and she's having so much fun. I can already see the benefits in her flexibility and self-confidence."

- Goodreads Reviewer

Free Download Your Copy Today!

Yoga Frog Nora Shalaway Carpenter is available now at your favorite bookstore or online retailer. Free Download your copy today and embark on a yoga adventure that will inspire your child for a lifetime.



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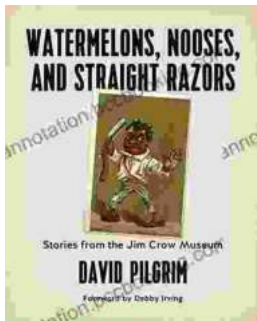
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