



# Yoga Teddy Bear & Friends Too: Coloring Book (Yoga Teddy Bear Coloring Books)

*K. M. Copham*

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**Yoga Teddy Bear & Friends Too: Coloring Book (Yoga Teddy Bear Coloring Books) K. M. Copham**

The second in the rainbow series of coloring books by Yoga Teddy Bear, Yoga Teddy Bear & Friends Too features our hero with a cast of animal characters who make yoga accessible and fun for kids and grown ups alike. This book features a variety of poses ranging from Sphinx Pose to Crane/Crow Pose. Each pose depicts the bear with a friend in a unique setting that invites creative interpretation. Succinct and clear pose descriptions are accompanied by Sanskrit translation and lettering and a difficulty key code. The back of this book reads: Hello! I'm Yoga Teddy Bear. Every day I meet new friends who teach me the art of yoga poses, which are called Asanas in the Sanskrit language. With their help, I learn new Asanas that increase my flexibility, strength and endurance - while having fun too! Will you join us? Try perfecting the poses you see here and practice listening to your body. Discover the ways you can move and breathe and stretch. Breathe deeply and slowly and never hold your breath. Only push yourself if it feels good. Breathe in. Smile. Breathe out. Stretch. Notice what you can do today and see what you can do tomorrow. Use your creativity to color the pictures! Yoga Teddy Bear and Friends Too Coloring Book (yellow) Poses Featured: Poses included: Butterfly/Bound Angle, Lion's Breath, Sphinx, Puppy, Dolphin, Frog Legs, Lizard, Pigeon, Half Lord of the Fishes, Upward Hands, Cow Face, Crow/Crane, Locust/Grasshopper, Rabbit, Corpse Pose.

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#### **Dorothy Trimm:**

This Yoga Teddy Bear & Friends Too: Coloring Book (Yoga Teddy Bear Coloring Books) book is not really ordinary book, you have after that it the world is in your hands. The benefit you will get by reading this book is actually information inside this book incredible fresh, you will get facts which is getting deeper a person read a lot of information you will get. This Yoga Teddy Bear & Friends Too: Coloring Book (Yoga Teddy Bear Coloring Books) without we recognize teach the one who reading it become critical in thinking and analyzing. Don't end up being worry Yoga Teddy Bear & Friends Too: Coloring Book (Yoga Teddy Bear Coloring Books) can bring whenever you are and not make your carrier space or bookshelves' come to be full because you can have it with your lovely laptop even cell phone. This Yoga Teddy Bear & Friends Too: Coloring Book (Yoga Teddy Bear Coloring Books) having fine arrangement in word in addition to layout, so you will not sense uninterested in reading.

#### **Thomas Rinaldi:**

The particular book Yoga Teddy Bear & Friends Too: Coloring Book (Yoga Teddy Bear Coloring Books) has a lot info on it. So when you read this book you can get a lot of profit. The book was authored by the very famous author. The author makes some research before write this book. This kind of book very easy to read you can obtain the point easily after reading this article book.

#### **Wendell Nadeau:**

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