

Yoga Ebook - Sarah Tieck

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Readers will discover how yoga promotes fitness and health in this informative title. Engaging text, full-color photos, and a supplemental diagram introduce them to the health benefits of yoga, such as improving flexibility, muscular strength, and balance, as well as helping calm the mind and ease stress. Readers will become familiar with different types of yoga, common poses, necessary gear, and safety. Nutrition and goal setting are also discussed, as well as yoga as a spiritual practice. A table of contents, fun facts, a Q&A page, fitness tips, a glossary with phonetic spellings, and an index are included. This book will inspire young yogis to grab their mats and move their bodies! Buddy BOOKS is an imprint of ABDO Publishing Company. Author: Tieck, Sarah Publisher: Buddy Books Illustration: N Language: ENG Title: Yoga eBook Pages: 00032 (Encrypted PDF) On Sale: 2013-01-01 SKU-13/ISBN: 9781617835650 Category: Juvenile Nonfiction : Sports & Recreation - Miscellaneous

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