



Yoga Sprouts!: Child & Caregiver Yoga Adventures

Katie Marie Muschlewski

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Yoga Sprouts journey around the world on exciting and playful yoga adventures! Ride a camel through the desert, swim with dolphins through the ocean, and swing through the trees with monkeys! Children are natural yogis, they love to move and stretch their bodies. This book offers six original, complete, well-rounded yoga sets with over 50 poses to share with kids of all ages. The Yoga Sprouts method incorporates story, sounds, animals and nature to make yoga fun and easy to remember. Yoga encourages kids to listen to their breath as they move. Mindful breathing helps calm the mind and relax the body. Yoga offers many benefits including improved muscle tone, balance, increased strength and flexibility. Regular yoga practice will increase body awareness, confidence, and self-esteem! This is a must for mindful parents, teachers and yoga instructors alike! Join the adventure and let your self blossom!

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