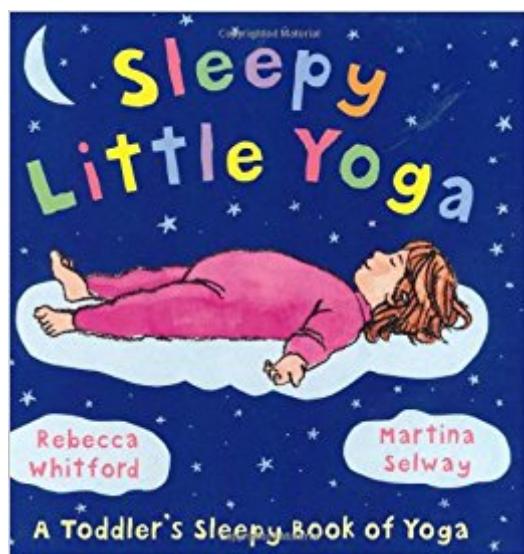


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# Sleepy Little Yoga: A Toddler's Sleepy Book Of Yoga



## **Synopsis**

A relaxing yoga sequence for toddlers Here is a soothing sequence of nine simple yoga poses perfect for helping young children to wind down before nap or bedtime. Toddlers will love moving along with Yoga Baby in poses that mimic nighttime animalsâ from bats and owls to tired bunnies and sleepy bees. This interactive picture book also includes useful information for parents and educators, and photographic demonstrations of each pose. Bright, colorful, and accessible, Sleepy Little Yoga is a great way for little ones to enjoy the benefits of yoga. Sleepy Little Yoga is a 2008 Bank Street - Best Children's Book of the Year.

## **Book Information**

Hardcover: 28 pages

Publisher: Henry Holt and Co. (BYR); 1st edition (April 17, 2007)

Language: English

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Product Dimensions: 8.1 x 8 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 56 customer reviews

Best Sellers Rank: #255,356 in Books (See Top 100 in Books) #39 in Books > Children's Books > Growing Up & Facts of Life > Health > Fitness #54 in Books > Health, Fitness & Dieting > Exercise & Fitness > For Children #654 in Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga

Age Range: 1 - 4 years

Grade Level: Preschool and up

## **Customer Reviews**

PreSâ "This sweet and simple book can be used to calm a young child and to introduce yoga poses. It is very similar to this author and illustrator's Little Yoga (Holt, 2005). Colorful pages show a toddler in an easy pose opposite an animal in a similar position. The book is fun to share, even in a group storytime, while letting children do their own thing. Back matter includes explanations of the poses and general tips on practice for adults. A photo spread shows children practicing the postures. Some of them involve movement, which is not made clear from either the drawings or photographs, though it is explained in the notes. The author emphasizes that this is not a manual but an invitation to have fun and relax together; the book works well on that level. For a little more instruction, try

Karen Pierce's *Yoga Bear: Yoga for Youngsters* (NorthWord, 2004). "Susan Oliver, Tampa-Hillsborough Public Library System, FL Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

"This charming book is a lovely wind-down before bedtime" -- Emma Servant Carousel 20071101  
"An excellent way to wind down before bed" Irish Examiner 20070728 "This delightfully conceived and illustrated book for toddlers is a gentle introduction to the restful art of yoga" Glasgow Herald 20070414 "Each illustration charmingly features yoga baby or an alternative night time animal adopting a relaxing position" South Wales Argus 20070331 "Wonderfully calming" Burnley Express 20070327 --This text refers to an out of print or unavailable edition of this title.

After attending a few family yoga classes with me, my two-year-old was hooked. She wants to do my yoga videos with me every day, and is disappointed when I go to my classes alone. We got her this book for Christmas, and it was one of her favorite gifts. She grabs it every night at bedtime, flips through the pages, and pretends to be the yoga teacher showing us how to do the poses. The eight simple asanas presented in this book are illustrated by animals - uttanasana (standing forward bend) is demonstrated by a sleepy hanging bat. A bunny, porcupine, owl, and bee teach other postures as well as breathing and eye palming techniques. It ends appropriately with savasana as your child pretends to drift off to sleep on a cloud. There is further information about yoga and the specific poses at the end of the book, as well as photos of toddlers practicing the postures. Our whole family now joins in on the bedtime yoga, and it has been wonderful for our toddler in so many ways. She is still not able to hold the postures for very long (really only a few seconds), but I feel it's a great start to living a long, healthy life. Yoga is wonderful for calming children (try Child's Pose instead of a time-out!), and this book gives both children and parents a place to begin together. It is much simpler and less time-consuming than the Itsy Bitsy Yoga books (which are great, too, but much more of a commitment). It's also a fabulous tool for role-play - your toddler will love to be the yoga teacher!

I bought this book because I love resources that my 18 month old can have fun with while learning about her body. I never guessed that SHE would be even more in love with this book though. This is by far her favorite book to read at any time in the day. At first she was too young to mimic the poses but now at 21 months and lots of repeated readings, she moves around and follows along the words too. We also use ASL so I love that this is another way she can express herself. It's a sweet book

for many reasons!

I first learned about yoga books for children at the library. I thought I'd give this one a try. I wasn't impressed with it. Not enough poses in my opinion. Story was too short. As a family, we do read it a lot and enjoy it, but wish it had a bit more poses.

Easy introduction to yoga. My daughter was about 18 mo. when we started using these. She loves animals so the fact that each pose corresponds to a different one is great. The poses are simple and I can guide her through them easily.

I love this book. My toddler loves this book. She knows all the poses and will pull out the book for baby yoga time. We also have their other book (as well as a couple other kid yoga books which are cool but) this is the best one. If you only buy one, make it this one!

Exactly as expected! Cute book that we'll have fun with for years to come.

Great read for introducing yoga to little ones, highly recommend it. We use it as a part of our bedtime routine. Helps the whole family settle down for the night.

My 2 year old loves going through this book each night before bed. The yoga poses are nice and simplified with pictures for toddlers and also has a page in the back with more detailed information for adults explaining each pose.

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