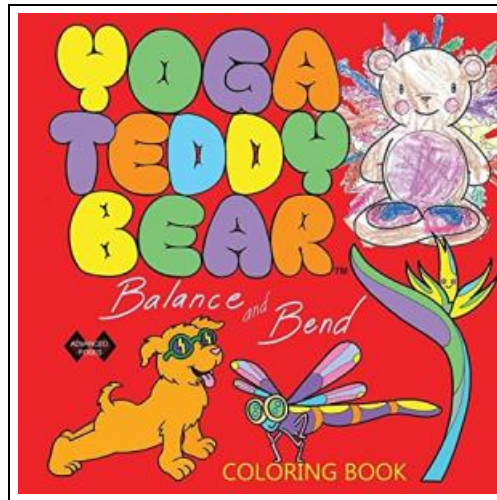


Yoga Teddy Bear Balance Bend: Coloring Book (Paperback)



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Reviews

Very good e-book and valuable one. It really is packed with knowledge and wisdom I am just very easily could possibly get a satisfaction of reading a created pdf.
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YOGA TEDDY BEAR BALANCE BEND: COLORING BOOK (PAPERBACK)



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NY Studio Gallery LLC, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The sixth in the rainbow series of coloring books by Yoga Teddy Bear, Yoga Teddy Balance and Bend features our hero tackling more advanced poses with help from friends both old and new. Each unique layout helps make yoga, learning about your body, and trying new things more accessible and fun for kids and grown ups alike. This book features a few easy poses, but also includes many so-called inversions or upside-down poses such as Firefly and Scorpion Pose. Concise pose descriptions are accompanied by Sanskrit translation and lettering and a difficulty key code including double diamonds for Expert Only poses. The back of this book reads: Hello! I m Yoga Teddy Bear. Are you ready to challenge yourself? Try these poses if you practice yoga and know the basics. Test the limits of your strength, flexibility and balance. You might surprise yourself! This book has lots of arm stands, balancing postures and back bends. So you need strong arms, laser focus and a flexible spine. These poses can be colored by anyone. If you try them, look closely at the pictures, and use a wall or a pillow. Take your time. Flex your muscles. Breathe deeply and slowly. Most of all. have fun! Yoga Teddy Bear Balance Bend Coloring Book (red) Poses included: Penguin / Reverse Prayer /Back Salute, Upward Facing Dog, Frog Pose, Wide Angle Forward Fold, Scorpion, Downward Facing Tree / Handstand, Peacock, Firefly, Dragonfly / Hummingbird, Bird of Paradise, King Dancer Pose / Lord of the Dance, Shiva Twist / Twist of Nataraja, Wild Thing / Half Upward Bow, Heron Pose, Sleeping Crocodile / Reclining Sea Monster Pose.



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