

## [Yoga for Kids](#)

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### CULTURE

## Yoga for Kids

"The Adventure of Yoga" is a delightful children's book written and illustrated by Moo and Don Briddell. The main characters, Magnolia and her brother Doon, are led on a journey with their hatha yoga master and guide, Ijimaws (for fun, read that backwards). Their goal is to reach the top of the Mountains-at-All, or simply "All." On the way, they must perfect asanas (yogic postures), in order to please the animal or plant each pose represents. Only then are they allowed to pass through each kingdom. The journey teaches them philosophical principles, such as seeing the great "Love Force" in all things. Here is truly an innovative, interactive approach for teaching hatha yoga and spiritual values to children, ages 3-8.

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