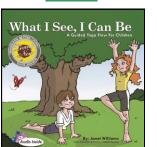
Easy to Use Yoga Resources for Children! Perfect for DPA and Physical Education

Product

Description

Item # 101



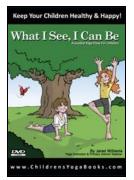
Award-Winning Hard Cover Story Book & Follow Along Audio CD

- Hard cover 32 page Picture Book 8.5"x8.5". Comes with 30 minute CD.
- Perfect for teachers and parents to provide children with a safe and fun yoga workout or Daily Physical Activity (DPA). Appropriate for Ages 3-9.
- Children in book demonstrate yoga positions, while exploring nature.
- Printed in Canada on Environmentally Friendly FSC Certified Paper.

CD

Use CD separately or as a follow-along book to encourage young readers.
After 20 minute workout, music plays for 10 minutes for calm transitioning.

Item# 102



DVD

- Follow Along DVD.
- 20 minute workout with relaxing music.
- After the workout, a 10 minute relaxation session follows to allow for calm transitioning.
- Made in Canada.

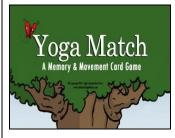
Item# 103



Full Size Poster

- Full Size Glossy Poster.
- Excellent for instruction.
- Children will feel inspired when they see the poster and will be able to easily do the poses safely.
- 24" x 36".
- Printed in Canada on Environmentally Friendly FSC Certified Paper.

Item# 108



Yoga Match: A Memory & Movement Card Game

- 30 cards of 15 poses.
- Children exercise their bodies and minds as they play the memory game.
- Cards are 3" x 4".
- Printed in Canada.

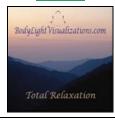
Item # 105



Colouring & Activity Book

- Soft cover.
- Fun activities & pages to colour.
- 8.5" x 11", 20 pages.
- Printed in Canada on Environmentally Friendly FSC Certified Paper.

Item# 500



Total Relaxation CD

- This peaceful visualization is delivered in harmony with serene music.
- Experience relaxation from head to toe.

Item# 106



Children's Colour-Me Poster

- Oversized Black & White Poster 11" x 17".
- Printed in Canada on Environmentally Friendly FSC Certified Paper.

NFW!

Item# 302 & 303



Eco Friendly Yoga Mat

- 2 sizes available: Full Adult & Small Kid's
- 100% Environmentally Friendly
- Made with TPE (no Toxic PVC)
- Kid Friendly Poses on Mat
- Printed in Canada

Item# VP3



Teacher's Value Pack*

- √ 101 Book & CD
- √ 102 DVD
- √ 103 Full Poster
- ✓ 105 Colouring Book
- √ 106 Colour-Me Poster
- √ 108 Yoga Match Game
- √ 500 Relaxation Visualization CD

*Best Value for Teachers