



Farmyard Adventure



Louise Joy Evans

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side effects are health and happiness!

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Join Sol as he explores the yoga farm, discovering new yoga postures, affirmations, rhymes and sounds. Help children to develop a flexible and healthy body; a calm and creative mind; and interconnectedness with the world around them. This picture book provides a user friendly yoga resource that is designed for children aged 2 to 8. The book is suitable for families, childcare centres, playgroups and schools. Yoga provides simple skills to enhance children's wellbeing for life.



New
Farmyard Yoga Adventure
Book. Out Now!

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