



Abece de Yoga para Ninos (Spanish Edition)

Teresa Anne Power

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ABECÉ de Yoga para Niños is the Spanish version of The ABCs of Yoga for Kids. This multiple award-winning book uses the alphabet, rhyming vignettes, and colorful illustrations to introduce children to yoga in a kid-friendly way. Endorsed by actress and mother Mariel Hemingway as well as Olympic volleyball player Sinjin Smith, ABECÉ de Yoga para Niños is one way in which children can incorporate healthy activity in their daily lives. The text of the book is in Spanish; only the names of the individual poses are written in both English and Spanish. For example, children can learn the English alphabet and also about the corresponding yoga pose in Spanish. This book is sure to delight and bring joy to the early yoga practitioner.

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