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Tara Guber, Leah Kalish, Sophie Fatus (Illustrator), Baron Baptiste

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Whether you are seven or fifty-seven these informative and colourful cards are just what you need to learn all the yoga basics.

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Yoga Pretzels – 50 fun yoga cards for children DKK 229,00 The cards contain all the well-known yoga poses, yoga games for children, partner poses and exercises and affirmations.

Yoga Pretzels - 50 fun yoga cards for children • Blå ...

50 cards full of yoga activities; cards divided into 9 sections: breaths, balance, stand, forward bend, twist and stretch, back bend, partner, game, and time in. From guy who made book “ my daddy is a pretzel ” . Not sure you necessarily need the statements with the yoga positions.

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Try partner poses or choose a fun group game, such as “ Yoga Pretzels. ” The companion booklet helps any adult design a safe and fun practice for children. Includes booklet, 50 cards with rounded corners on varnished cardstock, and a durable storage box. Cards: 50 pages. ISBN: 9781905236046. Dimensions: 13.3 x 3.2 x 17.8 cm

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