



Fly Like A Butterfly: Yoga for Children

Shakta Kaur Khalsa

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"...an extensive repertoire of...postures that are perfect for children....challenging, imaginative, and fun, and they will really get kids in shape...Khalsa uses the poses to tell a story--a unique and inspiring book that radiates simplicity and joy--two of the most telling fruits of yoga."--*Yoga International*. "Parents with young children will quickly discover this gem...helps parents get youngsters involved in healthy activities by introducing them to animals and adventures through exercises like the spider stretch, bear walk, or fish pose; controlled breathing; and even relaxation techniques."--*Library Journal*--starred review.

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