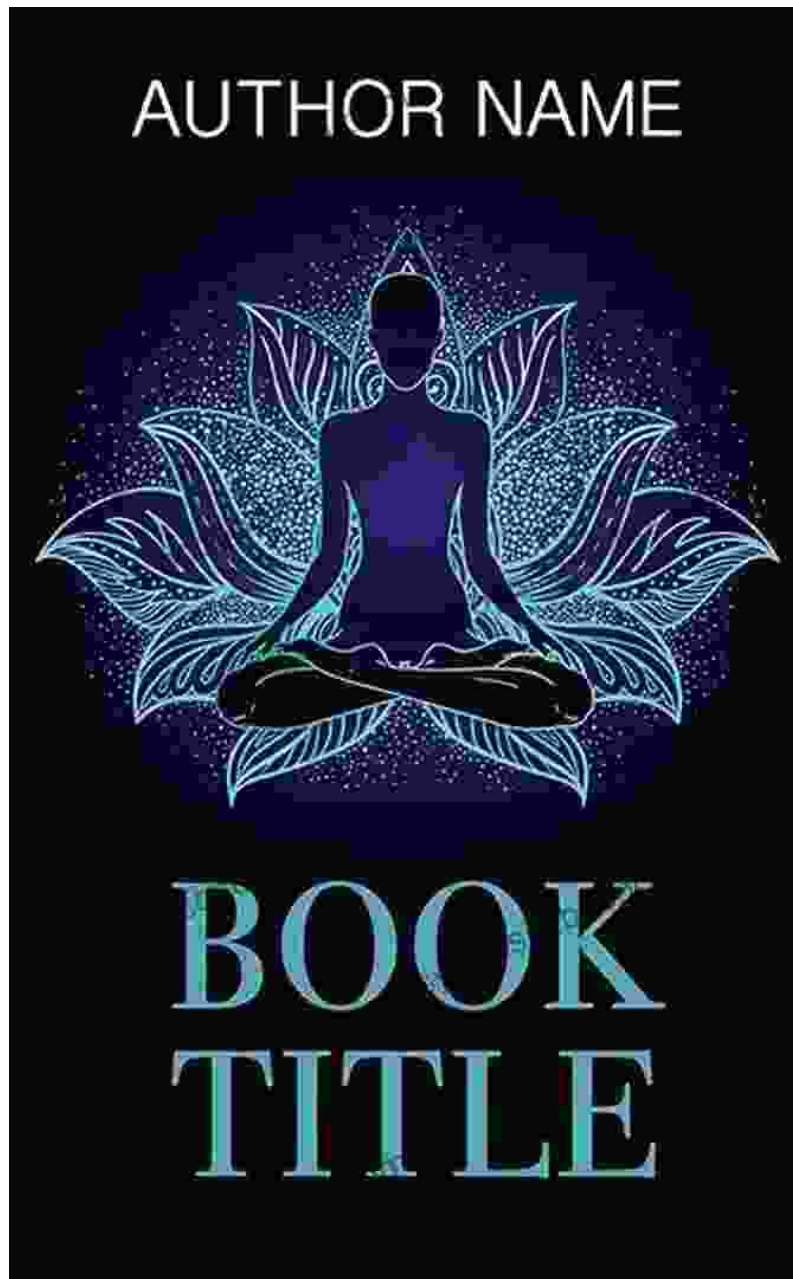
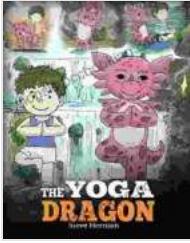


Dragon About Yoga: Teach Your Dragon to Do Yoga - A Cute Children's Story to Teach Mindfulness and Healthy Habits



The Yoga Dragon: A Dragon Book about Yoga. Teach Your Dragon to Do Yoga. A Cute Children Story to



Teach Kids the Power of Yoga to Strengthen Bodies and Calm Minds (My Dragon Books 4) by Steve Herman

★★★★☆ 4.6 out of 5

Language : English

File size : 12290 KB

Screen Reader: Supported

Print length : 24 pages

Lending : Enabled



About the Book

Dragon About Yoga is a charming and educational children's story that introduces kids to the benefits of yoga and mindfulness. With its adorable dragon characters and fun illustrations, this book is a perfect way to get kids excited about practicing yoga.

Through the story of a little dragon named Sparky, Dragon About Yoga teaches kids about the importance of physical activity, mindfulness, and healthy eating habits. Sparky learns how to do yoga poses like the downward-facing dog, the tree pose, and the cobra pose. He also learns how to breathe deeply and focus on his body and mind.

Dragon About Yoga is a great way to teach kids about the benefits of yoga in a fun and engaging way. This book is perfect for parents, teachers, and caregivers who want to introduce kids to the practice of yoga and help them develop healthy habits.

Benefits of Yoga for Children

Yoga has many benefits for children, including:

- **Improved physical health:** Yoga can help children improve their strength, flexibility, and coordination. It can also help them develop good posture and balance.
- **Reduced stress and anxiety:** Yoga can help children learn how to manage stress and anxiety by teaching them how to focus on their breath and body. It can also help them develop self-awareness and self-regulation skills.
- **Increased self-confidence:** Yoga can help children develop self-confidence by teaching them how to set goals and achieve them. It can also help them learn how to overcome challenges and persevere.
- **Improved sleep:** Yoga can help children improve their sleep by teaching them how to relax their bodies and minds.
- **Increased focus and concentration:** Yoga can help children improve their focus and concentration by teaching them how to stay present and aware.

How to Use Dragon About Yoga

Dragon About Yoga can be used in a variety of ways to teach kids about yoga and mindfulness. Here are a few ideas:

- **Read the book aloud to your child.** As you read, point out the different yoga poses that Sparky learns. You can also talk about the benefits of yoga and mindfulness.
- **Practice yoga poses with your child.** After you read the book, you can practice some of the yoga poses that Sparky learns. This is a great way to bond with your child and help them learn about yoga.

- **Use Dragon About Yoga as a springboard for discussions about healthy habits.** You can use the book to talk to your child about the importance of physical activity, healthy eating, and mindfulness. You can also talk about ways to reduce stress and anxiety.

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