



Yoga Teddy Bear Warriors: Coloring Book (Paperback)

By K M Copham

NY Studio Gallery LLC, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The fifth in the rainbow series of coloring books by Yoga Teddy Bear, Yoga Teddy Warriors features our hero with familiar friends from earlier books such as Yoga Teddy Bear Friends and Yoga Teddy Bear Friends Too. The layouts and descriptions make yoga and exercise more accessible and fun for kids and grown ups alike. This book features a variety of Warrior poses ranging from Hero Pose to all the Warrior Poses. Clear pose descriptions are accompanied by Sanskrit translation and lettering and a difficulty key code. The back of this book reads: Hello! I m Yoga Teddy Bear. Do you want to be a warrior? Copy these powerful warrior poses and see if you can hold them steady for at least 3 deep breaths. Whenever you fail, try again. Whether you re big or small, we all have a warrior within. That hero inside us guides us to make good choices. We learn how to be both fierce and kind, to treat others as we wish to be treated, and to always do our best. This is the way of...



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