# Watch Me Do Yoga

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Watch Me Do Yoga is narrated by a child's voice as she goes through a series of yoga poses. We see her practicing with her dad, her mom, or the family dog, and sometimes alone on her mat. We see her in the garden, on the patio, in her bedroom, even sitting on a gigantic lotus. But no matter what the setting, she relates her yoga to the natural world. She stands like a tree or a mountain and imitates the actions of animals — a fish, a dog, a lion, and a tortoise. She celebrates her connection with the life around her and wants just a bit of attention in return. The upbeat text and appealing illustrations should encourage young children to practice yoga and their parents to practice with them.



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#### From reader reviews:

#### Joe Stearns:

Playing with family in a park, coming to see the coastal world or hanging out with friends is thing that usually you might have done when you have spare time, then why you don't try thing that really opposite from that. A single activity that make you not feeling tired but still relaxing, trilling like on roller coaster you are ride on and with addition of knowledge. Even you love Watch Me Do Yoga, it is possible to enjoy both. It is fine combination right, you still desire to miss it? What kind of hang type is it? Oh can happen its mind hangout people. What? Still don't have it, oh come on its named reading friends.

#### Jessie Henricks:

Do you really one of the book lovers? If yes, do you ever feeling doubt if you are in the book store? Aim to pick one book that you never know the inside because don't assess book by its deal with may doesn't work is difficult job because you are scared that the inside maybe not because fantastic as in the outside appear likes. Maybe you answer may be Watch Me Do Yoga why because the excellent cover that make you consider about the content will not disappoint anyone. The inside or content is definitely fantastic as the outside or maybe cover. Your reading sixth sense will directly make suggestions to pick up this book.

#### **Keith Karam:**

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