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Yoga Teddy Bear Balance Bend: Coloring Book (Paperback)

By K M Copham

NY Studio Gallery LLC, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The sixth in the rainbow series of coloring books by Yoga Teddy Bear, Yoga Teddy Balance and Bend features our hero tackling more advanced poses with help from friends both old and new. Each unique layout helps make yoga, learning about your body, and trying new things more accessible and fun for kids and grown ups alike. This book features a few easy poses, but also includes many so-called inversions or upside-down poses such as Firefly and Scorpion Pose. Concise pose descriptions are accompanied by Sanskrit translation and lettering and a difficulty key code including double diamonds for Expert Only poses. The back of this book reads: Hello! I m Yoga Teddy Bear. Are you ready to challenge yourself? Try these poses if you practice yoga and know the basics. Test the limits of your strength, flexibility and balance. You might surprise yourself! This book has lots of arm stands, balancing postures and back bends. So you need strong arms, laser focus and a flexible spine. These poses can be colored by anyone. If you try them, look closely at the...



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Reviews

This publication is indeed gripping and intriguing. It is actually written in basic terms and not difficult to understand. I am just pleased to explain how here is the greatest publication we have read through during my own lifestyle and could be the best pdf for at any time.

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This publication might be worthy of a read through, and superior to other. It normally is not going to charge excessive. It has been written in a remarkably simple way and is particularly just after I finished reading through this book through which in fact transformed me, alter the way I really believe.

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