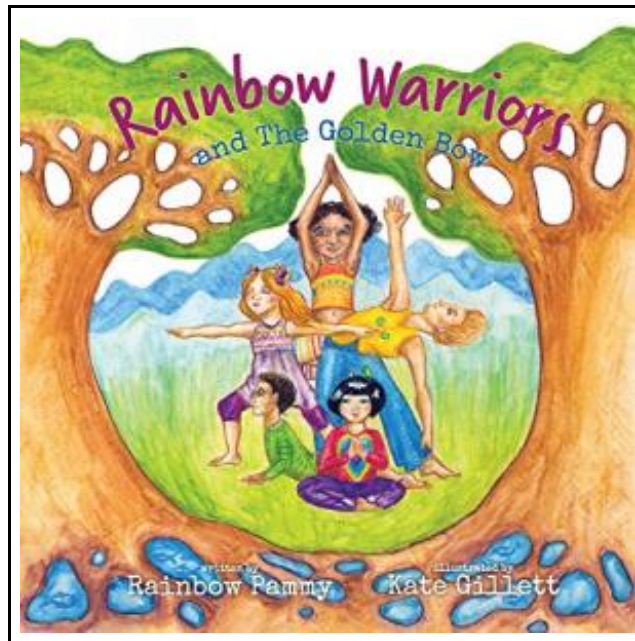


Rainbow Warriors and the Golden Bow: Yoga Adventure for Children



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(Ms. Hannah Lowe)

RAINBOW WARRIORS AND THE GOLDEN BOW: YOGA ADVENTURE FOR CHILDREN



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Rainbow Yogis, United States, 2015. Paperback. Book Condition: New. Kate Gillett (illustrator). 216 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.This fun yoga adventure is a way to heal the world with mindfulness! Get ready for an exciting expedition off your yoga mat and into the wilderness. This is the first of a series of books by yoga instructor and children s development specialist, Rainbow Pammy. This playful, instructional book has been designed to encourage kids to take their yoga practice out into nature. Developing a greater awareness of the environment, an appreciation of its beauty and the importance of their own place in it. Colourful illustrations accompany step-by-step yoga instruction and photography. This will provide children the basic yoga training they need to develop a meaningful practice that will stay with them the rest of their lives. Founder of Rainbow Yogis™, Rainbow Pammy has spent the last decade developing her own brand of yoga, especially for children, by combining a lifelong obsession with yogic practice, a deep interest in the psychology of mindfulness, as well as her endless love for animals and the environment.



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