

## Yogi Superhero: Time to Rest



In a world where everyone is rushing around, it's important to take some time to relax and rest. Even superheroes need some time to recharge their batteries! Yogi Superhero: Time to Rest is a yoga book for children that teaches them how to relax their bodies and minds.

The book is written by a certified yoga instructor and includes 20 easy-to-follow yoga poses that are perfect for kids. The poses are designed to help children improve their flexibility, strength, and balance. They also help to reduce stress and anxiety.



## Yogi Superhero Time to Rest: A Children's book about Yoga, Mindfulness and Relaxation. (Yogi Superhero Series) by Anna Smithers

★ ★ ★ ★ ☆ 4.8 out of 5

Language : English  
Paperback : 25 pages  
Item Weight : 4.2 ounces  
Dimensions : 8.5 x 0.06 x 11 inches  
File size : 5080 KB  
Screen Reader: Supported  
Print length : 15 pages  
Lending : Enabled



Yogi Superhero: Time to Rest is a great way to introduce children to yoga. The book is fun and engaging, and the poses are easy to follow. Children will love learning how to relax and rest with Yogi Superhero!

### Benefits of Yoga for Children

Yoga is a great way for children to improve their physical and mental health. Yoga can help children:

- Improve their flexibility, strength, and balance
- Reduce stress and anxiety

- Increase their body awareness
- Develop their concentration and focus
- Improve their sleep quality

Yoga is a safe and effective way for children to get exercise and learn how to relax. It is a great way to help children develop their physical and mental health.

## Free Download Your Copy Today!

Yogi Superhero: Time to Rest is available for Free Download on Our Book Library.com. Free Download your copy today and help your child learn how to relax and rest!



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