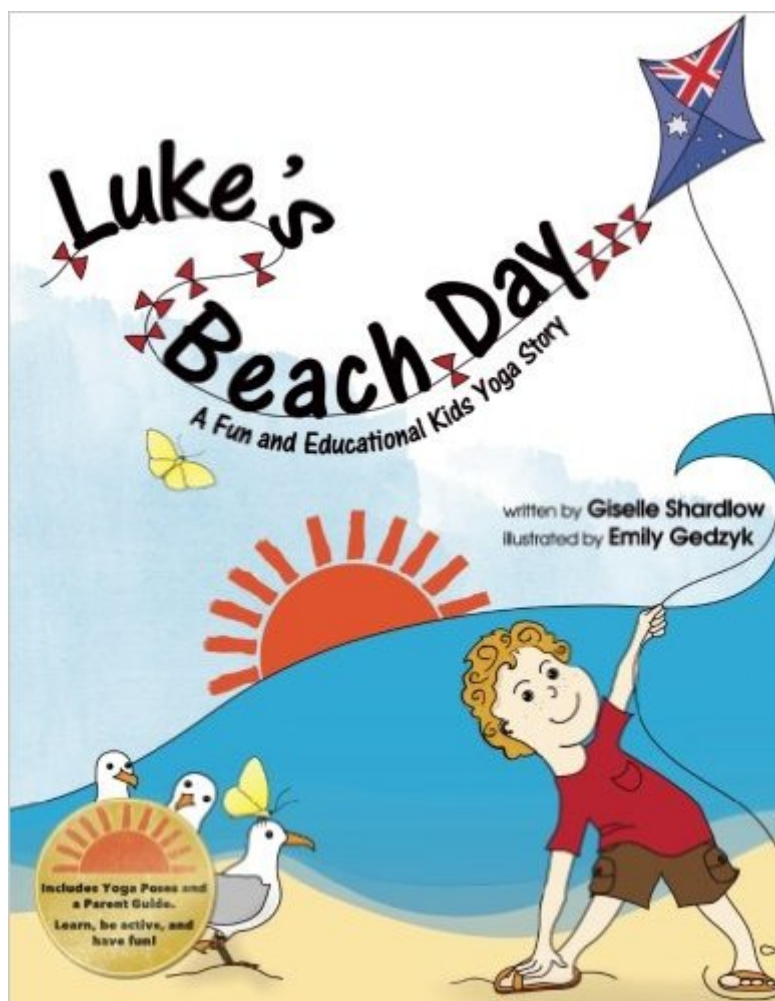


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# Luke's Beach Day: A Fun And Educational Kids Yoga Story (Kids Yoga Stories)



## Synopsis

Give Your Children the Healthy Benefits of Yoga with this Kids Yoga Stories Beach Adventure Book. Join Luke™s beach adventure. Hop like a kangaroo, perch like a sea gull, and rest like a sea star as you act out this journey on an East Coast Australian beach. What else might you see? Learn something new, explore movement, and have fun together! Kids Yoga Stories introduce you to engaging characters who will get your child laughing, moving, and creating. Reading is good for the mind AND body! The story links several yoga poses in a specific sequence to create a coherent and meaningful story. This book for ages 4 to 8 is more than a storybook, but it's also a unique experience for children.

## Book Information

Series: Kids Yoga Stories

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Product Dimensions: 8.5 x 0.1 x 11 inches

Shipping Weight: 6.1 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars [See all reviews](#) (41 customer reviews)

Best Sellers Rank: #404,958 in Books (See Top 100 in Books) #58 in [Books > Children's Books > Growing Up & Facts of Life > Health > Fitness](#) #88 in [Books > Health, Fitness & Dieting > Exercise & Fitness > For Children](#) #202 in [Books > Health, Fitness & Dieting > Mental Health > Attention Deficit & Attention Deficit Hyperactivity Disorders](#)

## Customer Reviews

Here's what I love about the book:\* Great eco-friendly theme as Luke & his friends clean up along the way in their adventure at the beach!\* Each page in the book includes the targeted pose in bold font in the text & a picture of the pose in the top corner. This makes it easy to keep the flow in a kids yoga storytime especially for those who are new to yoga and may not know all the poses. Additional details are provided in the back of the book.\* There are 18 poses in the book. Plenty to fill most kids yoga classes for the targeted age range (4-8 year olds). For a longer class, you could add poses for other animals or things you might see in the ocean or at a beach and talk about eco-friendly choices to extend the theme. Suggestions are provided in the book.\* The Kids Yoga Stories Guide section at

the end of the book is full of great tips for setting up a fun & safe yoga storytime for kids. Love this: "Ooze creativity, imagination and abundance. Encourage each child to tap into his or her own creativity and imagination through movement and breath. Welcome quiet times for reflection. Pause often. Remember, it's not the end result, but the journey where miracles happen...". Giselle's passion and love for kids shines through\* Love the inclusion of Savasana at the end of the book.\* The book has bright colorful illustrations & a nice easy-to-read font size.\* The book is available in English & Spanish versions. Angela Moorad, MS, CCC-SLP, IAYT, RCYP-2 Speech-Language Pathologist Founder of OMazing Kids, LLC - inclusive wellness activities for kids of all abilities Facebook: OMazingKidsYoga

Luke's Beach Day captures the imagination and covers all aspects of a fun day at the beach, addressing important values we should instill in our children - exercise, recycling and the environment all whilst, of course, having fun! As a parent and yoga teacher I love how the postures are the same but reflect the playfulness and engaging quality that kids will love. Can't wait to see what Giselle brings us next. Jill Greensmith-Tucker Yoga teacher, Sydney

I love how rich this story is! Kids will learn that they can do yoga and be in their bodies wherever they are. They also learn to be conscious of others around them and the environment. Luke's Beach Day is fun and colorful and has a great guide in the back for parents and teachers. What a great gift for kids!

Luke's Beach Day teaches children's yoga and environmentalism with a sweet story and easy-to-follow yoga pose pictures on each page. The story follows Luke and his friends at the beach, discovering sea life, boats, and litter! Luke is bothered by the trash and makes sure to put it all in the garbage can, setting a good example and teaching readers to do the same. The book includes a list of all of the poses used in the book, including Kangaroo pose (fun!) and Sun Salutations. There is also a list of tips that are helpful for people who have never done yoga with kids (it is definitely different than doing yoga with adults!). I am a children's yoga instructor, and I love all the books from Kids Yoga Stories, especially this one that has the corresponding poses listed on each page. I love that as I read a story to my classes, the kids automatically go into the poses that they see in the top corner of the pages. It is much easier than trying to hold a book and to demonstrate a yoga pose at the same time. Giselle Shardlow has created another invaluable resource for parents, teachers, and kids yoga instructors wishing to share yoga in a fun, healthy, and eco-friendly way. -Carolyn Clarke,

author of Imaginations: Fun Relaxation Stories and Meditations for Kids

Getting my children involved in kid's yoga has come up many times in the last few months so this book was a welcome introduction for my 3 and 6 year old. The fact that the book is set at the beach makes it a very attractive read for my eldest two boys as the beach has to be one of their favourite places to go. The colourful illustrations are easy on the eye and lots of fun for the kids to look at whilst I am reading the story. When it came to the yoga poses the enthusiasm from my children was infectious. Giggling and trying to outdo each other with the 'best' pose, the boys had a whale of a time trying to master the various positions. The great thing is that the illustrations made it easy for them to follow the poses and copy. Linking the names of the poses to the beach and the story is clever and makes it more relevant to the children - posing like a surfer (Warrior 2 Pose) was a particular favourite with my six year old and my three year old worked enthusiastically at the swimming pose (Warrior 3 Pose) and scuttling like a crab. Along the way the children asked lots of questions about themes in the book (like littering and the danger to animals) and got very animated about the possibility of sharks in the sea. As the book came to an end my children were relaxed and sitting (in lotus pose) grinning like Cheshire cats. In short, lots of fun, some educational topics to talk about and a great way to get children interested in yoga.

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