



The Children's Room  
Main Library  
219 Loyola Avenue

## Children's Yoga Books

### For Little Ones:

***Babar's Yoga for Elephants*** by Laurent De Brunhoff

Babar is more flexible thanks to his yoga conditioning. Includes illustrations of poses, but mostly it's a Babar book. Call Number: J 613.7046 B895b

***Sleepy Little Yoga*** by Rebecca Whitford and Martina Selway

This little picture book illustrates a short yoga routine to help a child relax before bedtime. It includes a text explanation and photos of real children in the poses after the story. Call Number: J 613.7046 W595s

***Little Yoga*** by Rebecca Whitford and Martina Selway

A child-friendly picture book that shows a yoga baby imitating animals. The back of the book shows real children in the yoga positions and includes some practice recommendations. Call Number: J 613.7046 W595L

### For Older Children:

***Yoga in Action*** by Bobbie Kalman

This book is geared for children who want to use yoga for self-care and conditioning. It is thoroughly illustrated with a variety of older children in the poses. Call Number: J 613.704

***I Love Yoga*** by Mary Kaye Chryssicas

This Dorling Kindersley book is a large format photographic essay on a yoga class. It includes more poses than *Yoga in Action* because it includes partner poses and a yoga game. Call Number: J 513.70465 C558i

***Fly Like a Butterfly: Yoga for Children*** by Shakta Kaur Khalsa

Illustrated with black and white photographs of children in dozens of poses. Call Number: J 613.7046 K52f

**Please ask for a free copy of *Yoga Bear* for your family. Good while supplies last.**