



# The ABCs of Yoga for Kids: A Book for Coloring

*Teresa Anne Power*

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## **The ABCs of Yoga for Kids: A Book for Coloring** Teresa Anne Power

This unique coloring book uses each letter of the alphabet and the corresponding yoga pose for each letter to enable kids to not only color in the pictures of children doing the postures, but also teaches them the alphabet and how to practice yoga, a non-competitive form of exercise.

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