



I Am Yoga

Susan Verde

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An eagle soaring among the clouds or a star twinkling in the night sky . . . a camel in the desert or a boat sailing across the sea—yoga has the power of transformation. Not only does it strengthen bodies and calm minds, but with a little imagination, it can show us that anything is possible.

New York Times bestselling illustrator Peter H. Reynolds and author and certified yoga instructor Susan Verde team up again in this book about creativity and the power of self-expression. *I Am Yoga* encourages children to explore the world of yoga and make room in their hearts for the world beyond it. A kid-friendly guide to 16 yoga poses is included.

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From reader reviews:

Susan Arnold:

This I Am Yoga book is absolutely not ordinary book, you have after that it the world is in your hands. The benefit you get by reading this book is usually information inside this book incredible fresh, you will get data which is getting deeper a person read a lot of information you will get. This I Am Yoga without we know teach the one who examining it become critical in considering and analyzing. Don't become worry I Am Yoga can bring whenever you are and not make your handbag space or bookshelves' come to be full because you can have it within your lovely laptop even telephone. This I Am Yoga having excellent arrangement in word as well as layout, so you will not experience uninterested in reading.

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Susan Ford:

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Carla Heyward:

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