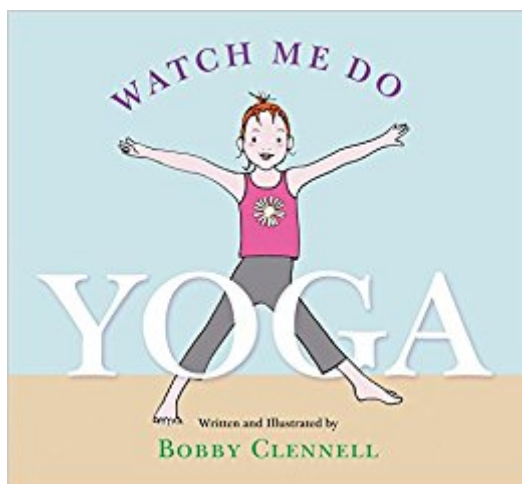


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# Watch Me Do Yoga



## Synopsis

Watch Me Do Yoga is narrated by a child's voice as she goes through a series of yoga poses. We see her practicing with her dad, her mom, or the family dog—and sometimes alone on her mat. We see her in the garden, on the patio, in her bedroom, even sitting on a gigantic lotus. But no matter what the setting, she relates her yoga to the natural world. She stands like a tree or a mountain and imitates the actions of animals—a fish, a dog, a lion, and a tortoise. She celebrates her connection with the life around her and wants just a bit of attention in return. The upbeat text and appealing illustrations should encourage young children to practice yoga and their parents to practice with them.

## Book Information

Hardcover: 32 pages

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Average Customer Review: 4.7 out of 5 stars 6 customer reviews

Best Sellers Rank: #1,456,753 in Books (See Top 100 in Books) #106 in Books > Children's Books > Science, Nature & How It Works > Recycling & Green Living #183 in Books > Children's Books > Growing Up & Facts of Life > Health > Fitness #280 in Books > Health, Fitness & Dieting > Exercise & Fitness > For Children

Age Range: 3 - 8 years

Grade Level: Preschool - 3

## Customer Reviews

Bobby Clennell has been teaching Iyengar Yoga for over thirty years. She is a core faculty member of the Iyengar Yoga Institute of New York and teaches workshops throughout the United States and around the world. Bobby began practicing yoga in London in the early 1970s while working as a costume designer and animator. In 1976, Bobby (along with husband, Lindsey, and sons, Miles and Jake) made her first trip to study with B. K. S. Iyengar in Pune, India. She has returned every two years to continue her study. She earned an Iyengar Yoga teaching certificate in 1977. In the 1980s, Bobby's interest in women's issues was sparked by her studies with Mr. Iyengar's daughter, Geeta

Iyengar. While Mr. Iyengar was teaching the main class, the women who were menstruating were sent to the back of the room to work more quietly with Geeta. This experience awakened Bobby to the need for a woman's yoga practice. She is the creator of a short film, entitled Yantra, based on the movements of B. K. S. Iyengar during his own asana practice. Bobby Clennell lives in New York City.

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Cute book for a yogi to read to his/her kid. I wish there were a few more poses shown, but maybe that would make it too long. I'm still looking for a book for kids that shows several basic yoga poses but without it being too wordy or technical. For now I'm just ad-libbing myself.

Everything Senior Iyengar yoga instructor Bobby Clennell does is pure mudra - this book being of no exception. There are few western Yogis with as much embodied experience & knowledge than Clennell has received from the master himself, Sri BKS Iyengar.

NOTE: I received a free copy of this book to review for the web site Metapsychology Online Reviews. WATCH ME DO YOGA is an over-sized hardcover book featuring a little red-headed girl of perhaps 7 or 8 years old playfully demonstrating different yoga poses. The girl (she unfortunately does not have a name) recruits each of her parents in turn to watch and sometimes to join in as she practices basic postures such as mountain, tree, and lion poses. Other characters make an appearance as well, from the family dog to little brother Paul. The illustrations are colorful yet

uncomplicated, and the rhyming text is also both simple and clear--for example, "I like to stand on one leg--Pretending I'm a tree--and then I wave my arms about--Hey, Daddy, look at me!"The only caution I would suggest about this book is with respect to the difficulty level of some of the postures depicted by the little girl. Although most of the poses shown are beginner's level and are likely to be quite accessible to the typically flexible school-aged child, author and illustrator Bobby Clennell also features her young yogini in a few more challenging postures--for example, backbends such as fish pose and upward bow or wheel pose. These poses are probably best performed with adult supervision, and preferably with the assistance of an adult who has some knowledge of yoga or other relevant training.Overall, Clennell has created a lovely little book for inspiring children to do yoga. It is probably best suited for adults hoping to pass along a love a yoga to their children; this is an ideal book for parents and children both to read and to practice yoga together, and I would give it a final rating of 4 1/2 stars.

Watch me Do Yoga is absolutely wonderful. Actually, that should be my entire review because it does describe the book perfectly.I discovered yoga in my 40's.....and I have often wondered how beneficial yoga would have been for my as a child (both from a physical AND mental point of view).This is one of the reasons I think this book is so important, not to mention timely.It is definitely children friendly - with great color illustrations of the basic poses. Very well define and easy to follow, this book is both a joy to watch/read and use as a practice tool for any child who is curious and interested in yoga.Now - parents and child can practice their poses together in a safe and serene environment.I loved, loved this book.

I'm giving Watch Me Do Yoga to my niece for her third birthday, but I'm having a hard time letting it go! The clever rhymes and delightful drawings by talented author and illustrator, Bobby Clennell, are so appealing -- the child in me loves this happy, playful book! Children of all ages will relate to the way the young girl practices with her mom, her dad, her dog... and asks them to "Watch me do yoga," just like real-life children do! I'm looking forward to reading this book out loud at my niece's birthday party, and using the story as a starting point to practice yoga with her and her friends.--Suza Francina, mother of two grown children, preschool teacher and Early Childhood Educator, Certified Iyengar Yoga Instructor and author.

"Watch Me Do Yoga" traces a child's yoga practices and poses through her day, illustrated with exquisite pastel sketches that bring life to yoga poses or vice versa. She practices with her parents,

her dog, and alone on her mat or outside with a tree. She always finds the connection to the natural world through her yoga practice. She enjoys celebrating this special connection and showing off to her loving parents. "Watch Me Do Yoga" is both vivid and instructional, providing stimulus and encouragement to parents and children for yoga practice together.

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