



2004

# Little Yoga: A toddler's first book of yoga

Gillian Streeter

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Whitford, Rebecca. *Little Yoga: A toddler's first book of yoga*. Illustrated by Selway, Martina. Henry Holt, 2005. ISBN 0805078797. \$9.95. 28 pp.

Reviewer: Gillian Streeter

Reading Level: Toddler, Preschool, Primary

Rating: Excellent

Genre: Informational books;

Subject: Hatha yoga for children--Juvenile literature; Hatha yoga--Juvenile literature; Books--Reviews;

Little Yoga is a basic introduction to Hatha yoga for toddlers. The illustrations show toddlers doing basic poses that are described using animals - like stretching like a cat, hanging like a monkey, and crouching like a frog. The simple words and friendly pictures will help small children get the basic idea of the poses. Controlled breathing is too hard for small children, so Whitford recommends children make sounds as they breathe - for example, breathing out like a lion sounds like "haaaaaa." The back of the book has tips and advice for parents and caregivers who want to teach young children yoga. There is also a photographic index of the poses in the book and explanations for how each pose is performed. Simplicity and fun are emphasized in the illustrations and the advice section. This book is excellent for yoga beginners, young and old.