



2017

Yoga

Kristie Hinckley

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Book Review

Title: Yoga
Author: Sarah Tieck
Reviewer: Kristie Hinckley
Publisher: ABDO Publishing Company
Publication Year: 2013
ISBN: 9781617835650
Number of Pages: 32
Interest Level: Primary
Rating: Dependable



Review

This book teaches about the many benefits of yoga like increased flexibility, muscle strength, and calmness of mind. However, readers will not learn how to do specific poses. There are about seven poses vaguely introduced in the photos of children and adults throughout this book. Living a healthy lifestyle, in general, is the main idea encouraged in the book. Any questions a reader previously had about the practice of yoga will most likely be answered.

Yoga is an informational text for kids and includes a table of contents, a glossary, an index, page numbers, and page headings. A pronunciation key is included on a page with difficult vocabulary, including words in Sanskrit. A labeled diagram of muscles in the body is also provided. Readers will know how to prepare for a yoga class and move safely during yoga through this colorful, engaging book.