



Luke's Beach Day: A Fun and Educational Kids Yoga Story (Kids Yoga Stories)

Giselle Shardlow, Emily Gedzyk

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Give Your Children the Healthy Benefits of Yoga with this Kids Yoga Stories Beach Adventure Book.

Join Luke's beach adventure. Hop like a kangaroo, perch like a sea gull, and rest like a sea star as you act out this journey on an East Coast Australian beach. What else might you see?

Learn something new, explore movement, and have fun together!

Kids Yoga Stories introduce you to engaging characters who will get your child laughing, moving, and creating. Reading is good for the mind AND body! The story links several yoga poses in a specific sequence to create a coherent and meaningful story.

This book for ages 4 to 8 is more than a storybook, but it's also a unique experience for children.

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