## Easy to Use Yoga Resources for Children!
### Perfect for DPA and Physical Education

<table>
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<th>Product</th>
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<tr>
<td><strong>Item # 101</strong></td>
<td><strong>Award-Winning Hard Cover Story Book &amp; Follow Along Audio CD</strong></td>
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| ![Book Image](image1.png) | - Hard cover 32 page Picture Book 8.5”x8.5”. Comes with 30 minute CD.  
- Perfect for teachers and parents to provide children with a safe and fun yoga workout or Daily Physical Activity (DPA). Appropriate for Ages 3-9.  
- Children in book demonstrate yoga positions, while exploring nature.  
- Printed in Canada on Environmentally Friendly FSC Certified Paper.  
**CD**  
- Use CD separately or as a follow-along book to encourage young readers. After 20 minute workout, music plays for 10 minutes for calm transitioning. |
| **Item # 102** | **DVD** |
| ![DVD Image](image2.png) | - Follow Along DVD.  
- 20 minute workout with relaxing music.  
- After the workout, a 10 minute relaxation session follows to allow for calm transitioning.  
- Made in Canada. |
| **Item # 103** | **Full Size Poster** |
| ![Poster Image](image3.png) | - Full Size Glossy Poster.  
- Excellent for instruction.  
- Children will feel inspired when they see the poster and will be able to easily do the poses safely.  
- 24” x 36”.  
- Printed in Canada on Environmentally Friendly FSC Certified Paper. |
| **Item # 108** | **Yoga Match: A Memory & Movement Card Game** |
| ![Game Image](image4.png) | - 30 cards of 15 poses.  
- Children exercise their bodies and minds as they play the memory game.  
- Cards are 3” x 4”.  
- Printed in Canada. |
| **Item # 105** | **Colouring & Activity Book** |
| ![Book Image](image5.png) | - Soft cover.  
- Fun activities & pages to colour.  
- 8.5” x 11”, 20 pages.  
- Printed in Canada on Environmentally Friendly FSC Certified Paper. |
| **Item # 500** | **Total Relaxation CD** |
| ![CD Image](image6.png) | - This peaceful visualization is delivered in harmony with serene music.  
- Experience relaxation from head to toe. |
| **Item # 106** | **Children’s Colour-Me Poster** |
| ![Poster Image](image7.png) | - Oversized Black & White Poster 11” x 17”.  
- Printed in Canada on Environmentally Friendly FSC Certified Paper. |
| **NEW! Item # 302 & 303** | **Eco Friendly Yoga Mat** |
| ![Mat Image](image8.png) | - 2 sizes available:  
  - Full Adult & Small Kid’s  
  - 100% Environmentally Friendly  
  - Made with TPE (no Toxic PVC)  
  - Kid Friendly Poses on Mat  
- Printed in Canada |
| **Item VP3** | **Teacher’s Value Pack*| |
| ![Pack Image](image9.png) | ✓ 101 Book & CD  
✓ 102 DVD  
✓ 103 Full Poster  
✓ 105 Colouring Book  
✓ 106 Colour-Me Poster  
✓ 108 Yoga Match Game  
✓ 500 Relaxation Visualization CD  
*Best Value for Teachers |

**Place Your Order Today:**  
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