



# Yoga Books for Children Aged 3-5

## About This List

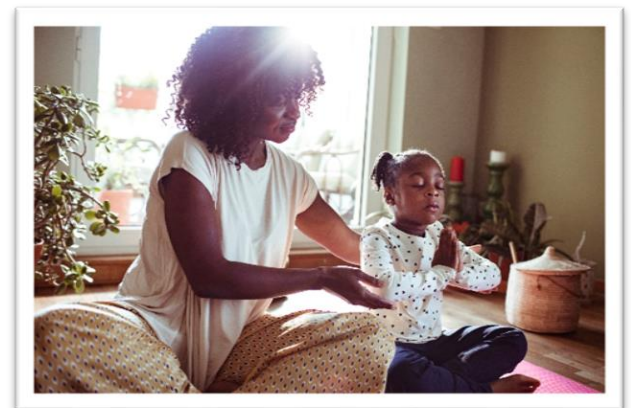
Practicing yoga with your child can give you both an opportunity to connect, to unwind, and to be playful together!

Below is a selection of yoga books. You can use this list to find poses and exercises that you and your child can enjoy together.



## Yoga books for children

- *Yoga Bear: Simple Animal Poses for Little Ones* by Sarah Jane Hinder
- *When I Feel: Easy Yoga for Big Feelings* by Kathy Beliveau, Julie McLaughlin, and Jesse Holland
- *Little Yoga: A Toddler's First Book of Yoga* by Rebecca Whitford and Martina Selway
- *My Daddy is a Pretzel* by Baron Baptiste and Sophie Fatus
- *The Yoga Game in the Garden* by Kathy Beliveau and Denise Holmes
- *Zoo Zen: A Yoga Story for Kids* by Kristen Fischer and Susi Schaefer
- *Dinosaur Yoga* by Mariam Gates and Matthew Rivera
- *I Am Yoga* by Susan Verde and Peter H. Reynolds
- *Dino Does Yoga* by Sofie Engström von Alten
- *Mindful Moves* by Nicole Cardoza and Marta Antelo
- *Hello, Sun* by Sarah Jane Hinder
- *Yoga Bunny* by Brian Russo



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