



## **Abece de Yoga Para Ninos**

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# Abece de Yoga Para Ninos

*Teresa Anne Power*

**Abece de Yoga Para Ninos** Teresa Anne Power

ABECE de Yoga para Ninos is the Spanish version of The ABCs of Yoga for Kids. This multiple award-wi...

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32 pages

### **About the Author**

Teresa Anne Power, avid yoga practitioner for the past quarter-century, is the author of the *The ABCs of Yoga for Kids*. Her book has won nine awards, including earning the Parent Tested Parent Approved (PTPA) Seal of Approval. For the past eight years she has taught yoga to young children, both in schools and at local organizations, and has spoken at numerous libraries, schools, book stores, yoga studios, and school conferences. She has also taught teacher training seminars at Children's Bureau and Pathways to help children from all walks of life be exposed to the health benefits of yoga. She is a member of the Society of Book Writers and Illustrators and the Independent Book Publishers Association, and writes articles about children's health on Examiner.com. She lives in Pacific Palisades, California, with her husband and two teenage children.

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