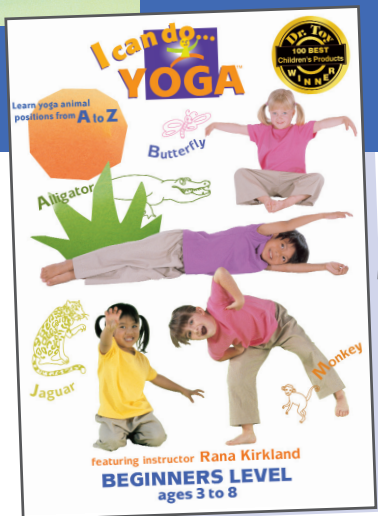
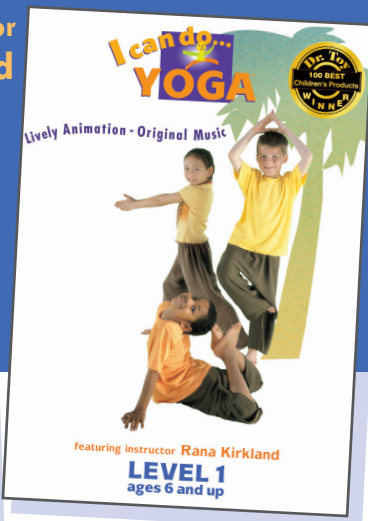


# I can do... YOGA™

Fun, fresh  
yoga DVDs  
for kids!

featuring instructor  
Rana Kirkland



Keeps kids **Happy, Active and Focused!**

An enjoyable and easy-to-follow program ...both DVDs feature charming animation, and a lively, original score  
Approximately 25-minutes long  
In English, Spanish and Japanese

**The Beginners Level** is for kids age three to eight who are just starting to practice yoga. While learning yoga fundamentals including stretching, standing poses and simple meditation, kids get to practice their ABC's in an exciting new way ... doing yoga animal poses from **Alligator to Zebra!**

**Level One** is for kids six and up who have practiced yoga already. A great way to practice basics learned in a previous class. They will stretch, do standing poses, breathing exercises and simple meditation, along with the added excitement of **"Name That Animal Game."**

Exercise such as yoga helps to prevent obesity and childhood diabetes.

"Yoga helps children feel comfortable as they move through new ways of relating to themselves and their world. Parents will welcome this video as a dramatic change from the typical, hectic pace of daily family life."

Dr. Barbara K. Polland, Professor of Child and Adolescent Development, California State University, Northridge, and author, "No Directions on the Package — Questions and Answers for Parents of Children 0 - 12."

"Practicing yoga with young children can help them discover a life-long love of healthful exercise and relaxation techniques."

Jack Connella, PhD., Marriage & Family Therapist



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Orders can be a combination of  
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