



# Yoga Monkey Kids: Beginner Poses

*Candace Stromberg*

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## **Yoga Monkey Kids: Beginner Poses** Candace Stromberg

Yoga Monkey Kids Beginner Poses introduces kids to yoga benefits, how to have a safe practice and 12 easy to learn poses. Follow Yokey the Yoga Monkey and his friends on a fun journey to nurturing the mind, body, and spirit. Get Your Monkey On and join us on the path to health and wellness! Look for Yoga Monkey Kids Intermediate and Advanced Poses coming soon!

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