



# Jenny's Winter Walk: A Kids Yoga Winter Book

*Giselle Shardlow*

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**Experience the benefits of yoga with your children or students by acting out what you see and hear in winter with this interactive yoga story, Jenny's Winter Walk!**

Join Jenny as she meets various animals on a winter walk with her mom. Be a squirrel, a fox, and a bunny. Discover winter, explore movement, and learn the five senses.

The yoga storybook includes a list of kids yoga poses and a parent-teacher guide.

Kids Yoga Stories introduce you to engaging characters who will get your child laughing, moving, and creating. Reading is good for the mind AND body! The story links several yoga poses in a specific sequence to create a coherent and meaningful story.

This winter yoga story for ages 2 to 5 is more than a storybook, but it's also a unique experience for children.

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