



My Daddy Is a Pretzel: Yoga for Parents and Kids

Baron Baptiste

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Limber up with this unique, child-friendly yoga book! Created for parents and children to share together, but also suitable for adults and older children to use alone, My Daddy is a Pretzel not only introduces a range of postures, it also connects the practices to everyday life, showing how families can integrate their yoga with their activities in the world. A light-hearted look at yoga, yet one with a lasting message, My Daddy is a Pretzel is a wonderful introduction to yoga for readers of all shapes and sizes.

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