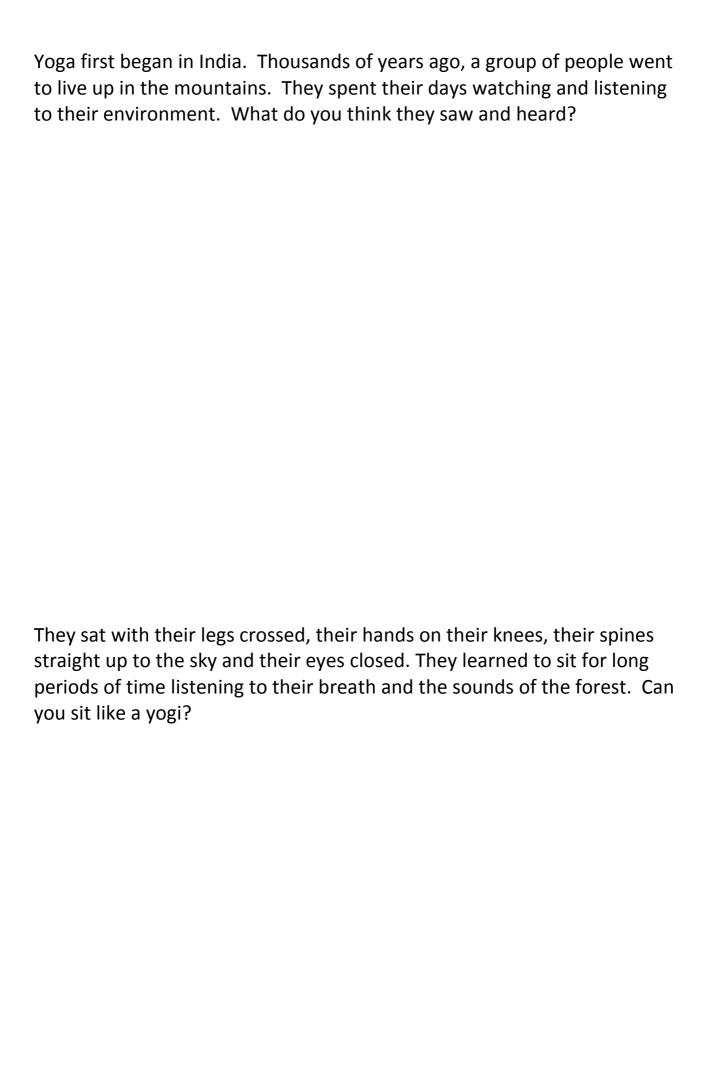
What is Yoga?

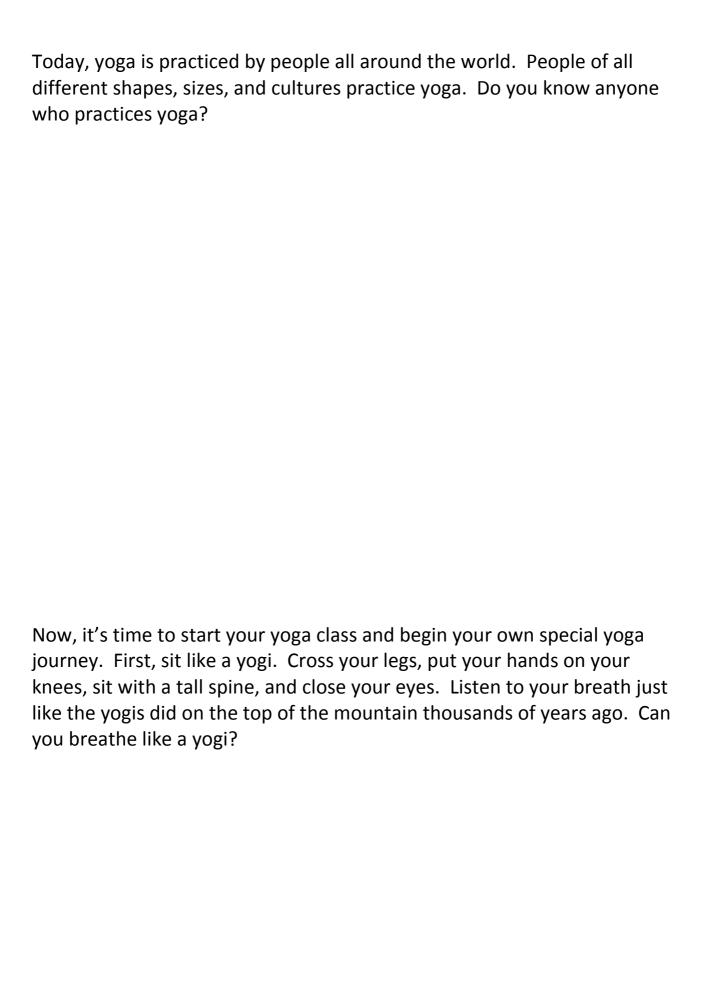
A discussion book for little yogis

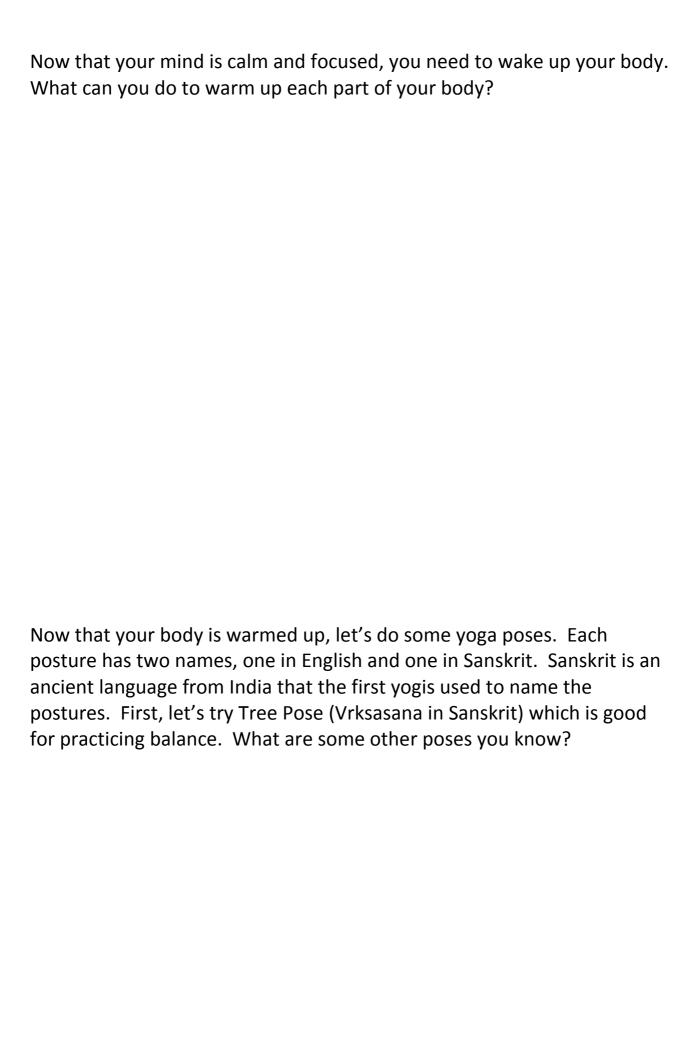
By Giselle Shardlow Kids Yoga Stories

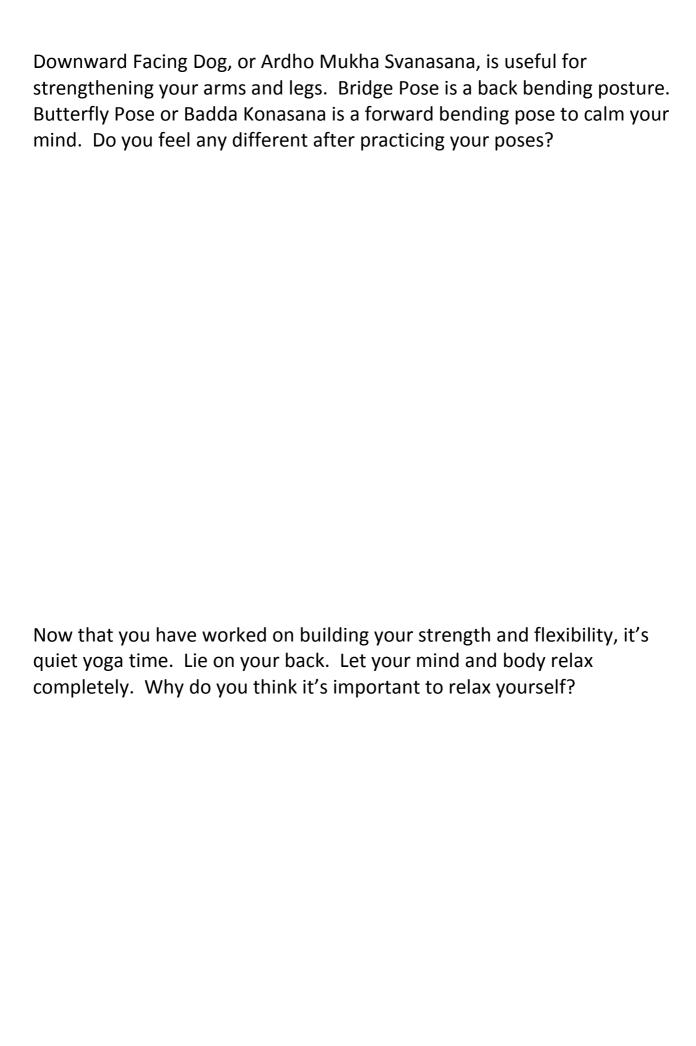
Welcome to your own yoga journey	. What does yoga	mean to you?
Yoga is a way of life that exercises the think it was invented?	ne mind and body.	Where do you











To end our class, sit like a yogi and bring your hands together in front of your heart. Let's say the yogi promise, "May All Beings be Happy and Free" – or in Sanskrit, Lokah Samastah Sukhino Bhavantu.

I hope you enjoyed your *What is Yoga? Discussion Book*! Please let me know if you found the book useful in learning more about yoga. Feel free to share with your friends and family.

Namaste,
Giselle
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