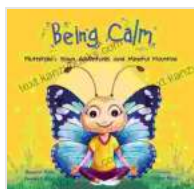


Flutterpie Yoga Adventures and Mindful Mantras - The Being Series

Flutterpie Yoga Adventures And Mindful Mantras The Being Series is a beautifully illustrated children's book that introduces young readers to the principles of yoga and mindfulness. The book follows the adventures of Flutterpie, a playful and curious butterfly, as she explores the world around her and learns about the importance of being present, kind, and compassionate.



Being Calm: Flutterpie's Yoga Adventures and Mindful Mantras (The Being Series) by Rosemary Hardin

★★★★☆ 4.6 out of 5

Language : English

File size : 6924 KB

Screen Reader : Supported

Print length : 21 pages

Lending : Enabled



Through Flutterpie's adventures, children will learn about different yoga poses, breathing exercises, and mindful mantras. They will also learn about the benefits of yoga and mindfulness, such as how it can help them to calm down, focus, and be more present in the moment.

The book is written in a fun and engaging way that will appeal to young readers. The illustrations are bright and colorful, and the story is full of adventure and humor. Flutterpie Yoga Adventures And Mindful Mantras The

Being Series is a great way to introduce children to the benefits of yoga and mindfulness.

Benefits of Yoga and Mindfulness for Children

Yoga and mindfulness have many benefits for children, including:

- Improved physical health: Yoga can help children to improve their flexibility, strength, and balance. It can also help them to develop good posture and coordination.
- Improved mental health: Mindfulness can help children to reduce stress, anxiety, and depression. It can also help them to improve their focus, concentration, and memory.
- Improved social skills: Yoga and mindfulness can help children to develop their social skills. They can learn how to cooperate with others, how to resolve conflicts peacefully, and how to show compassion.

Flutterpie Yoga Adventures And Mindful Mantras The Being Series

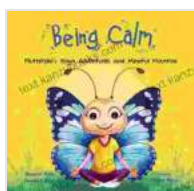
Flutterpie Yoga Adventures And Mindful Mantras The Being Series is a great way to introduce children to the benefits of yoga and mindfulness. The book is full of fun and adventure, and the illustrations are bright and colorful. Children will love learning about yoga and mindfulness with Flutterpie.

The book is available in both print and ebook formats. You can Free Download the book from Our Book Library, Barnes & Noble, or your local bookstore.

About the Author

The author of Flutterpie Yoga Adventures And Mindful Mantras The Being Series is a certified yoga teacher and mindfulness instructor. She has been teaching yoga and mindfulness to children for over 10 years. She is passionate about helping children to learn about the benefits of yoga and mindfulness.

The author lives in California with her husband and two children. She enjoys spending time with her family, practicing yoga, and writing children's books.



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