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Angel Bear Yoga: Adventure Stories- Children's Stories That Are Perfect For Relaxation, Sleep Time Or Kid's Yoga.



Synopsis

Angel Bear Yoga Adventure Stories are creative visualizations that capture children's imagination and sweep them away to a far off forest. Designed with the benefits of meditation, relaxation and peace, these stories are perfect for quiet time after an Angel Bear Yoga class or any time children need to relax. 50 individual stories that focus on a character trait. Let the Angel Bear and little Sweet Pea take your child to the forest where they will see that our world and animals reflect these positive traits! 2 CD set with over an hour's worth of guided imageries and soothing music. Winner of the iParenting Media Award and Parent's Choice Award!

Book Information

Audio CD

Publisher: Angel Bear Yoga; 1st edition (February 15, 2007)

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Product Dimensions: 5.5 x 0.4 x 4.7 inches

Shipping Weight: 1.3 pounds

Average Customer Review: 3.1 out of 5 stars 8 customer reviews

Best Sellers Rank: #1,039,548 in Books (See Top 100 in Books) #89 in [Books > Books on CD > Sports & Outdoors](#) #2232 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga](#) #36303 in [Books > Sports & Outdoors](#)

Customer Reviews

Christi Eley is a certified children's yoga instructor who wanted to use symbolic yoga poses to reflect positive character. She believes that children who have strong bodies and character and who see value in nature will want to change the world for the better. She has taught thousands of children over the years at preschools, camps, summer programs, sports centers, health fairs, churches, children's museums and conferences.

It's unclear of whether this was a new or used copy; should be new at \$14.99. Both CDs skip from first play.

better when child reaches 4 years of age

Disappointed

The CD is best for extending the lessons from the Main Lesson Book or Card Deck. My three year old seems to imagine she's right there with Angel Bear and Sweet Pea, and she's very creative in answering questions about the stories. Although the Angel Bear Yoga program does not use traditional names for poses et cetera, it's theme of positive character traits really has young children interested. My daughter LOVES it, and she talks about all of the traits and poses she learns with everyone in the family. She likes to "define" them as well. I think it empowers her as well as fostering creativity, relaxation, and appreciation of nature.

I don't know why all the other reviews here seem to be for the card deck, not the CD. I posted my review of the cards with the cards. I think this CD has some great visualization exercises, but they're probably better for 6 year olds and up, unless you're a preschool teacher who is familiar with all the Angel Bear resources. I bought this for use at home with my three year old and her attention span isn't mature enough for this, and neither is her vocabulary advanced enough to understand words like "abundance," "compassion," "integrity," etc.

While the Angel Bear Yoga Pose a Day Play Deck is one of many excellent Angel Bear products, it's certainly one of my favorites. The cards are easy to use and easy to display, and with 60 cards in all, they will be enjoyed for a long time. Angel Bear is a wise and loving teacher who will lead your child and Sweet Pea on journeys of understanding. Angel Bear helps Sweet Pea learn to say nice words, to show courtesy, to see wholeness and many other character virtues. The collaboration of Christi Eley's award winning yoga program and Aries Cheung's whimsical artistry is brilliant. Cheung's depiction of Angel Bear and Sweet Pea is certain to endear your children to these delightful characters. Suzanne M. Banks, MS Educational Media

The playdeck is a wonderful addition to the other Angel Bear Yoga products. All of our preschool staff is now on board, choosing a user friendly card each week and then following the many suggestions and helpful ideas in bringing Angel Bear to life in the classroom. The preschoolers love the movement, the poses, and respond positively to the character education that Sweet Pea passes on to them.

I found this a perfect compliment to the Angel Bear Yoga activity book. The deck of flash cards

worked very well to review the concepts being taught and the poses representing them. Make a game of it. You are teaching your child complex concepts as part of your enjoyable bonding experience.

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