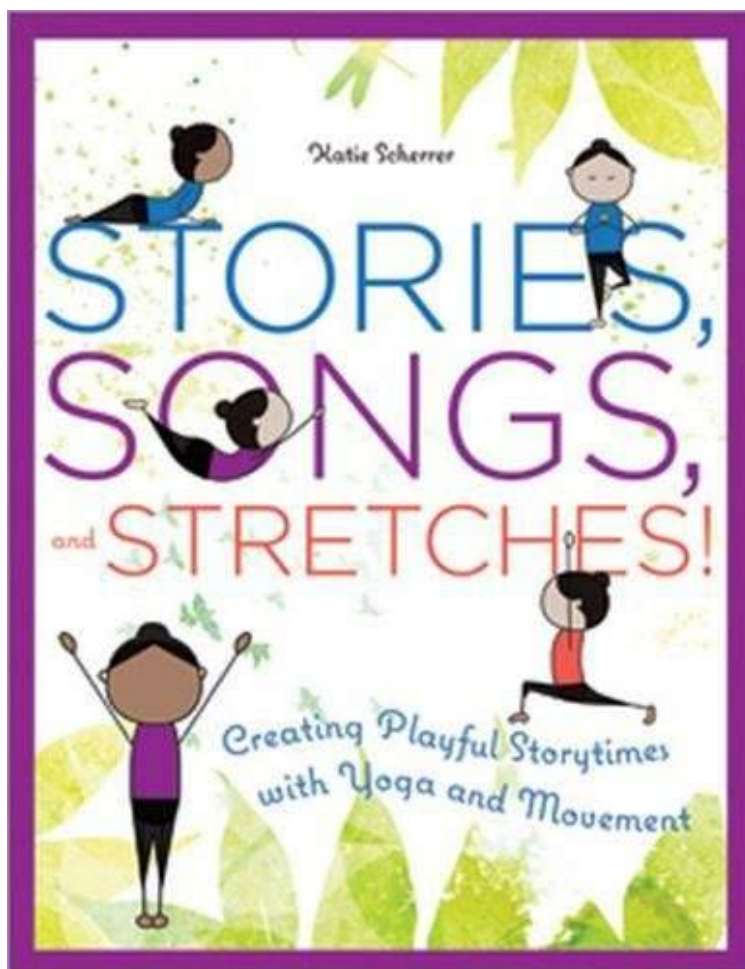


Stories, Songs, and Stretches!: Creating Playful Storytimes with Yoga and Movement

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Stories, Songs, and Stretches!: Creating Playful Storytimes with Yoga and Movement:

Young children love to move and that s a great thing Because in addition to supporting early learning storytime can provide young children with opportunities to explore physical movement The centuries old contemplative movement practice known as yoga is more than just a passing trend it can offer physical emotional and mental benefits to practitioners of all ages including young children And getting started with yoga storytime doesn t require any previous

yoga ex About the Author Katie Scherrer spends her time in the library and the yoga worlds and she loves it when the two come together Formerly a children s librarian she is known for her consulting and training work helping libraries and educational organizat

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