



# We Are One: yoga meditations for children

*Belinda Chiu*

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# We Are One: yoga meditations for children

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## **We Are One: yoga meditations for children** Belinda Chiu

This interactive book takes children on a discovery of mindful meditation and physical activity. With quirky illustrations of 20 yoga poses and their connections with the animal kingdom and the natural world, this shared journey is bound to uncover something different for the young and young-at-heart with each visit.

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