

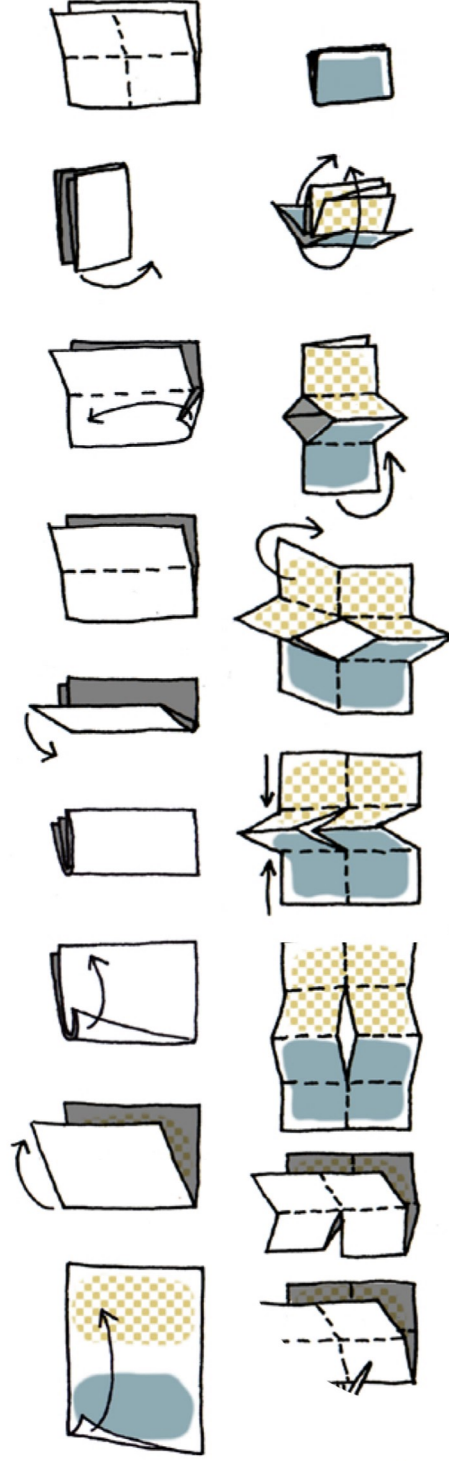
My little Book of Yoga (Newsletter Freebie)

Yay! I'm so happy you signed up for my newsletter! I promise it won't be annoying and filled with small talk (ugh - I hate those). I just wanted a way to send out a quick heads-up to anybody who might be interested in knowing whenever I posted a new freebie or lesson to my Etsy shop. Luckily, you're one of those people! :)

So, hi!

Okay, speaking of freebies, here ya go ... a little book of yoga. If you've never bought one of these from me before, I think you'll really like it. It only takes one sheet of paper to print and you can use it for whatever you'd like ... as a coloring book, to send home with your yogis, or as a teaching resource.

When printing the book sheet, make sure your printer is set on LANDSCAPE or else it will print too small with tons of white space above and below. Here are the instructions on how to fold the paper to make into a book ...

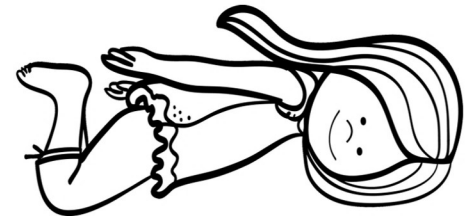


Okay - let me know how you like it and feel free to tag me if you post any pics of you using it with your kiddos ... I promise to repost ya (if you want me to). And I'll see you in your inbox soon!

Amy

**My Little
Book of
Yoga Poses**

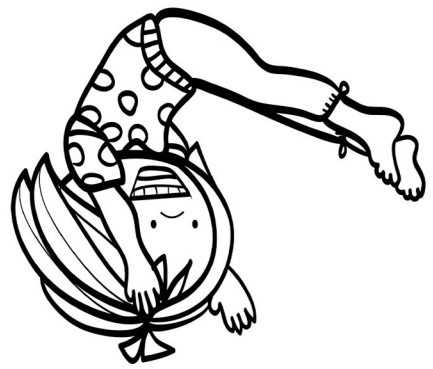
**Bridge
Pose**



**Chair
Pose**



**Boat
Pose**



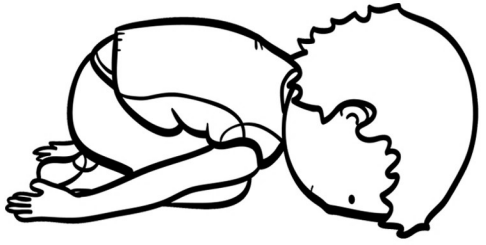
**Butterfly
Pose**



**Bow
Pose**



**Airplane
Pose**



**Child's
Pose**