



I Can Be: A Child's Whimsical Introduction to Yoga

Christine M. Sumner

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I Can Be makes yoga fun by introducing children to nine fanciful creatures that naturally practice yoga. As children learn to "caw like a crow" and "buzz like a bee," they are encouraged to celebrate their uniqueness and make time to simply be. Take a walk through the forest and teach your child stretches that limber the body, foster relaxation, and promote healthy self-esteem.

In addition, *I Can Be* is a great tool for any parent looking for a new activity in their child's sensory program.

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