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# **Yoga Kittens 2018 7 X 7 Inch Monthly Mini Wall Calendar Animals Humor Kitten Multilingual Edition**

Browntrout's Yoga cat calendars have topped the charts for two holiday seasons and may be set for a third run. Yoga Cats is the perfect companion gift to this audience."

Twenty cats in their purr-furred Parisian locales—from cafes and bistros, to bookstores and art studios, to museums and palace hotels—invite readers on a feline tour of the City of Lights. In Paris, cafes and cats go hand in paw. Far away from the famous runways in the world capital of fashion, the biggest divas in town can be found strutting their stuff down the zinc bar of many a local hot spot. This book introduces twenty of Paris's most beloved cats as they take us for a stroll past the city's monuments and inside the charming and quintessentially Parisian spots they call home. From her perch in an upstairs window at the legendary Shakespeare and Company bookstore, Kitty surveys the comings and goings of boats along the Seine and visitors at Notre-Dame. Swiffer at Le Caf Zephyr lures customers in from the bustle of the boulevard Hausmann to enjoy a cafe or glass of wine in the colonial interior. The exotic pedigreed Fa-raon at the Bristol enjoys pampering worthy of the palace hotel's paying clientele. The feline inhabitant of the Montmartre museum not only looks like the iconic black cat from the ever-popular poster for the Chat Noir cabaret, but he was named after the nightclub's founder Rodolphe Salis. These twenty unforgettable cats offer a unique and irresistible Parisian tour. A humorous collection of dozens of photos of funny and

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adorable cats as they play with, roll in, and chow down their favorite snack of choice -- catnip. Cats love catnip. Whether it's eating it, playing with it, or rolling around in it, catnip turns our domestic feline friends into hilarious balls of activity. Carefree and unconstrained, they are free to be silly, exceptionally playful, and downright gnarly. Professional pet photographer and self-confessed crazy cat man Andrew Marttila (the photographer behind Shop Cats of New York) captures a range of the cats' silly and expressive personalities as they react to their catnip trip. Delightful, elegant Fluffy transforms into a hell-bent renegade. Shy, reserved Mittens becomes a free-loving acrobat. In the blink of an eye, a cat's expression transforms from bored to inquisitive to playful to curious to bizarre . . . to utterly unhinged. A fun and delightful look at our furry companions, this gift book is perfect for every cat lover.

Don't miss the first and bestselling book in the beloved Pete the Cat series! Pete the Cat goes walking down the street wearing his brand-new white shoes. Along the way, his shoes change from white to red to blue to brown to WET as he steps in piles of strawberries, blueberries, and other big messes! But no matter what color his shoes are, Pete keeps movin' and groovin' and singing his song...because it's all good. Pete the Cat: I Love My White Shoes asks the reader questions about the colors of different foods and objects—kids love to interact with the story. The fun never stops—download the free groovin' song. Don't miss Pete's other adventures, including Pete the Cat: Rocking in My School Shoes, Pete the Cat and His Four Groovy Buttons, Pete the Cat Saves Christmas, Pete the Cat and His Magic Sunglasses, Pete the Cat and the Bedtime Blues, Pete the Cat and the New Guy, Pete the Cat and the Cool Cat Boogie, Pete the Cat and the Missing Cupcakes, Pete the Cat and the Perfect Pizza Party, and Pete the Cat: Crayons Rock!

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"Bad Kitty knows exactly what she wants. Candy! And nothing will stand in her way"--

Learn Kid-Friendly Yoga Poses with a Meditative, Mindful Frog Frog loves to practice yoga. And he will inspire kids to enjoy doing yoga, too. Follow Frog's yoga flow, from warming up to cooling down. Start with the mountain and chair poses, then work into giraffe, cat-cow, downward-facing dog, butterfly, and bridge. End with the quieting happy baby and savasana poses to help your muscles relax before going to bed or starting your day. For fans of Yoga Bunny and I Am Yoga, Yoga Frog's simple, meditative text is complemented by playful yet instructive illustrations by Mark Chambers to teach youngsters how to start their very own yoga practice--and to have fun while doing so, too.

Learn how to sit, stay, and roll over with this fully illustrated, "delightful" guide to yoga starring man's best friend (Shutterbug magazine). Inspired by a friend's mastiff who would imitate his master's morning yoga routine, photographer Dan Borris created Yoga Dogs, a full-color collection of forty-five different dogs and puppies doing human yoga poses. Don't worry: No animals were harmed during the making of these images; their extreme flexibility is the result of clever digital trickery. The curious, humorous, and distinctly original pictures are paired with useful information about the poses, as well as some funny canine meditations. "A fresh and highly entertaining visual treat," Yoga Dogs is perfect for any yogi of the two or four-legged variety (Shutterbug magazine).

2019 Weekly Planner 6" x 9" (small enough for the purse/roomy enough for entries) 74 pages/Perfect bound  
Includes page for owner's name Federal Holidays  
2018/2019/2020 Calendar 2018 December (preceding year's last month) 2020 January (succeeding year's first month)  
2-weeks spread 1-week (7-days) page Weekly Priorities

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section Weekly To Do section Attractive Matte Covers (front OR back) We have a growing list of products you might want to check for use: from journals to planners, bullet style grid paper journals, coloring books, from diaries to special use notebooks, activity books, etc. Refer us to family and friends. Find us on Amazon under our brand name "Journals by Victoria" and pick your favorite. They make for delightful gifts. We appreciate your feedback by leaving a review on Amazon. Thank you.

The illustrator of Creative Haven Creative Cats Coloring Book presents another treat for cat lovers and coloring enthusiasts, with more feline portraits and unique patterns of hearts, flowers, paisleys, other motifs.

Too busy? Too stressed? Can't focus? But would you love to discover the power of regular practice? This book is for you. The Book of Yoga Self-Practice is the ultimate guide for every aspiring yogi or dedicated student who wants to find the magic of an independent yoga self-practice - one that's simple, practical, captivating and attainable. No need to travel to a class, or struggle to find the exact type of teaching you need in any given moment. No need to follow a video or come up with the pre-planned sequence. No need to keep spending money on classes or subscriptions that never quite fit the bill. This step-by-step guide will show you how to overcome the challenges of starting, continuing and progressing in a yoga self-practice. It combines heartfelt writing with beautiful, clear design to

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provide 20 usable and unbelievably helpful tools that you can implement in your yoga practice today.

Learn to practice anywhere at anytime, not just do poses. Fast, slow, short, long - your flow starts here. Start reaping the incredible rewards for your body and mind.

From the New York Times and USA Today bestselling How To Catch series comes an all-new tooth fairy book! From losing your first tooth to waiting for the arrival of the mysterious tooth fairy, How to Catch the Tooth Fairy celebrates this special event in your child's life with a lively story of the tooth fairy's escape from some very determined kids! Can you catch her? How to catch the Tooth Fairy? It's not an easy task. You can try to catch her, but she is just too fast! Get ready to laugh along with this zany story as the tooth fairy dodges traps, drool, dental floss webs, and more in this fun bedtime book for kids.

You cannot help but smile when seeing one of Lowell Herreros charming and whimsical paintings. Whether its cows in a pasture, workers in a lavender field, or well-fed cats sunning themselves in a lounge chair, the art is pure magic. With his extraordinary style and unique flair, Herrero especially captures the essence of all his favorite felines in Fat Cats. They exude an aura of intelligence, indulgence, and ironical humor. A one-of-a-kind gift for the cat lover in your life.

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Offers humorous instructions for teaching yoga to a common housecat, plus comic instructional illustrations

Examines how Black women elders have managed stress, emphasizing how self-care practices have been present since at least the mid-nineteenth century, with roots in African traditions. How have Black women elders managed stress? In *Black Women's Yoga History*, Stephanie Y. Evans uses primary sources to answer that question and to show how meditation and yoga from eras of enslavement, segregation, and migration to the Civil Rights, Black Power, and New Age movements have been in existence all along. Life writings by Harriet Jacobs, Sadie and Bessie Delany, Eartha Kitt, Rosa Parks, Jan Willis, and Tina Turner are only a few examples of personal case studies that are included here, illustrating how these women managed traumatic stress, anxiety, and depression. In more than fifty yoga memoirs, Black women discuss practices of reflection, exercise, movement, stretching, visualization, and chanting for self-care. By unveiling the depth of a struggle for wellness, memoirs offer lessons for those who also struggle to heal from personal, cultural, and structural violence. This intellectual history expands conceptions of yoga and defines inner peace as mental health, healing, and wellness that is both compassionate and political. Stephanie Y. Evans is a Professor of Black

Women's Studies, Director of the Institute for Women's, Gender, and Sexuality Studies, and Affiliate Faculty in the Department of African American Studies and in the Center for the Study of Stress, Trauma, and Resilience at Georgia State University. Her books include *Black Women and Social Justice Education: Legacies and Lessons* (coedited with Andrea D. Domingue and Tania D. Mitchell); *Black Women's Mental Health: Balancing Strength and Vulnerability* (coedited with Kanika Bell and Nsenga K. Burton); and *African Americans and Community Engagement in Higher Education: Community Service, Service-Learning, and Community-Based Research* (coedited with Colette M. Taylor, Michelle R. Dunlap, and DeMond S. Miller), all published by SUNY Press.

Inspired by the true story of a Portland, Oregon, cat who stole from his neighbors—and stole America's heart . . . SHE'S PUTTING HER LOVE LIFE ON PAWS Jamie Snyder is thirty-four and single but NOT ready to mingle. After suffering through The Year of the Non-Committal Man, The Year of the Self-Absorbed Man, and The Year of the Forgot-to-Mention-I'm-Married Man, Jamie's ready to celebrate The Year of Me—and MacGyver, of course. MacGyver is an adorable tabby with a not-so-adorable habit of sneaking out at night and stealing things from the neighbors. That's right, MacGyver is a cat burglar. He's still the only male Jamie

trusts—and the only companion she needs . . . BUT HER CAT HAS OTHER IDEAS MacGyver knows his human is lonely. He can smell it. It's the same smell he's noticed on their neighbor David, a handsome young baker who's tired of his friends trying to fix him up. But now MacGyver's on the case. First, he steals something from David and stashes it at Jamie's. Then, he steals something from Jamie and leaves it with David. Before long, the two are swapping stolen goods, trading dating horror stories, and trying not to fall in love. But they're not fooling MacGyver. When humans generate this much heat, the cat is out of the bag . . .

Embrace your inner cat with this light-hearted self-help book. From living in the moment, trusting your sixth-sense instincts, to taking cat naps and even going feral, this book will show you how to benefit by unleashing your innate cattitude. Cats' ability to seize the day makes them excellent examples of how to make the most of every moment; whether it's playing an impromptu game of chase the sock, or an opportune swiping of a slice of roast chicken, our cats have it sorted. They're flexible but also prepared to tread their own path and they recognise the importance of play and rest in equal quantities. This book reveals the nine different traits that you can take on board to Be More Cat and live a happier, healthier and all-round 'feline fabulous' existence. Packed with practical tips and exercises,

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interspersed with folklore and fun facts about our kitty gurus, there's something for everyone. So stretch out, relax and learn the art of being more cat. Describes games, contests, and activities cat owners can share with their pets to insure their animals get enough exercise

Specifically designed for use on a range of undergraduate and graduate courses, *Introducing Japanese Popular Culture* is a comprehensive textbook offering an up-to-date overview of a wide variety of media forms. It uses particular case studies as a way into examining the broader themes in Japanese culture and provides a thorough analysis of the historical and contemporary trends that have shaped artistic production, as well as, politics, society, and economics. As a result, more than being a time capsule of influential trends, this book teaches enduring lessons about how popular culture reflects the societies that produce and consume it. With contributions from an international team of scholars, representing a range of disciplines from history and anthropology to art history and media studies, the book's sections include: Television Videogames Music Popular Cinema Anime Manga Popular Literature Fashion Contemporary Art Written in an accessible style by a stellar line-up of international contributors, this textbook will be essential reading for students of Japanese culture and society, Asian media and popular culture, and Asian Studies in general. From the duo behind the massively successful and award-winning podcast *Stuff You Should Know* comes an unexpected look at things you thought you knew.

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Josh Clark and Chuck Bryant started the podcast *Stuff You Should Know* back in 2008 because they were curious—curious about the world around them, curious about what they might have missed in their formal educations, and curious to dig deeper on stuff they thought they understood. As it turns out, they aren't the only curious ones. They've since amassed a rabid fan base, making *Stuff You Should Know* one of the most popular podcasts in the world. Armed with their inquisitive natures and a passion for sharing, they uncover the weird, fascinating, delightful, or unexpected elements of a wide variety of topics. The pair have now taken their near-boundless "whys" and "hows" from your earbuds to the pages of a book for the first time—featuring a completely new array of subjects that they've long wondered about and wanted to explore. Each chapter is further embellished with snappy visual material to allow for rabbit-hole tangents and digressions—including charts, illustrations, sidebars, and footnotes. Follow along as the two dig into the underlying stories of everything from the origin of Murphy beds, to the history of facial hair, to the psychology of being lost. Have you ever wondered about the world around you, and wished to see the magic in everyday things? Come get curious with *Stuff You Should Know*. With Josh and Chuck as your guide, there's something interesting about everything (...except maybe jackhammers). Hermes Press is proud to announce their second major collaboration with Paws, Incorporated producing another unique title featuring everyone's favorite orange cat, GARFIELD! Hermes and Paws have come together to

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treat the world to a compendium of the greatest examples of original artwork from classic Garfield daily and Sunday comic strips in their original size, including rare unpublished strips, that has never been seen before (the Sunday strips will be reproduced in a slightly smaller format due to their huge size)! This historic archival reprint will feature hundreds of pieces of original production art from the comic strip, with an introductory essay from Jim Davis himself! If you love Garfield and want to experience the strips as they were originally drawn, this is the book for you! From the very beginning in 1979 to the last non-digital strip in 2011, this purrfect book shows you Garfield like you've never seen him before! Jim Davis' *Garfield: The Original Art Daily and Sunday Archive* dives deep into the treasures contained in the vaults of Paws, Inc. See how Garfield has evolved over the years! See gags with characters that no longer appear in the strip (We miss you Lyman!) in the original inks, with notations galore from the man behind it all, Jim Davis! Garfield, Odie, and the rest of the gang come to life in this full-sized archival reprint.

This collection of photographs captures a broad cross-section of loveable felines practicing yoga that's sure to claw its way into the affections of animal lovers everywhere. What makes this brand even more unique, is that these are real photos of real cats engaged in real yoga, created using computer wizardry.

Teach your kids about yoga and mindfulness with this mindful yoga activity book. Yoga activities are a great way to teach children about relaxation, meditation, and peace--while having fun at the same time. This book is

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packed with yoga activities for kids and mindful games. Kids can stretch into tree pose, bend into butterfly pose, learn how to make a mindfulness jar, and find out why and how we should stretch through a series of fun yoga poses and sequences. With more than 50 poses and activities, Yoga for Kids has everything you need to know about yoga for children. Children are guided through each pose, to make sure they achieve maximum fun and mindfulness in their yoga practice. Parents are given notes on each pose, to let them know what benefits it brings and how to stay safe. Yoga for Kids shows that supporting a child's positive mental health doesn't need to be expensive, time-consuming, or difficult. Poses and activities help children to de-stress, focus, and get moving while having fun.

Humans of New York meets The French Cat in this carefully cultivated, gorgeous full-color collection featuring New York's iconic felines and the stories behind them. They inhabit New York City's most legendary and coziest spots—the Algonquin Hotel, a whiskey distillery, Bleecker Street Records, and a host of yoga studios, bodegas, bookstores, and bike shops in between. True New Yorkers—masters of people watching—they perch on wine crates, piles of books, and a classic hotel countertop, taking in the activity around them. Depending on their mood, these cats will ignore enthusiastic admirers, offer a few delightful purrs, or occasionally even take a swipe. Some even find a mouse or two to chase. Shop Cats of New York introduces forty of New York's favorite felines—all who have an extraordinary story to tell. Popular cat blogger

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Tamar Arslanian and Instagram pet photographer Andrew Marttila capture these deeply loved and well cared for animals in their city habitat and reveal how they came to reign over their urban kingdoms. A celebration of some of the city's most revered citizens and a unique look at New York life, this enchanting illustrated volume is a must for every cat lover, and every Big Apple devotee.

This stylish 2018 Planner Weekly Monthly Planner Calendar Appointment Book with is designed for yoga lovers. 6" x 9" in size and available in different yoga themes (yoga animal - cat and dog too). Full Specifications : -International Edition for use in any country-6 x 9 inches weekly and monthly planner-12-month calendar for Year 2018 for easy reference in 12 sheets of monthly calendar -108 pages of weekly calendar sheets with To-Do List column - 14 pages to record important dates for 2018 and personal notes -Matte cover lamination- Leather texture theme minimalist cover design for class and elegance A perfect gift for friends and loved ones and yoga fans.

This groovy series from New York Times bestselling team James and Kimberly Dean introduces Pete the Cat before he was Pete the Cat...when he was little Pete the Kitty! Pete the Kitty is super excited to visit his friend Grumpy Toad's house for a playdate! Grumpy Toad has all the best toys: a truck, building blocks, and a superhero cape. Far out! It's going to be cat-tastic! But when Grumpy Toad refuses to share any of his cool toys with Pete, neither of them are having any fun. Will Grumpy Toad ever share his toys with his friend Pete? In this easy-to-read and engaging picture book, little readers will learn all about sharing with their favorite blue kitten!

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Yoga Cats Deck & Book Set features the delightful animal photography and clever digital craft of Dan Borris. The set includes 44 cards and a full color 96-page guidebook that explains the yoga poses and their benefits. Also provided are step-by-step instructions for practicing each yoga pose along with insightful messages. Yoga Cats are lithe and limber, sweet and silly, and each one presents inspirational insight for on and off the mat. This deck is purrfect for cat lovers, yoga lovers, and all those looking for reasons to smile. Dog devotees check out Yoga Dogs Deck & Book Set Alison DeNicola is a yoga teacher, energy healer and author of Mudras For Awakening the Energy Body and Mudras for Awakening the Five Elements. Dan Borris, the creative mind behind Yoga Dogs and Yoga Cats, has worked as a photographer in the advertising and music industries, including Sony and Atlantic Records. His photographs have appeared in

For centuries, people have practiced yoga as a means of improving the body, clearing the mind, and heightening joy. Now your favorite feline can relish the benefits of this ancient discipline with Cat Yoga. Regular practice will help your cat feel more energetic—no more three hour naps in the sun for him! Other benefits include: • Improved balance • A sleek waistline • Mental clarity • Fuller, more luxurious whiskers Sixty full-color photographs of cats who have already unlocked the power of yoga guide your beloved pet on this journey, paving the way to enlightenment through Cat Yoga. \* No cats pulled a muscle, felt dizzy, or were harmed in any way in the making of this book. Does Fluffy seem stiff and tense? Help him become the lithe and limber feline he was meant to be with Cat Yoga, a hands-on guide to the ancient practice of yoga . . . for cats.

“A twisted modern love story” (Parade), Tell Me Lies is a sexy, thrilling novel about that one person who still haunts

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you—the other one. The wrong one. The one you couldn't let go of. The one you'll never forget. Lucy Albright is far from her Long Island upbringing when she arrives on the campus of her small California college and happy to be hundreds of miles from her mother—whom she's never forgiven for an act of betrayal in her early teen years. Quickly grasping at her fresh start, Lucy embraces college life and all it has to offer. And then she meets Stephen DeMarco. Charming. Attractive. Complicated. Devastating. Confident and cocksure, Stephen sees something in Lucy that no one else has, and she's quickly seduced by this vision of herself, and the sense of possibility that his attention brings her. Meanwhile, Stephen is determined to forget an incident buried in his past that, if exposed, could ruin him, and his single-minded drive for success extends to winning, and keeping, Lucy's heart. Lucy knows there's something about Stephen that isn't to be trusted. Stephen knows Lucy can't tear herself away. And their addicting entanglement will have consequences they never could have imagined. Alternating between Lucy's and Stephen's voices, *Tell Me Lies* follows their connection through college and post-college life in New York City.

"Readers will be enraptured" (Booklist) by the "unforgettable beauties in this very sexy story" (Kirkus Review). With the psychological insight and biting wit of *Luckiest Girl Alive*, and the yearning ambitions and desires of *Sweetbitter*, this keenly intelligent and supremely resonant novel chronicles the exhilaration and dilemmas of young adulthood and the difficulty of letting go—even when you know you should.

We'll be there in a whisker! Peanut is sick! For once, Peanut is the patient who needs Dr. KittyCat's expert care. But without his help, the clinic is in total chaos! This book has two-color art inside! Supercute photographs of real puppies and kittens combine with hand-drawn purple line art for a completely unique look.

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In this sweet touch-and-feel story, Pete the Kitty helps toddlers get ready for bed! Pete takes a fun bubble bath, brushes his teeth, and picks out his pajamas before saying good night. Toddlers will love climbing into bed and snuggling up next to Pete the Kitty before bedtime. From New York Times bestselling author-illustrator James Dean!

Invite in another wonderful year of kawaii kitties with this 16-month wall calendar featuring 13 full-color illustrations of lovable kawaii cats in adorable scenes as they have too much fun throughout the year. With a handy page that shows the months of September, October, November, and December 2021, followed by individual pages for the months of 2022, this 12" x 12" wall calendar features original kawaii kitten art from popular Instagram artist Bichi Mao (@bichi.mao). Enjoy all the cattitude these quirky kittens give off as they swarm your year. These cute feline friends do all sorts of adorable things and will help make 2022 an uplifting year. Aside from being their inspiring selves doing daily activities, these kitties get dolled up for their holiday best for Valentine's Day, Saint Patrick's Day, Easter, Halloween, Thanksgiving, and Christmas. Kawaii Kitties 2022 is the perfect gift for the artistic friend, lover of super-cute everything, Japanese culture aficionado, or crazy cat lady in your life!

Follow these feline instructors, and you will surely become fit and flexible! This unique book is full of cats which look like they are practicing yoga poses, so adorable that you cannot help but follow them and move your body. This book shows you how to pose correctly through full-color large photographs and easy-to-follow instructions supervised by an acclaimed (human) teacher. Always keep this book near you, and you will be relaxed and amused.

The epic battle between good and evil is played out in this humorous gift book, Cat Wars. Kitty warriors

attempt to vanquish villainy from the universe by wielding powerful light sabers and spouting Star Wars-esque sayings. What a cat-astrophe! Cat and Star Wars lovers alike will find this gift book highly entertaining and humorous. This "is" the perfect gift book you are looking for.

Pop Culture Yoga: A Communication Remix was born out of a series of questions about the paradoxical nature of yoga: How do individuals and groups define yoga? What does it mean to "practice yoga", and what does this practice involve? What are some of the most important principles, guidelines, or philosophical tenets of yoga that shape people's definitions and practices? Who has the power and authority to define yoga? What are the limits, if any, of shared definitions of yoga? Kristen C. Blinne explores the myriad ways "yoga" is communicatively constructed and defined in and through popular culture in the United States. In doing so, Blinne offers insight into the many identity work processes in play in the construction of yoga categories, illuminating how individuals' and groups' words and actions represent practices of claiming--part of a complex communicative process centered around membership categorization--based on a range of authenticity discourses. Employing popular culture writing styles, Blinne ultimately contends that the majority of yoga styles practiced in the United States are remixes that can be classified as pop culture

yoga, a distinct way of understanding this complex phenomenon.

Meowohm . . . In the tradition of Why Cats Paint, this hilarious faux how-to manual demonstrates the benefits of a daily yoga practice for felines. Cats will say good-bye to swinging belly skin and hello to lithe new kitten-like selves with such asanas (or poses) as: - Cinnashta, or The Cinnamon Bun - Hookamundra, or The Fish Hook - Tigerashtadmudra, or The Running Tiger - Isfallingdownudra, or London Bridge - Onthebeachunda, or The Seal With guidance on which poses best stimulate the tail chakra, when to practice (3 A.M. is good, or whenever your owner is sleeping), and where to practice (the best places are the ones where you're not allowed), the book also includes tips on how to use household accessories to aid your practice (Silk Pillows and How to Shred Them). With irresistible stick-figure drawings, Yoga for Cats is a divinely funny book that all cat lovers will adore.

Yoga Dogs Deck & Book Set features the delightful animal photography and clever digital craft of Dan Borris. The set includes 44 cards and a full color 96-page guidebook that explains the yoga poses and their benefits, with step-by-step instructions for practicing each yoga pose. Yoga Dogs includes some pups that are playful and others that are pensive, yet each one shares a message of yoga

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wisdom to guide you through these fun yoga challenges. This warm and fuzzy deck may inspire you to sit, stretch and roll over! Cat lovers check out Yoga Cats Deck & Book Set. Alison DeNicola is a yoga teacher, energy healer and author of Mudras For Awakening the Energy Body and Mudras for Awakening the Five Elements. Dan Borris, the creative mind behind Yoga Dogs and Yoga Cats, has worked as a photographer in the advertising and music industries, including Sony and Atlantic Records. His photographs have appeared in Vanity Fair, Rolling Stone, Smiths

2019 Daily Planner 6" x 9" (small enough for the purse/roomy enough for entries) 74 pages/Perfect bound Includes page for owner's name Federal Holidays 2018/2019/2020 Calendar 2018 December (preceding year's last month) 2020 January (succeeding year's first month) 2-weeks spread 1-week (7-days)/ page Weekly Affirmations section Weekly Priorities section Attractive Matte Covers We have a growing list of products you might want to check for use: from journals to planners, bullet style journals for grid paper, coloring books, from diaries to special use notebooks, activity books, etc. Find us on Amazon under our brand name

We're the Yoga Babies, look what we can do!

Fearne Cotton presents her Yoga Babies, now in a chunky board book perfect for little hands.

Sometimes life is busy and tricky, but not to worry!

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Yoga can help everyone chill out. Follow these babies big and small as they practise new yoga poses at home, in the garden and before bedtime, then you can have a go at home, too!

Max is a fearless kitten. Max is a brave kitten. Max is a kitten who chases mice. There's only one problem- Max doesn't know what a mouse looks like! With a little bit of bad advice, Max finds himself facing a much bigger challenge. Maybe Max doesn't have to be Max the Brave all the time... Join this adventurous black cat as he very politely asks a variety of animals for help in finding a mouse. Young readers will delight in Max's mistakes, while adults will love the subtle, tongue-in-cheek humor of this new children's classic. Praise for Max the Brave: "A cat-and-mouse game to be laughed at and reread." -Kirkus "Full of playful humor...enhanced by the humorous text, character expressions, and a not-scary monster to boot. VERDICT Highly recommended." - School Library Journal "Both the punchy text and illustrations command attention, and plenty of readers will get a kick out of feeling superior to Max" -Publishers Weekly

This easy to follow book features 40 bodyweight only stretches (with full color photos and descriptions) for everyone regardless of their fitness level and fitness background. Get ready to release tight muscles, build stamina and blood flow, develop better body control, sleep better and increase your physical and

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mental performance in every activity and sport. From beginner to advanced these total body stretches will work for YOU. I'm pleased and honored to feature my parents (Mr. Bob and Beverly) in this book as the models. They were so pleased to contribute many of their favorite stretches so you may feel and look better no matter where you are in the world. These stretches can be done anywhere and anytime by anyone. All you need to do is buy this book and begin improving your life today!

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