



My Daddy Is a Pretzel

Baron Baptiste

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Twist your way into this story that introduces both yoga and professions. The nine yoga poses show how the practice of yoga relates to everyday life, and encourages readers to stretch both their bodies and their minds. There are tips about practice and preparation, yoga life, and having the right attitude.

My Daddy Is a Pretzel Details

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Author : Baron Baptiste

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From Reader Review My Daddy Is a Pretzel for online ebook

Miss Pippi the Librarian says

Children at yoga class share their parent's occupation. A yoga pose reflects that occupation. We read a page then did the poses just like the book is written. I didn't feel confident about the plow pose, so I didn't do it, but some brave listeners did pose for everyone.

2016 storytime theme: yoga

Reviewed from a library copy.

Christopher Bergeron says

oh my gosh this book is so cute. liam brought this one home from yoga and we read each page together then did the pose. i felt so inspired i subscribed to a bunch of zen podcast and am now totally into this..... thanks liam

Rachel Walters says

This book is so great! It goes through the story of a teacher asking each student what their parent does. Each career is compared with a different yoga pose. It then has instructions on how to do the pose, as well as the benefits of the pose. Published in 2004.

Betsy says

Stinking cute and lively.

Alicia says

I particularly like books that depicts different aspects of life and I enjoy reading and doing yoga with Nakyla. I think some of the poses in the book were chosen because of their name and therefore how they could connect it to a profession. They aren't all the best yoga poses for teaching children beginning yoga. I wish they listed other poses in the back, even if they couldn't fit them into the story line.

Sandy says

Not much of a story, but my seven year old enjoyed doing the poses along with the book. Her daddy tried (but he is most definitely NOT a pretzel). Good for kids interested in yoga.

Rani says

A popular introduction to #yoga without the context of the #culture or place it came from or mention of #Sanskrit. Kid friendly asanas readers can try.

Children's Literature Project says

This is an informative book on yoga for young readers. It teaches 9 yoga poses with a bright cartoon style. It is written from the perspective of a classroom, each student telling what their parent does for a living and matched with a yoga pose (example: veterinarian - downward facing dog). According to School Library Journal this book is suitable for children from Kindergarten through grade 2. As much as I enjoyed it, I would use this book cautiously in a public school. Parents may see yoga as a conflict with their religious beliefs. However if there are no real concerns, I would assign this book at the beginning of the year as a read aloud to discuss in class. Then use the exercises listed in the book when students are not able to focus.

Patricia says

This is an introduction to yoga for children. However, adults will find it useful and informative. The teacher talks about parents' careers and how they relate to yoga. For instance, one child says his parents are vets and this relates to the dog pose that is illustrated. The book is simple to understand. I like to relationships between careers and poses. It makes yoga appear child and adult friendly.

Miz Lizzie says

A great book for teaching yoga to young children though it would have been much better if it had just stuck to that and not tried to make a story out of it. The narrative is so simple, it will engage only the youngest (infants, toddlers) of children, while the children who would really enjoy doing the poses (preschoolers on up) won't get anything out of the story (such as it is). Still, the poses and the information about yoga are engaging and a nice basic introduction.

Gail Ledford says

My niece got to hear this book being read during story time at our local library and she had a great time! All of the kids had a wonderful time attempting to do all of the yoga poses within the book (they are just little kids after all!) There was certainly lots of little kid giggling going on and everyone had a great time (my niece included!) I would definitely recommend this book as one that both parent and child could read (and do!) together.

Wanett says

In My Daddy Is a Pretzel: Yoga for Parents and Kids parent and children are taught yoga poses and their names within a narrative story. Children tell the reader a little about what their parent does (Vet, gardener) and we are given a corresponding yoga pose. A little bit of the basic philosophy behind each pose is given, though I'm not sure how much of this actually reaches young readers. They will more easily identify and become engaged with the children talking about what their parents do for a living, the delightful illustrations depicting the yoga poses and attempting to copy the positions shown. There are likely better books to truly impart an understanding of yoga. But for beginners it can be a cool resource to get both parents and children started on their yoga journey.

Lindsay says

So cute! Does incorporate some more advanced poses like fish and plow, but otherwise really great for all ages. There is a story component, but also full page illustrations of the poses described within. Ideal for preschoolers or older.

Marlee says

This book is fantastic! It tells a fun/funny story for the kids, shows a variety of poses, with step by step instructions, and even has extra stuff at the end (yoga tips for kids, etc). The story is a great way to capture the attention of very young children. And the poses are perfect for all ages, including adults. Amazing!

Ashley says

Excellent yoga book for children! Alice loves doing yoga with me. This book was introduced at a children's yoga class we attended together. Children are discussing what their mothers do for work. One child follows up each comment with statements like, "My daddy is a tree" or "My daddy is a fish." Then, it shows the father in the yoga pose the child has named. You can practice the poses as you read the book. Super fun!
