



My Daddy is a Pretzel

By *Baron Baptiste*

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My Daddy is a Pretzel By Baron Baptiste

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

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My Daddy is a Pretzel By Baron Baptiste Bibliography

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Editorial Review

From School Library Journal

PreSchool-Grade 2 - This picture book revolves around children participating in a yoga class and discussing their parents' occupations. For each job - gardener, veterinarian, architect - a corresponding pose is demonstrated - tree, dog, triangle. Stylized watercolor illustrations alternate between spreads showing people at work and an assortment of smaller paintings that break the poses into several steps, along with simple instructions. Introductory paragraphs for each posture attempt to relay the underlying philosophy, with varying success. "The tree pose teaches us to support ourselves with strong roots, so that we can reach high and remain stable, yet be flexible, at the same time" is straightforward enough for young children to grasp. However, the explanation for the plow pose is a bit more obtuse: "Like the plow that turns the soil over to make way for new growth, this pose teaches us that overturning old ways of seeing things sets the ground for inner growth." With warmth and charm, this offering gently encourages young readers, along with their parents, to give yoga a try just for enjoyment. While it serves as an attractive introduction, Thia Luby's *Children's Book of Yoga* (Clear Light, 1998) provides a much more comprehensive treatment of the subject. - Joyce Adams Burner, Hillcrest Library, Prairie Village, KS

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From [Booklist](#)

PreS-Gr. 3. Baptiste is an internationally known yoga instructor who has written several guides for adults. His debut yoga title for children uses a clever fiction framework to introduce basic poses. In class, a young narrator sees parallels between what the other students' parents do and what his father, a yoga instructor, does: "Niki says her mommy's a gardener," reads one page. "Sometimes my daddy's a tree." The following spread features a man in tree pose along with step-by-step illustrations demonstrating how to move in and out of the posture. Other poses--the dog, the airplane, the pretzel, and so on--follow. The cheery, tropical-colored paintings reinforce a sunny mood; the simplified, naive-style images may not have the clarity of photographs, but they still offer adequate demonstrations. Although kids will need help with the positions and the hints about yoga's more spiritual benefits, they'll easily be drawn into this upbeat introduction, while their parents will connect with Baptiste's motivational introduction. Pair this with Thia Luby's excellent nonfiction *Children's Book of Yoga* (1998) for more instruction. Gillian Engberg
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Review

"Baron's style and sense of play brought yoga into my life. My Daddy is a Pretzel is a wonderful book!" -- Helen Hunt

"I love Baron Baptiste's book, My Daddy is a Pretzel. I can't wait to buy it for every child I know so that there can be a whole young generation of kids practicing with this wonderful teacher, and learning how to not only do the asanas, but to behave in a compassionate way in a kinder new world" --Ali McGraw

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Users Review

From reader reviews:

Kenneth Grimes:

What do you regarding book? It is not important with you? Or just adding material if you want something to explain what yours problem? How about your free time? Or are you busy man? If you don't have spare time to perform others business, it is make one feel bored faster. And you have spare time? What did you do? Everybody has many questions above. They must answer that question mainly because just their can do this. It said that about reserve. Book is familiar in each person. Yes, it is suitable. Because start from on jardín de infancia until university need this My Daddy is a Pretzel to read.

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