



Yoga Poga Shmoga!

Sonia Jones

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When Mitzi turns ten, she gets a yoga mat as a birthday gift and her brother Axel feels left out because he thinks yoga is for girls! 100% of the author's proceeds go to the Sonima Foundation, which provides dynamic health and wellness programs to children across the country, and engages and inspires them with yoga-based exercise and mindfulness practices.

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