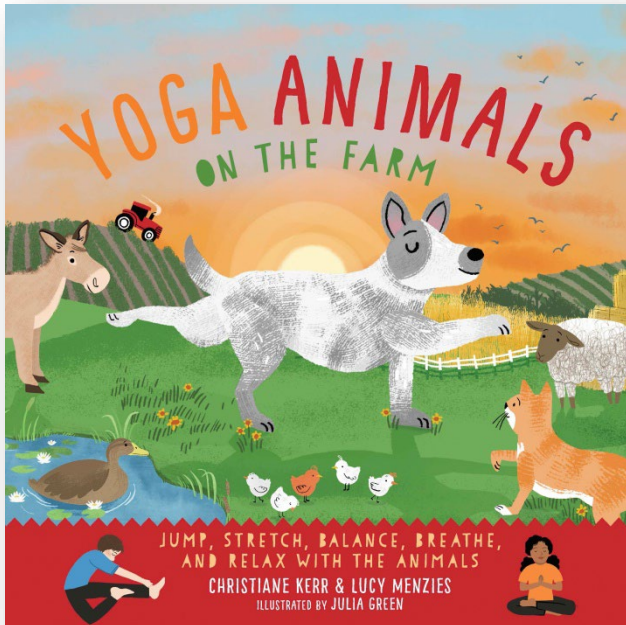


YOGA ANIMALS ON THE FARM

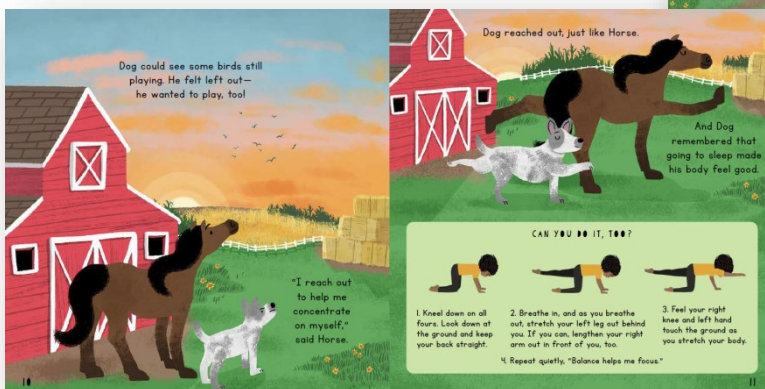
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Picture Book | 978-1-68464-239-7 | Ages 4+ | Hardcover | 9 x 9 | 32 pp | \$12.99 | LOC: 2020948964

Dog has been having fun all day and doesn't want to go to bed! With the help of his farmyard friends, Dog learns bedtime yoga poses to help him settle down to sleep.



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Additional Information

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Child-friendly art, story, characters, and instructions.

Page for parents lists the benefits of each pose.

US-based (Idaho) illustrator.



- ***Benefits of yoga and mindfulness for children:**

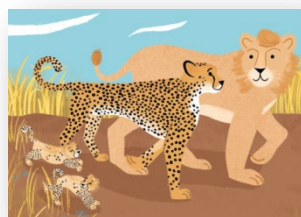
- Shown to improve balance, strength, endurance, and aerobic capacity
- May improve focus, memory, self-esteem, academic performance, and classroom behavior
- Can reduce anxiety and stress

* Marlynn Wei, MD, JD, Contributing editor, Harvard Health Blog, Harvard Medical School

- **Pair with plush toy animals for display or gift packaging.**

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