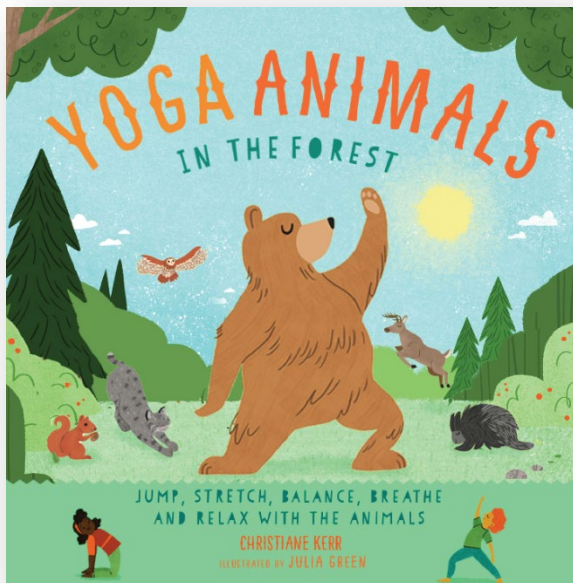


YOGA ANIMALS IN THE FOREST

Christiane Kerr * Julia Green

Picture Book | 978-1-68464-087-4 | Ages 3+ | Hardcover | 9 x 9 | 32 pp | \$12.99 | LOC: 2019952400

A sluggish bear emerges from hibernation in a forest and seeks a way to energize, think clearly, stay calm, be positive, and finally relax before bedtime.



- Jump, stretch, balance, breathe, and relax with the animals.
- Simple yoga exercises introduced through a gentle narrative.
- Expert author with years of experience teaching yoga to children.
- Each title in the *Yoga Animals* series features a new set of poses.



Additional Information

YOGA ANIMALS Series

IN THE FOREST AT THE SEASHORE ON THE FARM ON THE SAVANNA
IN THE ARCTIC

Christiane Kerr & Jason Hook or Lucy Menzies * Julia Green

Picture Book | Ages 4+ | Hardcover | 9 x 9 | 32 pp | \$12.99

Forest ISBN: 978-1-68464-087-4 LOC: 2019952400 | Seashore ISBN: 978-1-68464-169-7 LOC: 2020936360

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Over 14 million yoga practitioners nationwide, and the number is growing.

Timely focus on health and well-being.



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:**

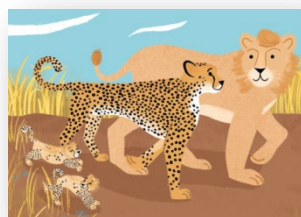
- Shown to improve balance, strength, endurance, and aerobic capacity
- May improve focus, memory, self-esteem, academic performance, and classroom behavior
- Can reduce anxiety and stress

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

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

- **For the customer who likes:**

- *I Breathe*
Susie Brooks * Cally Johnson-Isaacs * 67-990-9
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