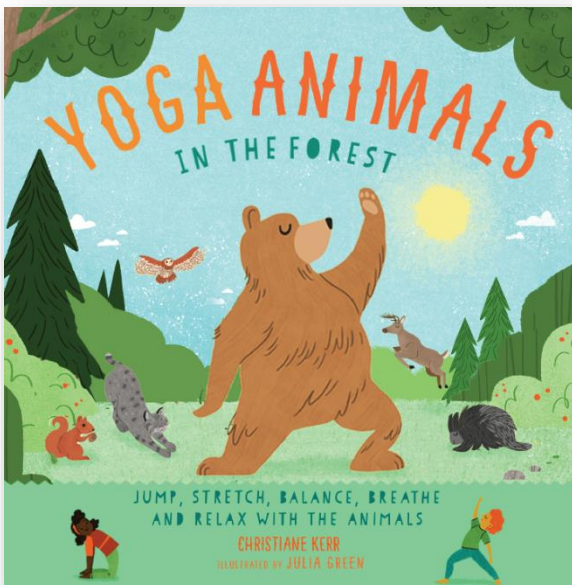


YOGA ANIMALS IN THE FOREST

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.



Additional Information

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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 bear for display or gift packaging.**

- **Pair with other titles for themed display:**

- *I Breathe*
Susie Brooks * Cally Johnson-Isaacs * 67-990-9
- *Red Red Red*
Polly Dunbar * 64-026-3

- **For the customer who likes:**

- *Best Behavior*
Moira Butterfield * Clair Rossiter * 67-886-5
- *First-Time Feelings series*
Michael Buxton * Assorted titles
- *What if I Know My Feelings?*
Michelle Nelson-Schmidt * 67-855-1
- *Where Happiness Lives*
Barry Timms * Greg Abbott * 67-846-9

