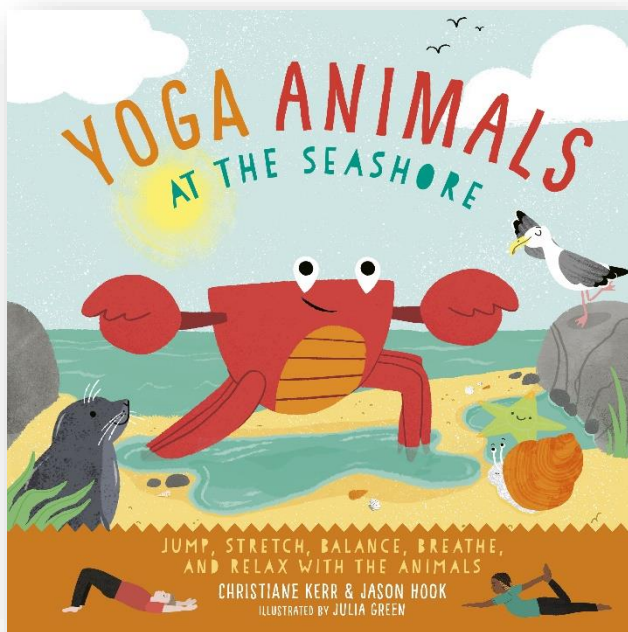


# YOGA ANIMALS AT THE SEASHORE

Christiane Kerr & Jason Hook \* Julia Green

Picture Book | 978-1-68464-169-7 | Ages 4+ | Hardcover | 9 x 9 | 32 pp | \$12.99 | LOC: 2020936360

Crab is feeling cold and stiff – and, well, *crabby*. But then he meets other seashore animals who help him feel more confident, optimistic and happy — through yoga!



- 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.
- Companion volume to *Yoga Animals In the Forest* (KM 2020).



## Additional Information

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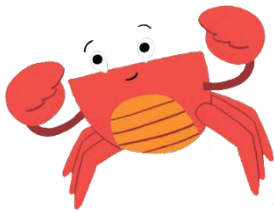
*Over 14 million yoga practitioners nationwide, and the number is growing.*

*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 ocean animals 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*

- *Yoga Animals In the Forest*

*Christiane Kerr \* Julia Green \* 64-087-4*

- **For the customer who likes:**

- *Best Behavior*

*Patricia Hegarty \* Sakshi Mangal \* 67-996-1*

- *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*

### CAN YOU DO IT, TOO?



1. Sit with your legs bent in front of you, hip-distance apart, feet flat on the ground.



2. Put your arms between your legs and your hands on the ground, and lean forward. Hold the outside of your ankles, bringing the soles of your feet together.



3. You can stay in pose 2, or if it feels comfy, lean farther forward and rest your head on your feet. Breathe quietly as you relax here.



**Kane Miller**  
EDC PUBLISHING

[www.kanemiller.com](http://www.kanemiller.com)