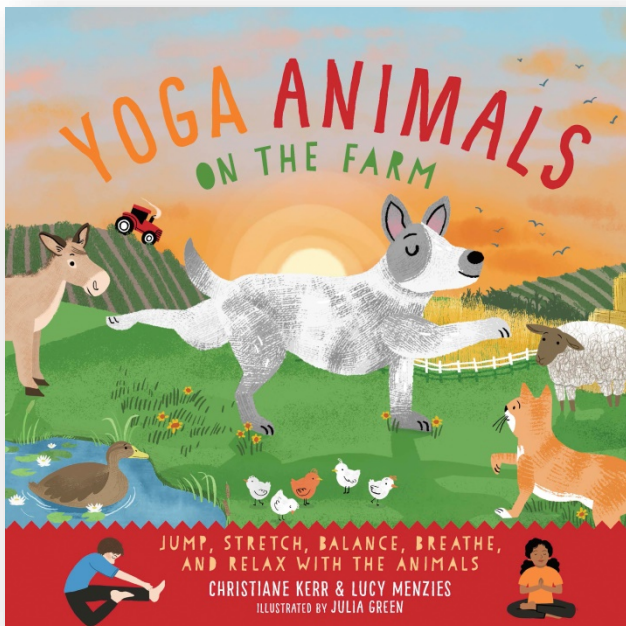


# YOGA ANIMALS ON THE FARM

Christiane Kerr & Lucy Menzies \* Julia Green

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.



- 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

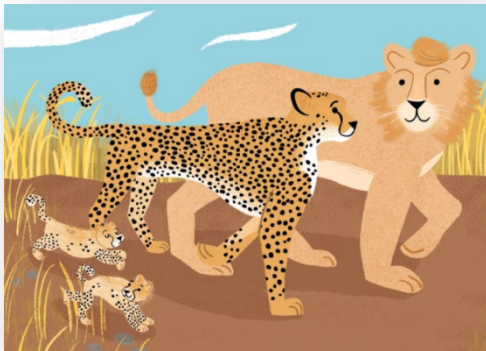
IN THE FOREST AT THE SEASHORE ON THE FARM ON THE SAVANNA

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

Farm ISBN: 978-1-68464-239-7 LOC: 2020948964 | Savanna ISBN: 978-1-68464-240-3 LOC: 2021930484



*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
- *Red Red Red*  
Polly Dunbar \* 64-026-3
- *Best Behavior*  
Patricia Hegarty \* Sakshi Mangal \* 67-996-1
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Michael Buxton \* Assorted titles
- *What if I Know My Feelings?*  
Michelle Nelson-Schmidt \* 67-855-1



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