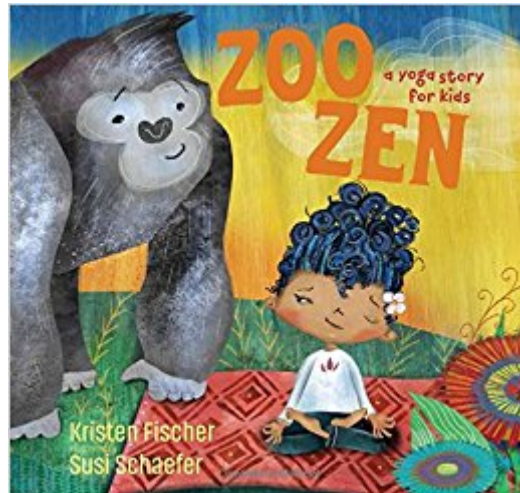




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Zoo Zen: A Yoga Story For Kids



Synopsis

You Can Count on Animals to Make Yoga Fun! What could be more fun for kids than to hop like a frog, slither like a snake, and roar like a lion—all while learning an empowering, healthy life skill? Zoo Zen: A Yoga Story for Kids is a delightful pose-along adventure for children ages four to eight. Young readers will join our heroine Lyla as she learns ten yoga poses from her friends at the zoo, receiving helpful tips along the way from each animal she encounters. Using rhyming and counting to make memorization easier, here is an imaginative book that combines the benefits of yoga with kids' natural love for animals to create a magical learning journey that parents and kids can enjoy together. Ages 4–8

Book Information

Hardcover: 32 pages

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Average Customer Review: 4.7 out of 5 stars 7 customer reviews

Best Sellers Rank: #24,269 in Books (See Top 100 in Books) #29 in Books > Children's Books > Animals > Zoos #46 in Books > Children's Books > Growing Up & Facts of Life > Health > Personal Hygiene #66 in Books > Health, Fitness & Dieting > Children's Health

Age Range: 4 - 8 years

Grade Level: Preschool - 2

Customer Reviews

Counting meets yoga in this first children's book from adult author Fischer. Lyla, a girl with a head of blueberry-colored curls, demonstrates 10 poses that correspond with zoo animals. After rolling out her mat on her bedroom floor, Lyla poses like "one balancing bear, two cobras, three eagles, and so on. Debut illustrator Schaefer creates an air of serenity in her multitextured digital collages, emphasizing how Lyla's movements echo the animals' movements or bodies. Fischer's perky verse generally makes clear how readers can achieve each pose ("Eight gorillas screech/ Lyla folds in half/ Clasps hands under feet/ And lets out a laugh"), and separate exclamatory comments

(“It’s okay to bend your knees!”) offer encouragement. Parents seeking to introduce yoga to their children should find this an engaging, easy-to-follow resource. Publishers Weekly From “one balancing bear” to “ten frogs by a pond” Lyla turns to her animal friends for help in doing yoga. The illustrations in this delightfully inventive book lead her through a simple (for children) yoga routine that will put smiles on the faces of all the children who read it. Beguiling cobras remind her to keep her hands under her shoulders for the Cobra Pose. Lion cubs roar and grin as she sticks out her tongue for the Lion Pose. A butterfly rides on the nose of a crocodile as she does the Crocodile Pose. And multi-colored frogs seem to jump off the page as she stretches out for the Frog Pose. Sounds True’s entry into the world of yoga for children has produced yet another stellar product for your customers to embrace. Anna Jedrzewski, Retailing Insight

Kristen Fischer Kristen Fischer is an author whose adult books include *When Talent Isn’t Enough* (Career Press, 2013) and *Ramen Noodles, Rent, and Resumes* (SuperCollege, 2008). She has published articles in *Health*, *Woman’s Day*, and more. Fischer is married and lives at the Jersey Shore. For more, visit kristenfischer.com. Susi Schaefer Susi Schaefer trained as a classical stained glass painter in Austria before studying graphic design at UCI in Irvine, California. There she fell in love with writing and illustrating children’s books. Susi lives with her family in North Tustin, California. For more, visit susischaefer.com.

My grandson loved this book! He did all the poses with his mama!

loved this book I purchased several for gifts. The illustrations were outstanding plan to purchase several for baby gifts

This rhyming, counting book features a little girl trying out yoga poses with help from her friends at the zoo. Each page shows an adorable illustration of Lyla in her yoga position, along with 1-10 animals giving helpful instructions. The rhyming stanzas don’t specifically say how to do the pose, but they give enough description to make the story fun. The end of the book includes the list of poses Lyla was doing with instructions on how to do them correctly. This book is perfect for kids ages 3-5 who need to take a moment to relax. I could see my son following along when he was younger. The counting aspect makes this a book that younger children would also enjoy. The text is

fairly simple, and the focus could be on counting the animals and not necessarily on the yoga poses. Blog: Mom's Radius

With yoga enjoying widespread favour, I'm sure this will be a popular book. Children love to share with parents, and what better than exercising together? Although intended for children aged four to eight, my 18 month grandchild was mesmerised by the colourful illustrations of the zoo animals, and I don't think it would be long before he might attempt to copy some of their movements. Maybe not a book for grandparents to share as I'm not as nimble as I once was, but I'm sure this will be a hit with parents who are happy to slither on the ground or balance on one leg to demonstrate the actions. In case of any doubt, full descriptions of the eleven poses are included at the end of the book.

In this charming book, Lyla visits the zoo and practices yoga poses to match the animals. The book is told in rhymes which cleverly incorporate simple instructions for kids, like this one:

“One balancing bear grabs onto his feet // Lyla grabs also and lifts from her seat. I’ve done a small amount of yoga and I love that she’s included the phrase “lifts from her seat” • it makes the text feel very authentic. I would love to share this with young kids • I think they would really respond to it. Yoga can be intimidating, but the colorful illustrations and simple rhyming text make it gentle and joyful.

Tantra is one of the ancestral knowledge that I consider most valuable to have a balanced and healthy life. I think yoga is a discipline that is worth teaching to toddlers and this book is an attractive and colorful introductory resource for that purpose. The illustrations are wonderful, very imaginative with friendly animals, and contains 11 poses with lovely short rhyming texts! My gratitude to the Publisher and NetGalley for allowing me to review the book

This is such a fun book for children - and a super fun way to learn yoga! Rhyming verse along with the beautiful illustrations teach youngsters the various yoga poses. Friendly zoo animals mimic Lila as she performs her yoga poses. Lila with her curly mop of dark hair is so cute and her facial expressions are priceless as she progresses through the poses. Beautiful colorful book!

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