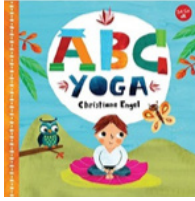


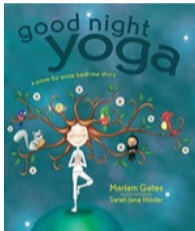
YOGA E-BOOKS FOR CHILDREN

Available on Hoopla along with thousands of other ebooks, music, and movies. Easily accessed through the Hoopla app or by visiting myrichlandlibrary.org.



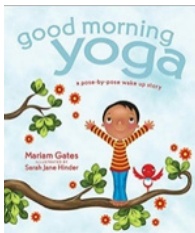
ABC Yoga by Christiane Engel
(Interest Level Grades Preschool - 1)

Pairing simplified yoga poses with alphabetized animals and objects, ABC Yoga features colorful illustrations of children and animals practicing yoga along with playful rhymes to explain each movement.



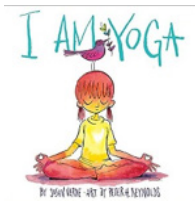
Good Night Yoga by Mariam Gates
(Interest Level Grades Preschool - 3)

For parents and caregivers looking for a fun and effective new routine for bedtime, innovative educator Mariam Gates presents Good Night Yoga, a playful yet wholly practical book for preparing for sleep.



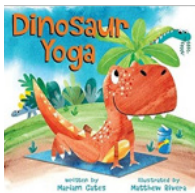
Good Morning Yoga by Mariam Gates
(Interest Level Grades Preschool - 3)

Performers will baffle their audiences with: the color-changing handkerchief, the dissolving knots, dollar bill mind reading, the disappearing thimble, drinking glass levitation, penny jumping, the Midas dinner roll, and many more fun, fascinating illusions.



I Am Yoga by Susan Verde, Peter H. Reynolds
(Interest Level Grades Preschool - 3)

New York Times bestselling illustrator Peter H. Reynolds and author and certified yoga instructor Susan Verde team up again in this book about creativity and the power of self-expression. I Am Yoga encourages children to explore the world of yoga and make room in their hearts for the world beyond it.



Dinosaur Yoga by Mariam Gates
(Interest Level Grades Preschool - 2)

Instead of being sad, mad, or frustrated when things aren't going their way, the dinosaurs practice yoga to feel better. With Dinosaur Yoga, kids can stomp, stretch, and snort their way to skills that will serve them for a lifetime.

