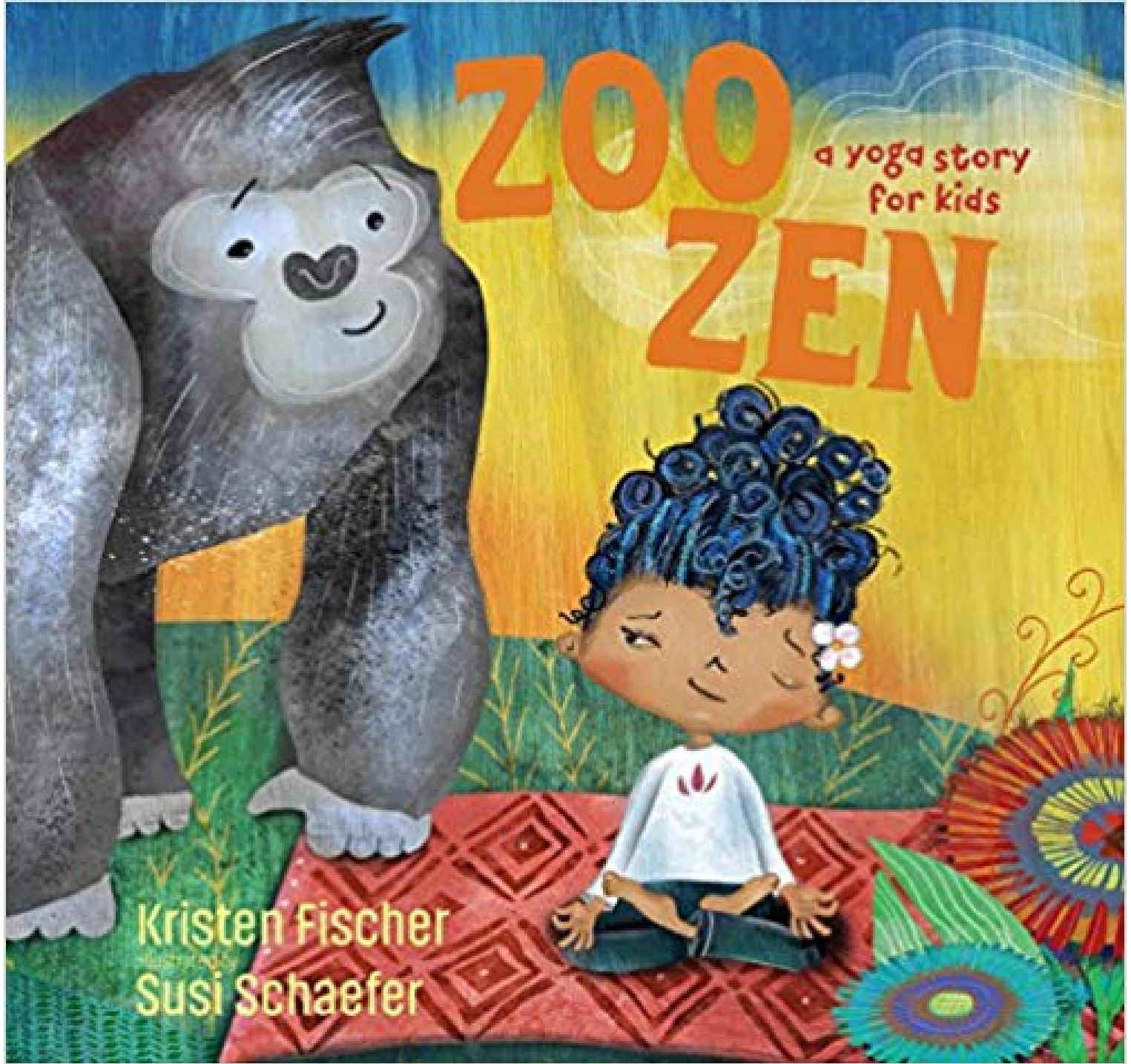


ZOO ZEN

a yoga story
for kids

Kristen Fischer
illustrated by
Susi Schaefer



Kristen Fischer

Zoo Zen: A Yoga Story for Kids



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



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