

FOR IMMEDIATE RELEASE:

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Australian yoga teacher, Louise Joy Evans, announces the release of her debut children's picture book. Joytime Children's Yoga, Farmyard Adventure is available now in bookstores and online from www.joytime.com.au

About the book

Joytime Children's Yoga, Farmyard Adventure book contains 17 farm related yoga postures, enhanced with accompanying rhymes, values affirmations and sound effects to engage the young readers' attention and imagination.

Joytime Yoga Adventures have been presented to be entertaining, imaginative and energetic. Children are given the tools to develop a flexible and healthy body; a calm and creative mind; and interconnectedness with the world around them. Affirmations are included to enhance the child's awareness and allow further discussion of human values. Warm-ups, relaxation and breathing awareness practices are also included. This book provides wonderfully simple way to connect with your child through yoga, storytelling, imagination and play.

About the Author

Australian author Louise Joy Evans is an experienced Registered Nurse and yoga teacher. She has been conducting successful yoga classes in her local community in excess of ten years. Her nursing profession has spanned fifteen years. Following the birth of her two children, Louise began to write yoga stories to share with them, which she would volunteer and formally teach at the local child care centre and later the local primary school. She also conducts school holiday yoga programs for parents and children to learn yoga together. The overwhelmingly positive responses to these classes were the motivation behind the book. Louise is an inspired health and wellness professional; she has combined storytelling for children with her love of yoga.

What happens to the characters?

Join Sol as he explores the Joytime Yoga farm. Read on and learn about all the interesting animals and farm objects he encounters during his day on the farm. Have fun together and gain mastery of some cool new yoga positions, to help you create an exciting new yoga adventure. Joytime Yoga positions are based on traditional yoga practices, presented for easy understanding and recall by children.

Who is it for?

Joytime Yoga adventures have been designed to provide a user-friendly yoga resource for parents, teachers and caregivers. The play-based adventures are specifically designed for kids aged 2 to 8 and are suitable for families to play at home, and for childcare centres, playgroups, pre-schools and primary schools. Joytime Yoga Adventures are a play based education in early childhood yoga, presenting simple yoga skills that can enhance your child's well-being for a lifetime.

What makes it unique and special?

Kids love Joytime Yoga Adventures! Playing yoga together is a great way to connect with your favourite little people. Yoga with children is lots of fun, it is creative and adventurous. They enjoy to act out their imagination, connect and play; especially with you! Joytime Yoga can benefit the whole child; body, intellect, creativity and emotions. An exciting way to learn, stay fit and keep healthy together!

The yoga positions are ordered in the same sequence as a typical yoga class, ensuring that both adults will reap the benefits of yoga by joining in. Making animal sounds and singing silly songs all add to the storytelling fun.

Images

Author

Bookcover

Company Logo

Kids doing Yoga

more.

Reviews

This book is very suitable for young children just beginning to learn about the world around them and specifically the farmyard. It has colourful illustrations and the author has very effectively used rhyme to engage the young readers. At first it seems to be a very simple book, but there is an underlying Yogic message. There is a refreshing innocence about this book and it's suitable for children of the age of 2 to 8. The main theme of the book is centred on Yoga; it opens the young readers' eyes to the wonder of the world and the enjoyment of the physical postures and mental practices of Yoga. The book gives a detailed list of precautions and suggests body and vocal warm ups and breath awareness before the physical postures. At the end of the book there is an online web address of www.joytime.com.au for the next Yoga adventure.

By Marian Joy McNaught (Yoga Australia - NSW State Representative)
www.mandakini.com.au Bangalow Far North Coast NSW, 2012.

The kindy yoga classes are an amazing way to kick start the children's day. They are fun and simple moves that all the students can try. I particularly love the way that the yoga positions are centred on one fun, engaging theme such as 'the farmyard'. The children absolutely loved it. What a fantastic way to strengthen their bodies and their minds. Thank you, Louise for brightening our day.

L. McQueen PE Teacher, Kingscliff Primary School, 2012.

Kindy class really enjoyed the fun yoga sessions with Louise! All the children joined in the rich variety of activities. Louise is a patient and enthusiastic teacher.

M. Corware. Teacher, Kingscliff Primary School, 2012.

Book Publication Details.

Title:	Joytime Children's Yoga Adventures. Farmyard Adventure
Publisher:	Joshua Books
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Pages:	24
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Distributor:	Brumby Books
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Author Location:	Far North Coast, NSW. more.

Available Now from:

www.joytime.com.au

Brumby Books

Bookstores

Health and Wellness Stores

Children's Gift Shops

Additional Information

Media kits, review copies, and interviews available on request.

Special feature story inquiries welcome.

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