

FOR IMMEDIATE RELEASE

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New release children's picture book will stretch kid's imaginations.

Australian author Louise Joy Evans is pleased to announce the release of her debut children's picture book, Joytime Children's Yoga, Farmyard Adventure.

The popularity of yoga for all ages is on the rise. This innovative picture book introduces the young reader to the joys of practicing yoga and provides rich story telling experience that encourages children to move, play and imagine. The book contains 24 pages of colourful and clearly illustrated farm-related yoga exercises rhymes, and positive affirmations.

Join the main character, 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. Kids will have fun on the way as they gain mastery of some cool new yoga positions. Joytime Yoga positions are based on traditional yoga practices, presented for easy understanding and recall by children. The book is especially designed for children ages 2-8.

Adults also love Joytime Yoga Adventures! This book provides a user-friendly yoga resource for parents, teachers and caregivers. The book develops language skills with engaging rhymes and sounds. Playing yoga together is a great way to connect with our favourite little people. Yoga with children is lots of fun, it is creative and adventurous. Kids enjoy being able to act out their imagination, add to the storyline and play. An exciting way to learn, stay fit and keep healthy together!

The body of research highlighting the benefits of yoga for children is always growing. Yoga can benefit the whole child; body, intellect, creativity and emotions. Other benefits include increased spatial awareness, stress management and improved relaxation. This new book teaches simple yoga skills that can enhance your child's well-being for a lifetime.

Louise has over 15 years experience as a yoga instructor and as a registered nurse. She lives close to the ocean on the Far North Coast of NSW with her husband, two children, border collie dog and some fish. She has been practicing yoga and a vegetarian diet for almost two decades.

Joytime Children's Yoga, Farmyard Adventure is available now in bookstores and online, from www.joytime.com.au. Published by Joshua Books.

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.

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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Author Location: Far North Coast, NSW.

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.

For information or sample copy for review please contact author.

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