



**STORYTIME YOGA: Teaching Yoga to Children Through Story** and **The Treasure in Your Heart** by Sydney Solis; Paperback, 114 and 118 pp resp., 8.5x11, \$19.95 each. DVD, **THE PEDDLER'S DREAM**, 27 minutes, \$14.95; The Mythic Yoga Studio, 2006 and 2007, [www.storytimeyoga.com](http://www.storytimeyoga.com), 303-456-6311

TEACHING HATHA YOGA to children is a rather special art. It engages children in physical activity; hence concerns for their safety must be met. It draws them toward their thoughts and feelings, requiring sensitivity on the part of the teacher. Add to this the need to hold their attention and have them learn together as a group and you get—*Storytime Yoga*. Sydney Solis is a skilled storyteller, teacher and yoga practitioner. “Children love stories,” she says, and in her classes, yoga is woven into tales drawn from around the world.

In addition to the *asanas*, the classes convey tenets of yoga philosophy, such as non-harming, courage and staying present in the moment, questions like *Who am I?* and yoga basics like breathing, relaxation and meditation. Both books present information and suggestions for classes from K-6; *Storytime Yoga* is a somewhat more comprehensive text for teachers. The DVD, *The Peddler's Dream*, invites children 3-8 to participate in a yoga class that includes postures, songs, breathing and relaxation, as well as geography, Spanish (via Lalita, the Latina Ladybug) and philosophy. It is also a valuable look at how Sydney Solis conducts her classes. Altogether, her materials are well structured, practical and charming.