



Michelle Maloy Dillon

Sydney Solis
*Mythic Yoga™ and Storytime Yoga™ Creator, Trainer,
Author & Speaker*



One Purpose PR & Communications

One Purpose Pitch

Sydney Solis' *Mythic YogaTM & Storytime YogaTM*

“Yoga is the Therapy... Stories are the Medicine”

SEGMENTS: • Women, Children and Families Wellness and Health • Personal Story and Healing • Mental Health • Spirituality & Personal Growth • Lifestyle

WHEN:

- Spanish Language Release of Storytime Yoga E- Book – April 2010
- Mythic Yoga and Storytime Yoga E-Courses – Ongoing
- Storytime Yoga Children’s Yoga Teacher and Yoga Play Therapy Trainings:
 - Denver - August 2009
 - New Orleans - October 2009
 - Washington, DC - November 2009
 - Louisville, Kentucky December 2009
 - Mythic Yoga “The Story in the Body” retreat and Storytime Yoga Children’s Yoga Teacher and Yoga Play Therapy Training in Spanish and English in Oaxaca, Mexico – April 2010

WHAT:

- Mythic Yoga a pioneering therapy to counsel individuals using yoga and story to create personal mythology to navigate life’s challenges
- Innovative approach to children’s wellness unites yoga and storytelling
- Storytime Yoga Children’s Mission providing volunteer yoga and storytelling to at-risk-youth around the world, emphasizing, literacy, physical and mental health, and the improvement of women and children’s lives worldwide
- Overcoming personal adversity and tragedy
- Powerful spiritual teachings for children delivered through yogic storytelling

WHO: **SYDNEY SOLIS**

- Author of CD *The Golden Cucumber: Stories of Indonesia*, (2003, Talking Dragonfly Productions);
- *Chili Today, Hot Tamale and other Tummy Tales*, (2004, Jems Press);

- *Storytime Yoga: Teaching Yoga to Children Through Story*, (2006) nominated for the Anne Izard Storytellers' Choice Award (2007)
- *The Treasure in Your Heart: Yoga and Stories for Peaceful Children*, (2008)
- Children's DVD (*The Peddler's Dream*, 2007) – winner of 2008 Parent's Choice Recommended Award

WHY:

- Growing mainstream interest in children, wellness and education
- Growing mainstream interest in spirituality and women's issues, mental health and healing.
- Growing desire for true stories of real people (reality entertainment)
- Growing genre of spiritually-oriented entertainment

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June, 2009

SYDNEY SOLIS' MYTHIC YOGA™ & STORYTIME

YOGA™

Dear Media Professional:

Yoga is experiencing a renaissance as one of the top ways to get and stay healthy, manage stress and lead a happier life. Yoga studios opening at a record pace with its many benefits available for all ages, young and old.

Sydney Solis, creator of Mythic Yoga and Storytime Yoga, takes yoga to another level with an innovative children's yoga program that integrates yoga and storytelling, poetry, Spanish, healthy eating, and peace and character education to produce healthy, peaceful and literate children, families and communities.

Children of all ages love yoga and stories. From story warm-ups to multicultural wisdom tales and kids' original stories acted out with yoga poses, children play and learn with Storytime Yoga. In unique Children's Yoga and Family Yoga programs, Sydney retells classic wisdom tales from around the world, and children act them out with yoga poses! Or children learn to tell their own stories and fairytales and script yoga poses with them!

Stories like:

- *The Peddler's Dream* from England about following your dreams
- *The Lion's Whisker* from Africa about the merit of patience
- *The Magic Pear Tree* from China about giving and greedlessness
- *The Shipwrecked Sailor* from Egypt about courage
- *The Buffalo Dance* from Native America about respect and renewal

....and New as of April 2010:

- ¡Ahora en Español! Yoga Para Niños Con Cuentos en Español Viene Verano

Childhood is the perfect time to develop a lifetime of healthy skills. Readily flexible in mind and body, children are naturally receptive to yoga and story. In Storytime Yoga, children become storytellers as they learn about their bodies, feelings and relationships to develop self-confidence, self-worth, self-reliance, a vivid and creative imagination, and health and joy -- all part of a rich inner life that yoga, meditation and story connect with. These are the tools for success and happiness in adulthood.

Please look over the enclosed materials, and for more information visit www.storytimeyoga.com. I'll be in touch soon to see what we might schedule. I look forward to our connection.

Best,

Lisa Trank

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FOR IMMEDIATE RELEASE

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Sydney Solis and Storytime Yoga™ **“Yoga is the Therapy... Stories are the Medicine”**

June 18, 2009 (Boulder, CO) – Sydney Solis, founder of Mythic Yoga™ and Storytime Yoga™, unites the ancient traditions of Yoga and Storytelling into an innovative approach to children’s health, wellness and peace-centered education, as well as a unique and transformational training program for yoga teachers. Solis is an international speaker, teacher and teacher trainer, as well as the author of the storytelling CD *The Golden Cucumber: Stories of Indonesia*, (2003, Talking Dragonfly Productions); *Chili Today, Hot Tamale and other Tummy Tales*, (2004, Jems Press); and *Storytime Yoga: Teaching Yoga to Children Through Story*, (2006). *The Treasure in Your Heart: Yoga and Stories for Peaceful Children*, (2008), and the children's DVD (*The Peddler's Dream*, 2007).

Leonardo da Vinci once said “I love those who can smile in trouble, who can gather strength from distress, and grow brave by reflection.” Sydney Solis’ own story of personal adversity and tragedy is the driving factor in her mission to teach children from an early age how they can develop their own body-centered wisdom and story telling abilities to lead meaningful and peaceful lives. Growing up with a mother who suffered with the spectrum of mental illness and struggling with her own lifelong battle with depression, Sydney learned at an early age the power of storytelling. Her father was born in Indonesia and is a child survivor of the Ambarawa Japanese concentration camp on Java during World War II. As a little girl growing up in Boulder, Colorado, Sydney frequently perused her father’s huge collection of books on yoga, myths, stories and religions of all cultures. Her childhood was influenced by his story and interest in Eastern religions and yoga.

In 1993, Sydney was injured in a hit-and-run car accident and turned to Hatha Yoga to help her heal. After studying with master storyteller Laura Simms and devoting

herself to the practice of learning and then teaching yoga, Sydney began Storytime Yoga in 2000.

But it was in 2003 when another level of adversity and tragedy challenged Sydney. Her husband, Frank Solis, a highly successful advertising executive, tragically committed suicide after declaring bankruptcy. Shattered by the loss of her husband and father of her young children, Sydney made a decision. Without a penny in her bank account, she sold the house, luxury cars and moved to a suburb in Denver to start over with what she knew: storytelling and yoga.

Sydney teaches children to tell their own life stories through yoga and trains others in the art of yogic storytelling, both through her League of Yogic Storytelling e-courses and in person workshops, which take each participant through a uniquely honed process of their own yogic storytelling and with transformative results. To date she has trained teachers who practice Storytime Yoga in West Africa, New Zealand, the Philippines, Turkey, the United Kingdom and Canada, as well as across the United States.

And in April 2010, Solis will introduce her Spanish-language component of Storytime Yoga with the release of *¡Ahora en Español! Yoga Para Niños Con Cuentos en Español Viene Verano*, as well as conduct a training and workshop Storytime Yoga Children's Yoga Teacher and Play Therapy Training, "Mythic Yoga: The Story in the Body," presented in both Spanish and English at the Somatierra Movement Center in Oaxaca, Mexico in April 2010.

Storytime Yoga has been recognized by educators and healing professionals, and was given a 2008 Parent's Choice Recommended Award for *The Peddler's Dream* Yoga DVD for children. Storytime Yoga has been featured on PBS, as well as in Yoga Journal, Light and Consciousness Magazine, School Library Journal, Elephant Journal TV, Healthy and Organic Living Magazine-UK and others.

For more information, visit www.storytimeyoga.com

About Sydney Solis Yogic Storyteller

Since 2000, Sydney Solis has been spreading and sharing the joy and wisdom of yoga and story with classes, performances, trainings and workshops internationally. From her children's show on PBS to the National Association for the Education of Young Children, to the Estes Park Yoga Journal Conference, Sydney enchants audiences of all ages with Storytime Yoga.

As a little girl growing up in Boulder, Colorado, Sydney frequently perused her father's huge collection of books on yoga, myths, stories and religions of all cultures. Her father was born in Indonesia and is a child survivor of the Ambarawa Japanese concentration camp on Java during World War II. Her childhood was influenced by his story and interest in Eastern religions and yoga. At age 12 she started meditating and joined Astara and later The Self-Realization Fellowship. When Sydney entered the eighth grade, her sister, Nancy (Narada), became a Hare Krishna devotee. Throughout her childhood, Sydney learned the stories and philosophies of India.

She went on to study theater and dance at the University of Colorado, Boulder, and worked with the Nancy Spanier Dance Theatre. At the Brooks Institute of Photography in Santa Barbara, California, Sydney studied photography, and earned a B.A. in Journalism and Spanish from Metropolitan State College of Denver. She worked in the United States, Mexico and Ecuador as a reporter and award-winning photographer, and was a religion reporter for the *Bakersfield Californian*. In addition, Sydney is certified as an English as a Second Language (ESL) tutor in public elementary and high schools, and has worked in her own children's' Montessori classrooms for seven years.

In 1993, after a hit-and-run car injury, Sydney began a serious practice of Hatha Yoga. But it was in 2000, after settling down with married life and raising two children that she discovered her love of storytelling in 2000. She spent three years as a Spellbinder, volunteering to tell stories to public school children. After her husband's suicide in 2003, passions into one unique form of health and healing education.

Sydney has more than 375 hours of training in the Anusara tradition. She completed a 200-hour Anusara training with her teacher, Bhakti and Level I teacher training with Anusara founder John Friend. She continues to immerse herself in Anusara and yoga therapy with senior teachers Jeanie Manchester and Anthony Bogart, and studies Yoga Nidra with SreeDevi Bringi. She studied the art of storytelling with Laura Simms, Rebecca Armstrong, Susan Marie-Frontczak and Kate Lutz and has brought the storytelling to the page with a series of books, published through The Mythic Yoga Studio in Boulder, Colorado. She is the author of the storytelling CD *The Golden Cucumber: Stories of Indonesia*, 2003, Talking Dragonfly Productions; *Chili Today, Hot Tamale and other Tummy Tales*, 2004, Jems Press; and *Storytime Yoga: Teaching Yoga to Children Through Story*, 2006. *The Treasure in Your Heart: Yoga and Stories for Peaceful Children*, 2008, and the children's DVD *The Peddler's Dream*, 2007.

Sydney is an associate of the Joseph Campbell Foundation and has produced four World Peace Interfaith Storytelling Gatherings. Sydney also writes poetry and creates photographic art. She lives with her two children, two cats and two dogs, in a little house with a big garden in Boulder, Colorado.

Mythic Yoga/Storytime Yoga

STORY ANGLES

CHILDREN'S HEALTH AND WELLNESS THROUGH YOGIC STORYTELLING

The Chicago Tribune recently wrote about the [educational benefits of children practicing yoga](#) in a recent article. Studies have shown that children who practice yoga on a regular basis have better stress management skills, higher academic achievement and grow up to be healthier and happier adults. Sydney Solis, creator of Storytime Yoga, has united the ancient practices of yoga and storytelling into an innovative form of health, wellness and peace-training education for children. Storytime Yoga is being taught in preschools, public and private schools around the world and Sydney is training the next generation of Storytime Yogic Storytellers in e-courses and onsite trainings.

MYTHIC YOGA AND STORYTIME YOGA PROVIDE UNIQUE YOGIC STORYTELLING TRAINING

Mythic Yoga and Storytime Yoga is a training program unlike any other in the world. While most yoga programs provide rigorous physical and even spiritual training, Mythic Yoga and Storytime Yoga go beyond the postures and take that approach one step farther. Each teacher-in-training goes through their own transformational experience of learning to access their own storytelling abilities while training their body in the ancient form of Yoga, so that they are better able to teach children to do the same.

SYDNEY SOLIS INSPIRES TO THRIVE

Sydney Solis' own story of personal adversity and tragedy is the driving factor in her mission to teach children from an early age how they can develop their own body-centered wisdom and storytelling abilities to lead meaningful and peaceful lives. Growing up with a mother who suffered with the spectrum of mental illness and struggling with her own lifelong battle with depression, Sydney learned at an early age the power of storytelling. Her father was born in Indonesia and is a child survivor of the Ambarawa Japanese concentration camp on Java during World War II. In 1993, Sydney was injured in a hit-and-run car accident and turned to Hatha Yoga to help her heal. After studying with master storyteller Laura Simms and devoting herself to the practice of learning and then teaching yoga, Sydney began Storytime Yoga in 2000.

But it was in 2003 when another level of adversity and tragedy challenged Sydney. Her husband, Frank Solis, a highly successful advertising executive, tragically committed suicide after declaring bankruptcy. Shattered by the loss of her husband and father of her young children, Sydney made a decision. Without a penny in her bank

account, she sold the house, luxury cars and moved to a suburb in Denver to start over with what she knew: storytelling and yoga.

STORYTIME YOGA TO BE AVAILABLE IN SPANISH LANGUAGE

In April 2010, Solis will introduce her Spanish-language component of Storytime Yoga with the release of *¡Ahora en Español! Yoga Para Niños Con Cuentos en Español Viene Verano*. She will be teaching the upcoming “Mythic Yoga: The Story in the Body,” presented in Spanish and English at the Somatierra Movement Center in Oaxaca, Mexico in April 2010. To date she has trained teachers who practice Storytime Yoga in West Africa, New Zealand, the Philippines, Turkey, the United Kingdom and Canada, as well as across the Unites States.

Luminaries Glow About Mythic Yoga & Storytime Yoga

I invited Sydney to provide a workshop/presentation to our day treatment clients at the Community Mental Health where I work in Kissimmee, Florida. She did a great job in her session to our clients. With a combination of Yoga exercises and story telling she was able to teach the clients breathing and relaxation techniques. In addition, through the exercises, they were able to practice mindfulness and to be more in touch with their inner selves (their fear and their anxieties). This was a great empowering experience for these clients. To my surprise I saw how some of the clients that previous were unable to concentrate and stay seated for a 45 minute group session, were able with these yoga and breathing exercises, to maintain their attention and stood focused listening to her stories and practicing the skills.

I have to say than just in one session the benefits were surprising: increased attention and concentration, decrease tension and stress, improvements in their insight by becoming more aware of their bodies and their fears/anxieties.

*Susanne Parlade, Psy.D.
Licensed Clinical Psychologist*

Sydney Solis is a master storyteller and a master at teaching yoga to children. In person and on her videos, she is able to capture the attention, enthusiasm and excitement of young children and adults alike. Her genuine love of yoga and story shines through the tales she weaves for her audiences.

*Debbie Huttner, Executive Director
The Wellness Initiative*

Mythic Yoga & Storytime Yoga

In the News

"Convinced that children learn best through stories, play, and yoga, Solis creates a fun environment to convey life lessons." – **Yoga Journal Magazine (August 2008)**

"The total package provides an excellent introduction to yoga for young children. The author is a natural teacher." – **School Library Journal (June 2008)**

"Sydney Solis is a skilled storyteller, teacher and yoga practitioner. Altogether, her materials are well structured, practical and charming."
– **Light of Consciousness Magazine**

"[Sydney] Solis' work has grown to include classes, performances, trainings, and workshops internationally, as well as a show on PBS."
– **Colorado Library Magazine (Fall 2008)**

"Integrates yoga and storytelling to teach healthy living in mind and body and skills in literacy . . . incorporates wisdom tales from around the world, which are acted out through yoga poses." – **Boulder Daily Camera (August 2008)**

"An innovative children's yoga program that integrates yoga and literacy." — **Colorado Parent (March 2008)**

- **Article in the Denver Post** [January, 2009](#)
- **Colorado Library Magazine**, [Fall 2008](#)
- **Yoga Journal Magazine** [August 2008](#)
- **Boulder Daily Camera**, [August 2008](#)
- **Storytime Yoga featured in Colorado Parent Magazine**, [March 2008](#)
- **Storytime Yoga featured in Healthy and Organic Living Magazine –UK**
- **Article in Light and Consciousness Magazine**

"Yoga Improves School Performance" *Fit on Fox* ([Fox31News](#)): Children at Colfax Elementary School in Denver, Colorado are taught yoga using Storytime Yoga and show that doing the Sun Salutations chant help them do better in school as a part of a Boulder-based, Wellness Initiative program.

- [Clip One](#)
- [Clip Two](#)

Article in [Boulder Daily Camera](#)

- [World Peace Interfaith Storytelling Gathering in Boulder, Colorado](#)
- [Interfaith Storytelling: Creating Heaven on Earth on the Storyteller and Listener Online](#)

- [The Daily Mantra](#)

Radio Performances

- From The Storytelling Hour with host Eric Patterson on KGNU 88.5 Boulder Radio
 - [Recording One](#) (mp3 - 8.2 MB) Hindu myths
 - [Recording Two](#) (mp3 - 4 MB) Stories of Indonesia

Press Releases

- **Storytime Yoga DVD The Peddler's Dream wins Parent's Choice Foundation Recommended Award**
- [Storytime Yoga Opens Studio Within Dreamcatchers Instructional Center in Boulder, Colo. Children, Mother and Family Classes, Children and Teen Mental Health Yoga Therapy Available. Grand Opening](#)
- [New "Storytime Yoga: The Treasure in Your Heart – Yoga and Stories for Peaceful Children" Fires Young Imaginations Using Multicultural Stories and Yoga](#)
- [Storytime Yoga: The Peddler's Dream Spotlights Unique Learning Method for Kids and *Fun!*](#)
- [Storytime Yoga: The Peddler's Dream To Debut on PBS Affiliates November 18, 2007](#)
- [Storytime Yoga Event Gets International Attention - YourHub.com](#)

Storytime Yoga Performances and Workshops:

- PBS
- National Association for the Education of Young Children Conference
- Telluride Yoga Festival
- Yoga Journal Conference, Estes Park, Colorado
- New Mexico Library Association
- Sharing the Fire, League for the Advancement of New England Storytelling
- Center for Human Development, Oaxaca, Mexico
- World Peace Interfaith Storytelling Gathering, Boulder, CO
- Women of the Year Leadership Conference, Ft. Collins, CO
- Healing Through Story Conference, Minneapolis
- Rocky Mountain Storytelling Festival
- Rocky Mountain Storytellers' Conference
- Boulder Winter Festival of Stories
- Arapahoe Library District Storytelling Festival
- Pitkin County Library, Aspen, Colorado
- Colorado Association for the Education of the Young Child
- Lakewood Head Start
- The Logan School for Creative Learning
- Jefferson County Public Schools and Preschools
- Montessori Preschools
- Jefferson County Child Care Association

- Emily Griffith Opportunity School Parent Education
- Mile Hi Church of Religious Science
- Art Institute of Colorado
- Rocky Mountain Area Yoga Studios
- Conifer Arts Alive Festival
- Boy and Girl Scouts of America
- Hammond Candy Cane Festival
- Lakewood Cultural Festival
- KGNU Radio Boulder
- KGYT Radio Idaho Springs
- KRFC Radio Ft. Collins
- Regis University
- Adams State University
- Coors Wellness Center

What People Around the World Say

The Peddler's Dream is my favorite DVD so far. There are so many DVDs on the market but none pulled me as much as yours. Very nice work, congratulations, and many more Storytime DVDs to come hopefully.

-- Aylin Tokcan, Turkey

From the materials I've purchased and read, it's evident that Sydney Solis is a truly remarkable soul, mother and woman, who is using her life's trauma, talents and work to beautify our world by enriching the lives of children and mothers. -- Jenna Ross, the Netherlands

Many of your words have been like seeds that were cultivated in the land of my soul (that) I promise to nurture and care for. - - Aisha Rafea, Egypt

I have a dozen books on children's yoga, but yours is the only one through which I have felt a strong healing energy communicated. - Michele Nurnberger, London, U.K.

I'd recommend Storytime Yoga to everyone who is interested in not only learning more about yoga, but learning more about the journey we go through as human beings too. The introspective aspect of working on yourself through this course is not easy, but is absolutely worthwhile. To describe it in three words, I'd have to say: I loved it! - Michelle Morgan - London, U.K.

Finding Storytime Yoga was love at first sight for me. One of my professional goals this year was to find ways to bring more physical experiences into my lesson. The minute I started experimenting with the Storytime Yoga techniques in my classroom and in my after school groups I felt it. My students lit up, I lit up. I walked out at the end of the day more inspired and more content. My students talked more, shared more, and generally felt more. This was a starting point I thought. My Grade 1 students especially love the techniques. They are even making requests now. -- Megan Chadwick, Bohn, Germany

My son's teacher mentioned ... that she noticed a marked improvement in his concentration and his ability to listen and follow directions in class. I know he can be quite rowdy and mischievous in school -- which is one of the reasons why I wanted to share my yoga practice with him -- and I completely attribute his "improvement" to the exercises in Storytime Yoga we've been doing together, in particular the breathing, meditation and relaxation warm ups -- so thank you, Sydney! -- Jan Dizon, the Philippines.