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Boulder's Storytime Yoga to Open Unique Children and Family Yoga Studio

International Distribution by Independent Publisher's Group, New Book, DVD and International E-Courses sales booming. Boulder classes to be offered for children, families, mothers, children, teens. Yoga focus is on mental health and children's yoga therapy.

BOULDER, Colo. (April 1, 2008) – Storytime Yoga, the innovative children and family yoga program that combines oral storytelling, is experiencing rapid growth and will open a studio within Dreamcatchers Direct Instructional Center in Boulder May 18.

Storytime Yoga was introduced in 2004 as a way for children ages 3 to 11 to develop self-confidence, a vivid imagination, and mental health and fitness skills to last a lifetime. It is a unique children's yoga method that uses wisdom stories to make health, literacy and peace and character education come alive. A 300 percent increase in company revenue in 2007 and the first part of 2008 is attributed to a number of exciting new products and classes offered by the four-year-old Boulder-based company.

- The classic book *Storytime Yoga: Teaching Yoga to Children Through Story*, has sold 5,000 copies and is going into its third printing of another 2,500 copies. The book is consistently in the top 15 of Amazon.com's yoga book sales.
- International distribution was secured through International Publisher's Group in Chicago.
- E-courses have been created, in which teachers, parents, librarians and therapists from all over the world learn the classic Storytime Yoga method online and through teleconferences. Students have come from across the United States, Canada, Mexico, United Kingdom, Ireland, Turkey, Indonesia and Australia.
- *The Treasure in Your Heart: Yoga and Stories for Peaceful Children*, is published and scheduled for performances and book signings at the Boulder Bookstore and Tattered Cover in April. It released its first Children's DVD *The Peddler's Dream* in November.
- Storytime Yoga has moved its publishing offices into the Dreamcatchers Direct Instructional Center at 5440 Conestoga Ct. in Boulder, and will offer yoga classes for preschoolers, elementary children and teens there in connection with educational sessions this summer. Mother, baby and toddler classes, family and preschool classes, and classes for teens and adults, and private yoga therapy for children will be offered in the fall. A grand opening will be held May 18 complete with a Storytime Yoga Family class, and a Family kirtan with Boulder singer Lisa Bell and Solis telling stories.

- Storytime Yoga and founder Sydney Solis will appear at the Colorado Association for the Education of Young Children in Denver and at Boulder's Children's Day this April, as well as the Yoga Rocks festival in Lyons and the Telluride Yoga Festival this summer. Solis has also been invited to present Storytime Yoga at the 2009 East Asia Regional Council on Overseas Schools conference in Malaysia.

About Sydney Solis and Storytime Yoga

A life-long yogini, Sydney Solis of Boulder, Colo. followed her bliss and started Storytime Yoga after the tragic death of her husband five years ago. A mother of two children, she has more than 300 hours of Anusara yoga training, and is a member of the National Storytelling Network and its Interfaith and Healing Story Alliances. An associate of the Joseph Campbell foundation, she has produced three World Peace Interfaith Storytelling gatherings. For more information, visit her website at www.StorytimeYoga.com

To schedule an interview with Ms. Solis, please contact Lisa Bell at 303-527-0203.