

Press Release

For Immediate Release

Contact: Lisa Bell  
Crescendo Communications

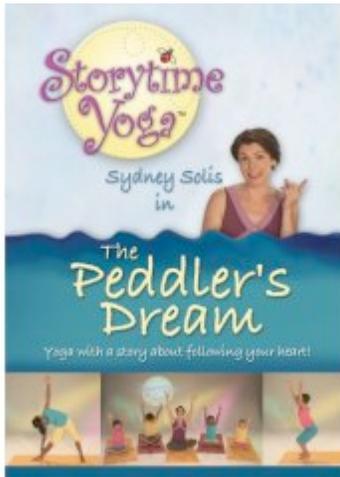
303-527-0203

[lisa@crescendocom.com](mailto:lisa@crescendocom.com)



### **Storytime Yoga: The Peddler's Dream Spotlights Unique Learning Method for Kids and Fun!**

(November 15, 2007, Boulder, CO) Kids learn and play with Storytime Yoga: The Peddler's Dream, a unique DVD for children ages 3-8 that blends storytelling and yoga. The show will air on PBS this winter.



Storytime Yoga Founder Sydney Solis stars to teach geography, philosophy, Spanish, poetry and peace and character education as she tells the English folktale of *The Peddler's Dream*. Children retell the story using yoga poses as well as learn songs, breathing and relaxation.

"Children are naturally receptive to yoga and story," says Solis, a certified yoga teacher and author of two Storytime Yoga books. "Children embody the story and integrate the lesson's cross-curriculum approach. They develop self-confidence and a vivid imagination, which is part of a rich inner life that is needed to keep kids' minds in their bodies and their bodies in harmony with their environments – something that is a challenge for many kids today."

The story is beautifully told with stick puppets created by Artist Angela Beloian, and also features lively Folkmanis puppets Lalita the Latina Lady bug, who teaches Spanish, and Jean-Jacques the pirate, who teaches philosophy. A clip of the DVD is available on You Tube and the Storytime Yoga website.

Storytime Yoga will create a series of the DVDs, seeking to enlighten young minds using traditional stories from different cultures. The story and

accompanying activities encourage both literacy and vibrant physical health and encourage parent participation in the home.

Classes are now being offered for teachers and parents who would like to teach Storytime Yoga. The next cycle of online Teacher/Parent trainings begins November 11. There is also a family yoga retreat in Costa Rica March 22-29, 2008.

Storytime Yoga Founder Solis is the author of two Storytime Yoga books. Teaching Yoga to Children Through Yoga was nominated for the Anne Izard Storyteller's Choice award and has sold more than 2,500 copies. The Treasure in Your Heart: Yoga and Stories for Peaceful Children, will be published in April, 2008. For more information, visit [www.storytimeyoga.com](http://www.storytimeyoga.com).

Storytime Yoga: The Peddler's Dream DVD

Produced by The Mythic Yoga Studio, Boulder, Colorado

ISBN: ISBN: 978-0-9777063-2-7

Running Time: 27.34 minutes

Price: \$14.95

Ages: Children 3-8

Available: Storytime Yoga website. [www.StorytimeYoga.com](http://www.StorytimeYoga.com), Amazon.com and will be available internationally to the book trade through Independent Publishers Group [www.IPGbook.com](http://www.IPGbook.com).