

Storytime yoga event gets international attention

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Sydney Solis & Mr. Bones
Provided by: Storytime Yoga

Contributed by: [Lisa Bell](#) on 7/17/2007

Children and Families Learn Peace, Health and Literacy with Storytime Yoga

Numerous families learned to start a yoga and storytelling hour in their home to increase peace, health, literacy and communication among family members during the July 15 Storytime Yoga family class held at Yoga Elements in Louisville. Some families traveled from as far as Tokyo, Japan to participate.

"Kids yoga is very popular in Japan," said **Hideyo Watson**, who came with her children to Colorado to study with various children's yoga programs.

Children learned Spanish and poetry from character "Lalita the Marequita," to make language fun; and anatomy and healthy eating from "Mr. Bones." Storytime Yoga founder and instructor **Sydney Solis** led the class in warm ups, chants, breathing and songs, then told a folk tale from Egypt called the Shipwrecked Sailor.

"Even though difficulty may arise in our lives, just like the shipwrecked sailor, we can still be peaceful in the circumstances and find courage to get through," Solis said.

Children and parents then acted out the story with yoga poses as the story was retold. Participants had a relaxation and visualization exercise, followed by a session of learning to tell stories to each other at home, as well as a lesson in communicating feelings.

The event was to promote Solis' new book, *The Treasure in Your Heart: Yoga and Stories for Peaceful Children*. Solis will be in Louisville again for a parent/teacher training at Yoga Elements Nov. 10-11, and will appear at the PBS Kids Fun Fest in Denver on July 21.

For more information, visit www.StorytimeYoga.com