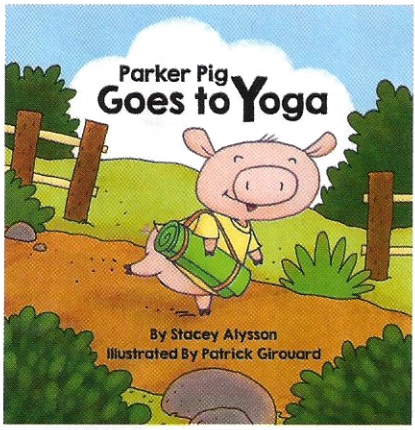

PARKER PIG GOES TO YOGA/BOOK

BY STACEY ALYSSON
ILLUSTRATED BY PATRICK GIROUARD

Yoga teacher, mom, and creative powerhouse Stacey Alysson shares her love for introducing kids to yoga in her book *Parker Pig Goes to Yoga*. This sweet and playful story is a delightful journey through a yoga class with Parker Pig and her yoga friends. It is a perfect accompaniment to practice designed for children ages two through eight.

The story begins with Parker being invited to yoga by her friend Ginny the Giraffe. With protests that feel familiar to all of us at any age, Parker wonders if yoga is really for her. "Yoga is for everyone!" Ginny the Giraffe answers. So, Parker agrees to try it out.

Parker is joined by a variety of animals. A bear, turtle, snake, crocodile, cat, cow, dog, frog, butterfly, giraffe, and even a pig demonstrate a pose on their own page. Throughout the entertaining story, we're reminded of some of the instructions that are at the essence of yoga, such as "It's a yoga practice, not a yoga perfect." And at the end, the animals relax for savasana and share their inner light with namaste.

Illustrator Patrick Girouard fills the pages with playful, captivating, and colorful drawings of the animals practicing yoga. The images are sure to attract young kids, evoking personalities I can easily imagine as posters in a kid's room or as stuffed animals in a bed.

Whether you're an adult who just loves fun picture books, or you're looking for something to gift or read to kids, *Parker Pig Goes to Yoga* is a welcome addition to a young yogi's bookshelf.

Reviewed by Felicia Tomasko, President of Bliss Network and Editor in Chief of LA YOGA Magazine