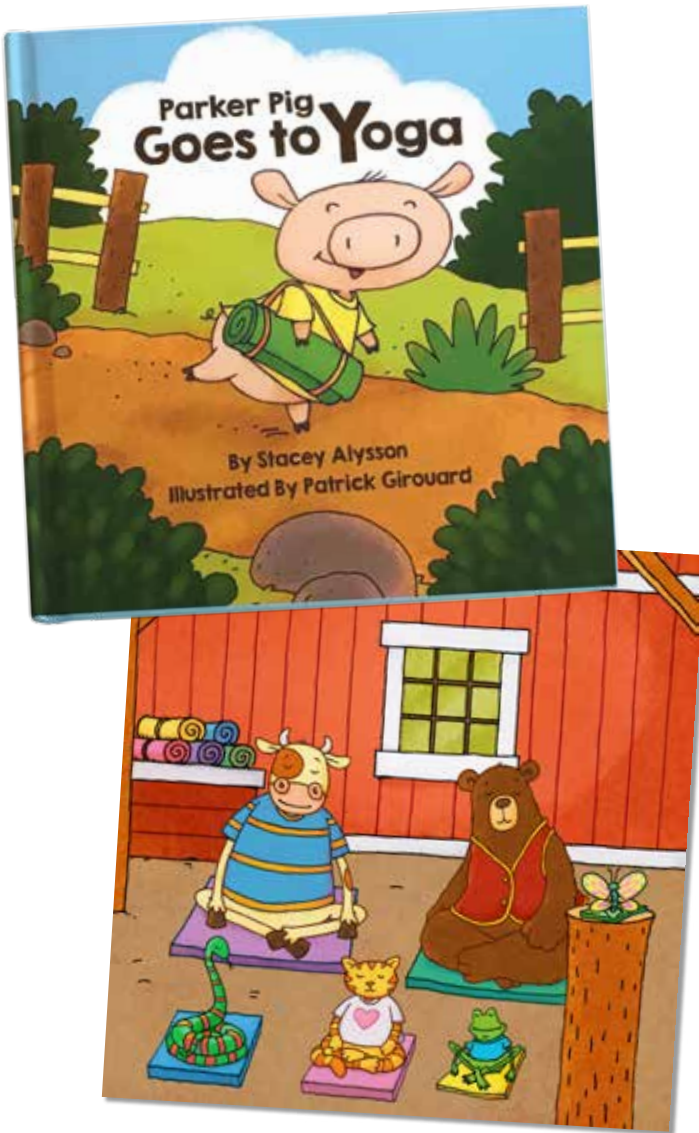




Parker Pig Goes to Yoga PRESS KIT



“Parker Pig Goes to Yoga”

“Parker Pig Goes to Yoga” is a children’s yoga book aimed at teaching yoga, mindfulness and confidence through storytelling. Kids will learn yoga poses and breath while being read this charming story about a Pig named Parker who goes to Yoga with all her animal friends in a little red barn. Animals doing Yoga with fun animal sounds to go along!

Stacey Alysson, Author
Patrick Girouard, Illustrator



“Parker Pig Goes to Beach Yoga”

“Parker Pig Goes to Beach Yoga” is about Parker Pig’s day at the beach with her yoga teacher and friend, Ginny the Giraffe. Join Parker and Ginny as they go on an exciting yoga adventure with all their beach friends. Parker discovers you can practice yoga anywhere and with anyone!

Stacey Alysson, Author
Patrick Girouard, Illustrator

REVIEWS

“Our customers love Parker Pig! Such a cute and fun introduction to yoga for little ones. So many products these days are screen-focused, it is great to see a book that gets kids up and moving!”
~ **Jillian Wahlquist, VP, Tom’s Toys of Beverly Hills**

“This charming book puts a smile on people’s faces when they see it – and has been a best seller in my shop for over 6 months.”
~ **Nathalie Seaver, Owner, Nathalie Seaver Boutique**



“‘Parker Pig goes to Yoga’ is a fun and interactive book with a GREAT message for kids of all ages.”
~ **Lennie Rohrbacher, Barnes & Noble**

“Parker Pig is my new yoga inspiration!”
~ **Mike Jordan, Co-Founder Meddy Teddy**

“Yoga isn’t about touching toes or encountering a spiritual experience. For Stacey Alysson, it’s about mindfulness and stillness, but try teaching that to 300 kids every week.”
~ **Sarah Pineda, BeyondtheInterview.com, April 23, 2018**

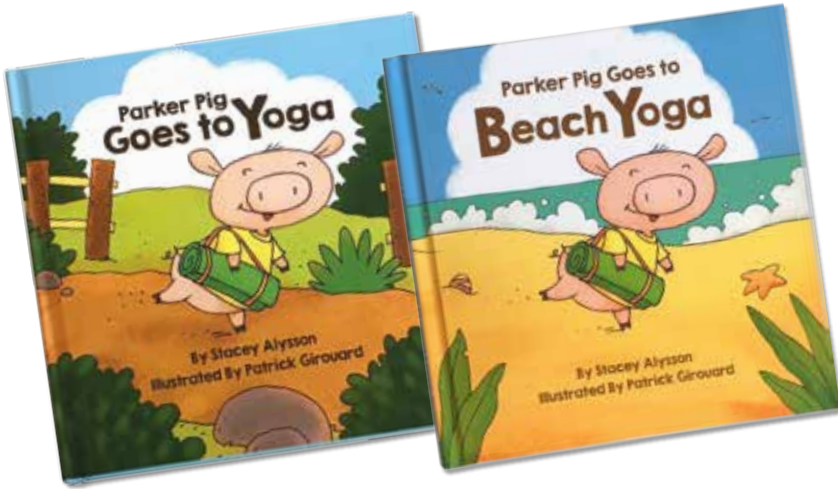
“Here, twin sisters Zoey and Sloan, who love to practice yoga together at home, demonstrate the poses and get their namaste on.”
~ **by Christina Elston, L.A. Parent**

“What a sweet book to encourage children to do Yoga! The sequence presented is quite dynamic, which is ideal for children. As a Yoga teacher myself, I would recommend this book to parents and teachers. The story takes away the false preconception that Yoga is only for certain people, and to make the execution of the postures more fun.”
~ **Kerstin Vollbrecht, Programación Neuro- lingüística, Masoterapia, Hatha Yoga, Digitopuntura**

“This is an amazing book for teaching children yoga, and as a pediatric occupational therapist I have enjoyed using this with my patients and they have all loved it! I would highly recommend it.”
~ **Amazon Review**

“I ordered the first book for a gift and it was a great so I decided to order the second book from the same talented author and it got even better... Keeps the kids entertained and wanting to practice, can’t wait to see the next book in this wonderful series. Happy kids, happy parents!”
~ **Amazon Review**

PARKER PIG ESSENTIALS



“PARKER PIG GOES TO YOGA”

“PARKER PIG GOES TO BEACH YOGA”

Hardcover Book \$18.95
Paperback Book \$9.95
Kindle Book \$3.99

PARKER PIG YOGA CARD DECK \$27.95

Children can practice the new yoga poses they learn in the book by playing an interactive yoga card game! Just pick a card from the deck and do the pose.

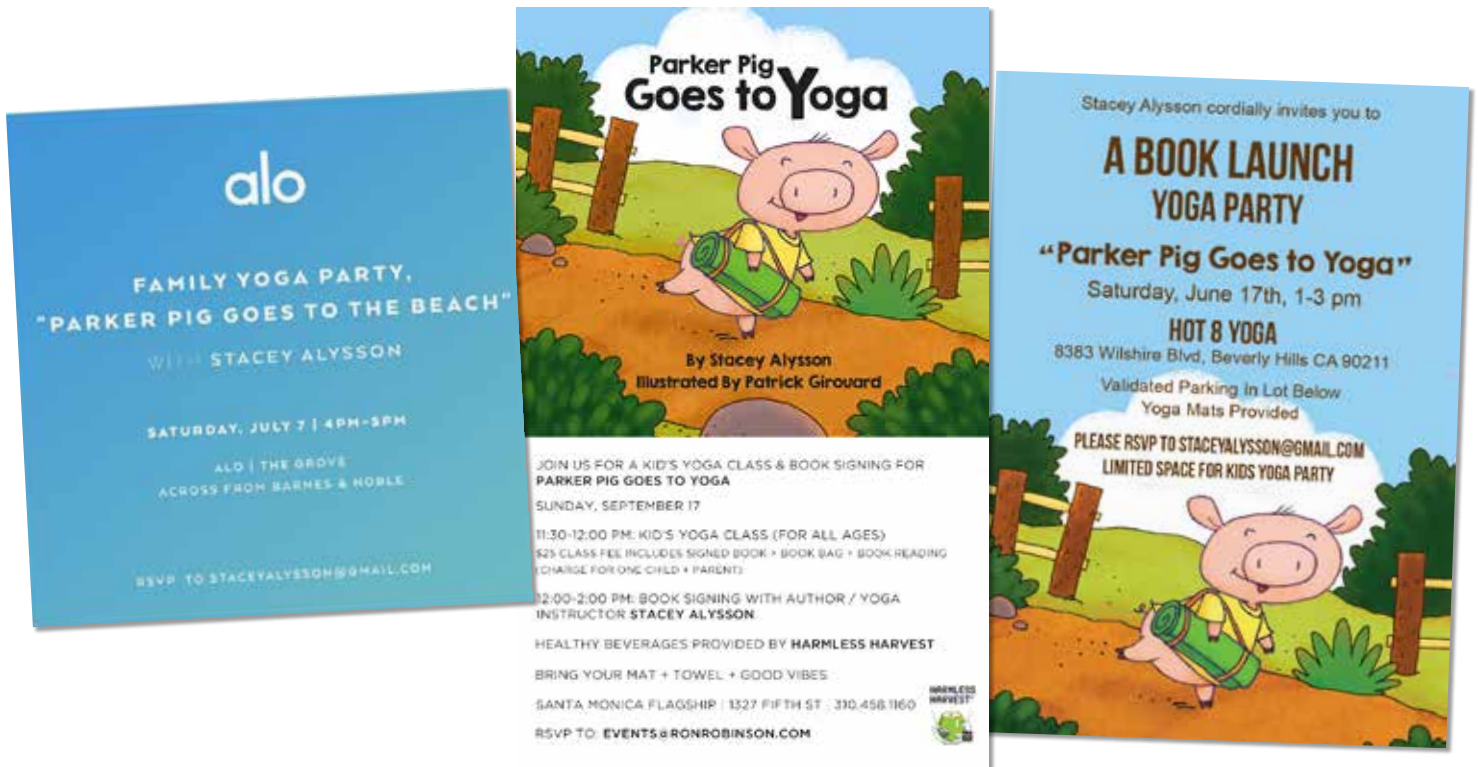


PARKER PIG T-SHIRT \$23.99

Available in blue and white,
child and adult sizes

PARKER PIG YOGA MAT \$25.00

Kids' yoga mat, 24" by 68"



EVENTS

- June 16th: Barnes and Noble The Grove
- June 24th: The Festival of Yoga, San Diego
- June 30th: Mystic Journey Bookstore, Venice
- July 7th: Alo Yoga - The Grove - 4PM
- July 15th: The Grove at Farmers Market, LA
- July 28th: OC Yoga Festival 8AM - 3PM
- August 4th: Shorty Yoga, Beverly Hills - 10AM
- August 12th: First 5 LA - Los Angeles
- September 29th: Westwood Library - 10AM
- September 30th: OC Children's book festival
- October: Bliss Yoga, Palm Springs
- October: San Francisco booking now

+ Special guest author at private elementary and preschool events.

(i.e. January: Glenview Elementry Spanish Immersion School, guest speaker)

STACEY ALYSSON

Stacey Alysson is a certified yoga instructor and mother residing in Los Angeles, California. Stacey's focus is to share yoga around the world with as many children as she can through her books and kids yoga company, Stacey Alysson Yoga. She is passionate about teaching children and sharing the gift of yoga through storytelling, specializing with children 2 to 8 years of age. Stacey completed her teacher training at Hot 8 Yoga in Beverly Hills.



WHERE TO FIND PARKER PIG BOOKS AND PRODUCTS

Amazon

Barnes and Noble

Children's Bookworld

Curated Kids Books

Curative Yoga Pasadena

Egg-Baby NYC Tribeca

Egg-Baby NYC Dumbo

Egg-Baby Bryn Mawr, NY

Egg-Baby Southampton, NY

Egg-Baby Washington DC

Egg-Baby Birmingham, MI

Egg-Baby Boca Raton, FL

Kid Curated Books

Kitross Kids

Los Angeles Public Library

Montage Hotel Gift Shop, Beverly Hills

Mystic Journey Bookstore

Natalie Seaver Boutique

Outside the Box

Pumpkinhead Kids

Tom's Toys Beverly Hills

Shorty Kid Yoga

Soul Play Yoga

Walmart

Yoga NoHo

Zimmer Children's Museum

Zooga Yoga West Hollywood

Zooga Yoga Culver City



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 poses 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 on.

Parker is joined by a variety of animals. A bear, tortle, snake, crocodile, cat, cow, dog, frog, leopard, 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 center 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, Publisher of Blue Heron and Editor in Chief of LA YOGA Magazine

LA YOGA Magazine, By Felicia M. Tomasko, March 8, 2018
 "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.

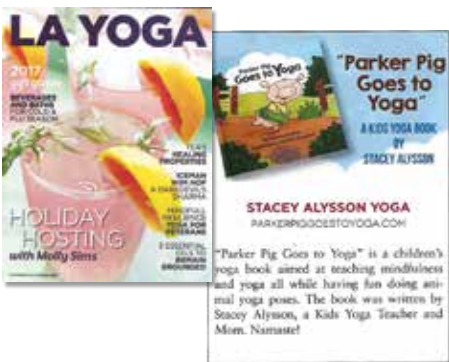
Throughout the entertaining story, we're reminded of some of the instructions that are at the essence of yoga, such as 'It's a Yoga Practice, not a Yoga Perfect.' And at the end, the animals relax for *savasana* and share their inner light with *namaste*.

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

You may be an adult who just loves fun picture books. Or you may be looking for something to gift or read to kids. Whomever you are, 'Parker Pig Goes to Yoga' is a welcome addition to a yogi's bookshelf."

SF YOGA MAG, By Nikita Mehta, January 15, 2018

"Are you a teacher or a care provider that would like to implement a yoga class in your classroom? Or maybe you are a parent that would like to start a home practice with your children. SF Yoga Magazine has the perfect way to introduce yoga into your child's life; 'Parker Pig Goes to Yoga!'"



LA YOGA HOLIDAY GIFT GUIDE, November 2018

beyond the interview

BEYOND THE INTERVIEW, By Sarah Pineda, April 23, 2018

"Yoga isn't about touching toes or encountering a spiritual experience. For Stacey Alysson, it's about mindfulness and stillness, but try teaching that to 300 kids every week."



L.A. PARENT, By Christina Elston, March 25, 2018

"Here, twin sisters Zoey and Sloan, who love to practice yoga together at home, demonstrate the poses and get their *namaste* on."