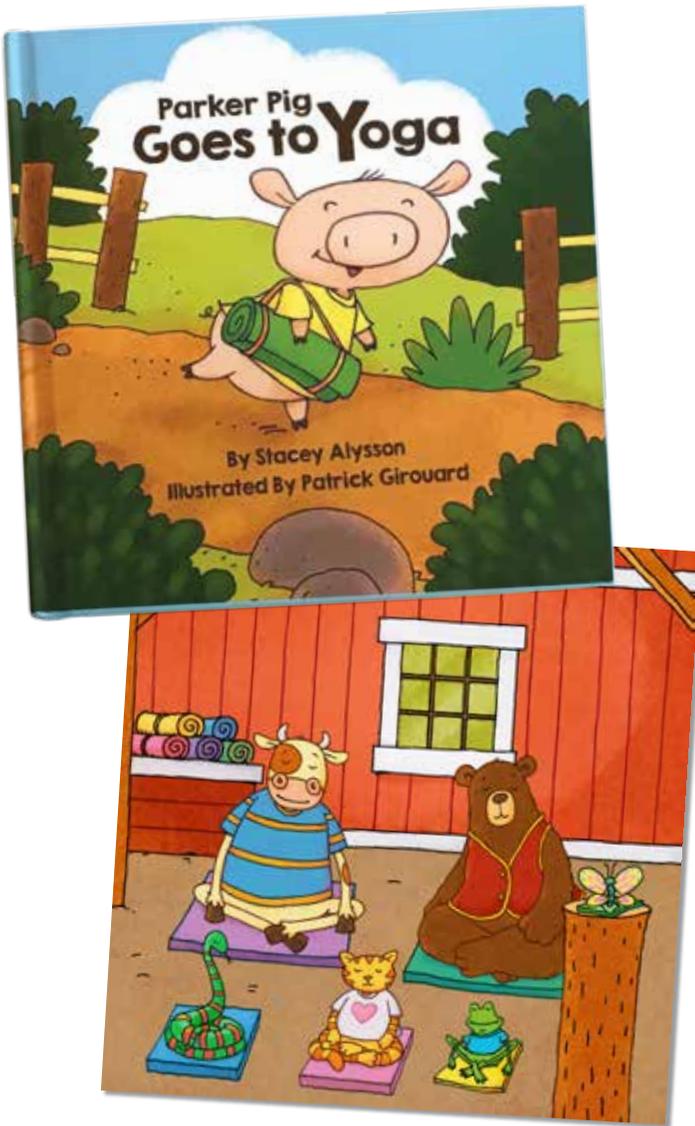




# Parker Pig Goes to Yoga



## “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”

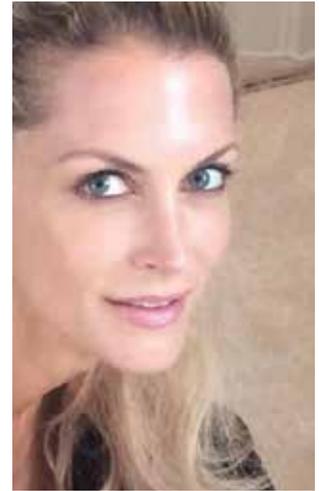
“Parker Pig Goes to Beach Yoga” is about Parker Pig’s day at the beach with her yoga teacher and friend, Ginny the Giraffe. Join Parker and Ginny as they go on an exciting yoga adventure with all their beach friends. Parker discovers you can practice yoga anywhere and with anyone!

Stacey Alysson, Author  
Patrick Girouard, Illustrator

# STACEY ALYSSON

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Stacey Alysson is a Certified Yoga Instructor, RYT, Author and Mom residing in California. Stacey's focus is to share Yoga through storytelling and her Interactive Yoga Book Series.



## WHERE TO FIND PARKER PIG BOOKS AND PRODUCTS

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Amazon

Barnes and Noble

Kitross Kids

Outside the Box

Pumpkinhead Kids

Tom's Toys Beverly Hills

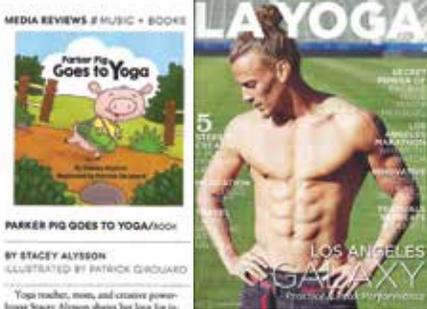
Shorty Kid Yoga

Walmart

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.

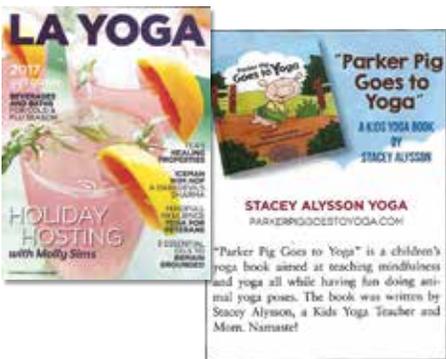
Throughout the entertaining story, we're reminded of some of the instructions that are at the essence of yoga, such as 'It's a Yoga Practice, not a Yoga Perfect.' And at the end, the animals relax for *savasana* and share their inner light with *namaste*.

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."