



# *The Yoga Game Series*

## Teacher's Guide

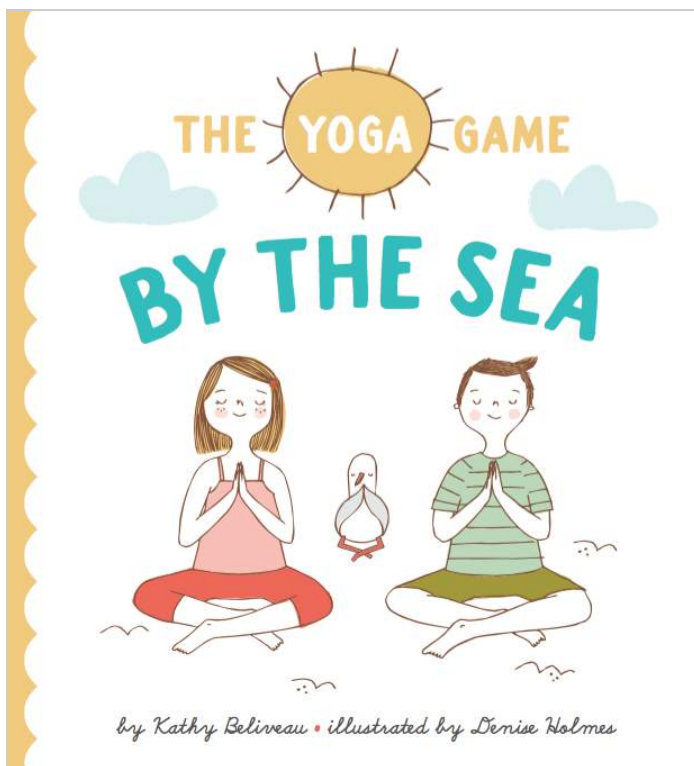
Written by Kathy Beliveau  
Illustrated by Denise Holmes

# THE YOGA GAME SERIES

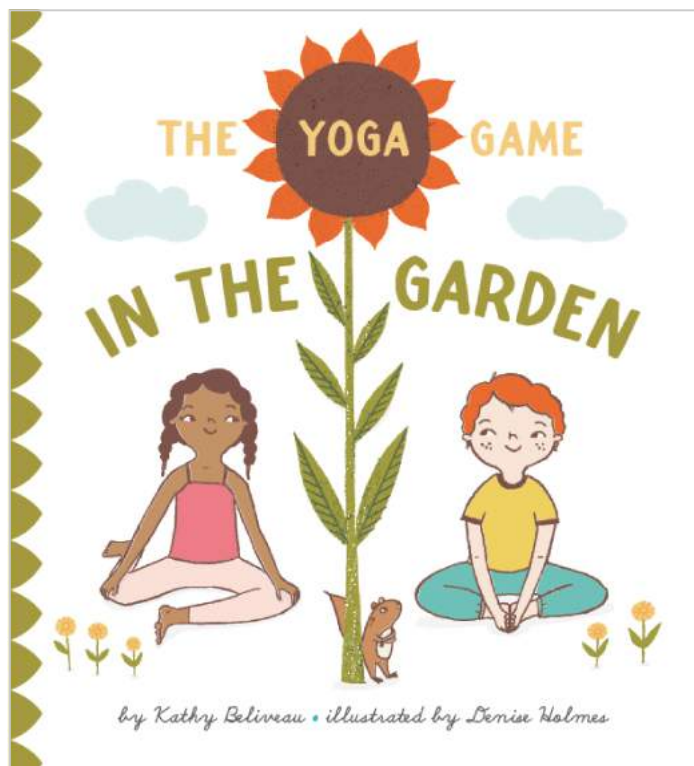
By Kathy Beliveau

Illustrated by Denise Holmes

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*"I recommend this book for every yoga teacher, and to school teachers and parents as well. It's easy to follow and simple to teach." -Padma, Host of Padma™ Yoga Television Series*

## THE STORY

The Yoga Game series offers a user-friendly approach to introducing yoga while playing with language (rhymes), incorporating problem solving (riddles) and supporting the new reader with repetition and visual clues. This fun-filled practice works with breath, body movement and guided visualization to foster focus, flexibility and relaxation in the body and mind.



## ABOUT THIS GUIDE

Nature Education, Daily Physical Activity, Play-Based Learning and Self-Regulation are all current topics in education. The Yoga Game series addresses all of the above. The joy of connecting with nature and the ability to recognize and care for our own needs and the needs of others are powerful tools at any age. This guide compliments The Yoga Game series, providing details of how to do each pose, inspiring mindfulness and presenting numerous variations to use while playing/learning yoga.

The guide illustrates how one yoga pose can create calm while another pose stimulates; one encourages inner reflection, while another allows self-expression. Yoga can be used to introduce topics and lessons, to support smooth transitions and to create meaningful closure. By incorporating the suggestions and activities into a number of subjects, this guide demonstrates how yoga can be integrated into different curriculums.

# WHAT IS YOGA?

Yoga is an ancient practice believed to have originated in India over 5000 years ago. The word yoga comes from Sanskrit and means to unite or bring together. The practice of yoga helps to bring together body, mind and spirit.

While there are many different types of yoga, The Yoga Game series centers around Hatha Yoga, a form of yoga that includes asana (that's yogi for poses or postures) along with breathing practices and meditation.

Yoga is much more than an exercise. Yoga is a way of life that includes exercise, proper breathing and diet, relaxation and positive thought. It is a journey of self-discovery.

## YOGA BASICS

### *Note*

Yoga is normally practiced in comfortable clothes and barefoot, to prevent slipping. A sticky mat is useful, but not essential. Yoga is not a competition! Remember, in yoga, the body is relaxed: the breath is slow and steady. A chime or bell is a peaceful and effective way to focus attention and transition between postures.

### *Belly Breathing*

Begin by noticing your breath. Follow the natural in breath and out breath. Can you feel yourself breathe? How does it feel? Next, lie down on your back. Gently rest your hands on your belly and feel the breath. As you inhale deeply, the belly expands, the hands slowly rise. As you exhale, the belly drops, the hands slowly lower. Allow the breath to become even and steady and notice the body relaxing more and more as the hands rise and fall with each inhalation and each exhalation. Imagine a butterfly, or a tree frog, or a ladybug sitting on your belly. Try to gently raise and lower this little creature with your breath!



**Consider** asking the children if they remembered to breathe last week . . . or yesterday? Breath can be energizing or calming. Breathing is automatic, yet we can choose to breathe mindfully and by doing so we can consciously control our energy.

## HOW TO DO THE POSTURES IN *THE YOGA GAME BY THE SEA*



### *Wiggle your toes and touch your nose*

Sitting on the floor, lift one foot, wiggle your toes and with any finger touch your nose, or . . . holding one foot with both hands, see if you can tickle your nose with your toes! Keep the spine very straight and tall! Then try the same thing with the other foot!

**Consider** encouraging children to experiment with different variations. Offering variations of poses is important to yoga. Try to keep the practice playful and give different options, (or invite children to invent a variation) to ensure success. This posture helps to open hips.

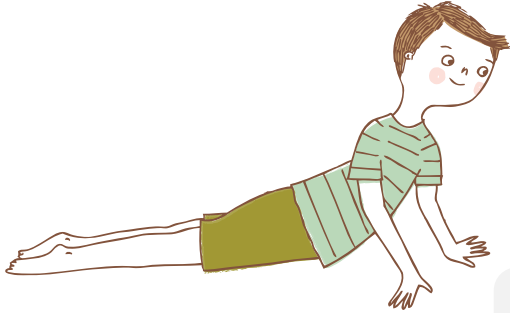


### *Ocean Breath*

Ocean breath is like the Belly Breath using a different exhale. Sitting comfortably, bring your hands to your belly. Take a big breath in through the nose and feel the breath. As you inhale, the belly expands and the hands slowly rise. As you exhale, open the mouth and let out a long sigh. Again, inhale through the nose and exhale with a slow sigh through an open mouth. Follow the breath like waves on the sea. Listen to the waves of your breath!

**Consider** suggesting to children that next time they are feeling the need to slow down and relax, they try doing Ocean Breath. By emphasizing the out breath, we create a relaxation response in the body.

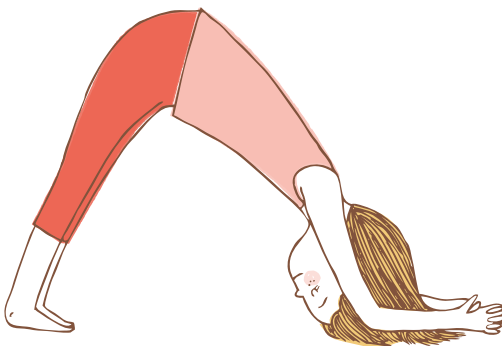
## Seal



Lie face down with hands on the floor slightly in front and out to the sides of your shoulders with your fingers also pointing out to the sides. With the tops of the feet and the hips resting on the floor, lift your upper body away from the floor, supporting your weight in your arms. Allows the spine to relax. Play with the pose, making any necessary adjustments. For example, try bending the arms and relaxing the shoulders. Be sure you are comfortable.

**Consider** asking children to pretend they are a seal. Invite them to make a seal barking sound. A group of children in Seal Pose can raise the energy of a room and sound like a whole chorus of seals by the sea!

## Dolphin



Bring yourself to the floor, on hands and knees (knees hip-width apart and hands directly below shoulders). Now move your hands forward and place your elbows on the floor, just below your shoulders. Clasp hands on the floor in front and make a little triangle with your upper arms. Inhale and push your chest and body away from clasped hands. From this position, do push-ups, pressing body down towards hands then pushing up and away from hands. As you work and tone the upper body, imagine you are a dolphin, leaping and diving into the sea again and again!

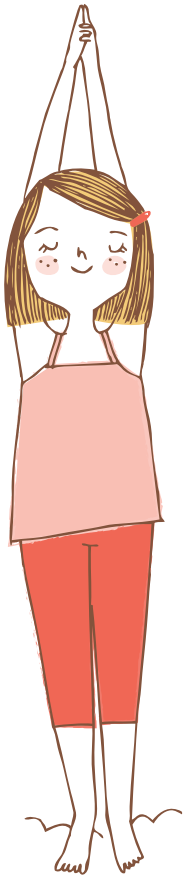
**Consider** asking children to imagine that they are dolphins, leaping and diving into the sea again and again! Tell them dolphins are playful and strong. Ask them what happens when we are around happy creatures like the dolphin? Ask what happens when we are around happy people?



## Rainbow

Begin on hands and knees. Keep right knee on floor while extending left leg and pointing left toes away from the body. For a greater challenge, straighten both legs so they balance, one on top of the other. Shift your weight to your right leg and right hand, and raise your left arm to the sky, opening the body to the left. Now make your body into a beautiful diagonal line with the left arm reaching high to the sky while the right arm supports you. Breathe and balance. Come out of the pose when ready and repeat on other side.

**Consider** asking children to imagine all the colors of the rainbow radiating out from their body. Like magic in the air, they reach high across the sky and decorate the world with colors bright and beautiful! Ask how it makes them feel when they see a rainbow? Ask what happens when they reach out and make someone's world a little more colorful, a little more radiant?



## Moon

Begin by standing with feet parallel and slightly apart, arms at your sides. As you inhale, sweep both arms out to the sides and up, bringing palms together high above your head. Imagine you are drawing the full moon with your arms, hands and fingers as you sweep your arms out and up above your head. Keep your hands together as you exhale and lean your extended arms toward one side, creating a crescent with your body. Inhale, returning your hands to center, reaching the hands up high overhead. Exhale to open and stretch the other side of the body. Inhale, returning your hands to center, high overhead. On your next breath in, see if you can grow just a little taller. On your next breath out, draw a full moon with your arms by sweeping your arms out and down, bringing palms together. Lift the hands to your heart.

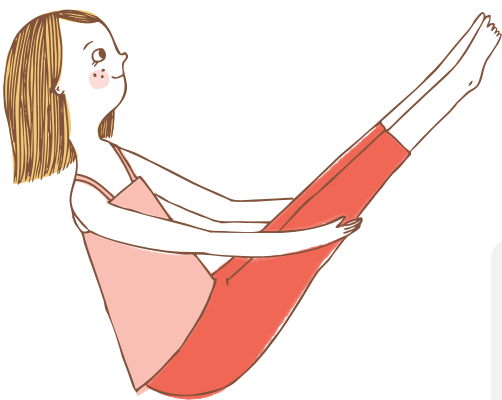
**Consider** inviting children to close their eyes and imagine they can feel the moon's glow.



## Eagle

Stand tall, with feet pointing forward, slightly apart. Shift weight onto right foot and either wrap left leg around the right leg or cross it over the right leg. Now, bend arms and wrap right arm over left, bringing palms of the hands together, or towards each other. (Variations include simply crossing right arm over the left or giving yourself a great, big hug!) Balancing on the right foot, inhale and lengthen spine, holding the head tall. For more of a challenge, try sinking deeper into the pose by bending the knees while raising the elbows up a little higher. Now hold the pose, breathe and balance. Repeat on the other side.

**Consider** asking children to choose a focal point or suggest something for them to look at. While balancing in Eagle Pose, ask them to use this focal point to keep their gaze steady. Next, invite them to glance around the room. See if they notice what happens to their balance when they lose their focus.



## Boat

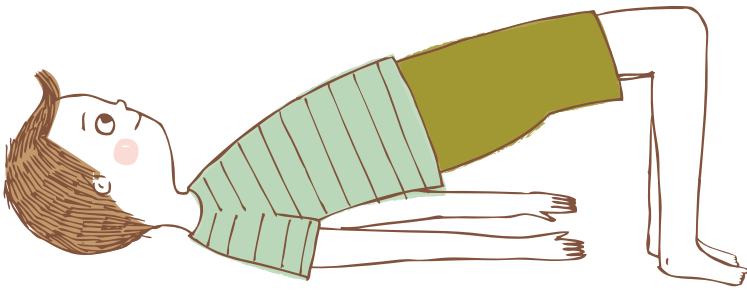
Sit tall with your knees bent and your feet on the floor. Grab the back of your thighs with your hands and lean back to lift your feet off the floor and balance. Keeping the spine straight, try to lift your legs higher, creating a V with your body. Now balance and breathe. Feel the core of the body holding you in place.

**Consider** asking the children, “Where do you want to go? Are you relaxed? Are the waters calm?” (Here’s a tip: Smiling always helps us relax in a yoga posture . . . and in life.)

## Bridge

Lie on your back with your feet on the floor (heels right below the knees), and your arms relaxed at your sides. Press into your heels and lift your hips away from the floor, creating a bridge with the body. Try to make a line from your knees to your hips to your shoulders. Hold the bridge steady for a few breaths.

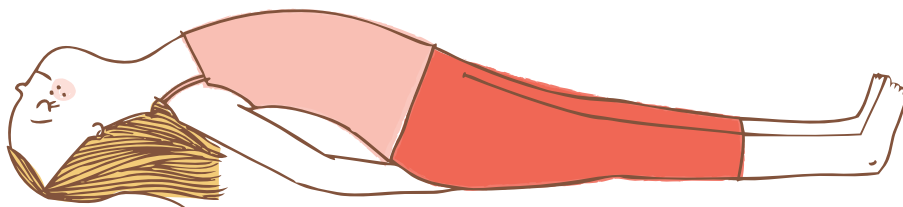
**Consider** inviting the children to pretend their breath controls their bridge. Make it a game! Imagine there's a boat coming. Inhale to lift the bridge; exhale to lower the bridge. (Oh . . . here comes another boat!)



## Fish

Begin by lying on your back with arms at your sides. Tuck your hands (palms down) under your bottom. Squeeze elbows close to your sides. Press down through the elbows as you lift your chest toward the sky, allowing the head to tip back if this is comfortable for your neck. Breathe deeply. Feel a nice opening and stretch through the chest and throat area. To come out of the pose, press through the elbow as you lift the head, tuck the chin and slowly bring the spine back down.

**Consider** exploring with the children how Fish Pose can help us lift our heart and lighten our mood.



## Clam

Begin sitting with the soles of the feet together. Clasp the outside of each foot with your hands. Now imagine the upper body is the top half of a clamshell and the legs are the bottom half of the shell. As you bend the body forward, close your shell! Take a deep breath in as you slowly open your shell. Let a long breath out as you gently close your shell. Open. Close. Breathe in. Breathe out. Connect your breath with the movement.



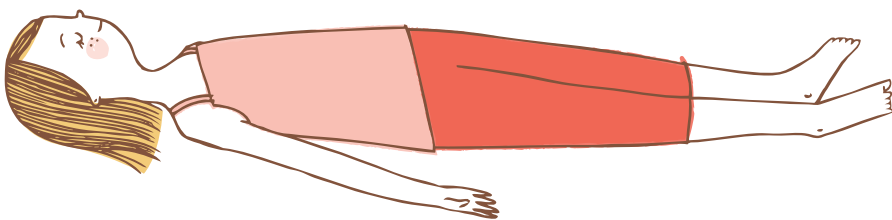
**Consider** inviting children to spend a little time inside their shell. Explain that sometimes when we pause, we notice special things. Ask children to imagine there are pearls inside their shell. Ask children, “What is special inside your shell? What is special in you?”

## Cloud (Savasana)

Lie on your back on the floor. Lay your arms at your sides, slightly away from your body, palms facing up. Allow your feet to fall gently off to the sides. Close your eyes. Notice the belly rise as you inhale and fall as you exhale. Follow the waves of your breath. Feel the body relaxing into the floor.

**Consider** inviting children to imagine they are drifting on a calm blue sea, or floating on a white fluffy cloud. Encourage them to imagine that their body is weightless, light as a feather drifting in the breeze. They are happy, peaceful and relaxed.

Yoga is a practice. Whether we are stretching and balancing, or practicing to relax the body and mind, the more we practice, the better we get. The ability to relax our minds and bodies at will, to focus our attention and to visualize can help us transform stress to serenity and chaos to calm.



## HOW TO DO THE POSTURES IN *THE YOGA GAME IN THE GARDEN*



### *Wiggle your toes and touch your nose*

Sitting on the floor, lift one foot, wiggle your toes and with any finger touch your nose, or . . . holding one foot with both hands, see if you can tickle your nose with your toes! Keep the spine very straight and tall! Then try the same thing with the other foot!

**Consider** encouraging children to experiment with different variations. Offering variations of poses is important to yoga. Try to keep the practice playful and give different options, (or invite children to invent a variation) to ensure success. This posture helps to open hips.



### *Bumblebee*

Sit with a straight back. Imagine a string at the top of your head, pulling you up so that you sit a little taller. Place hands on knees and close the eyes. Inhale deeply through the nose. Drop head slightly, bringing the chin towards the chest. The mouth is softly closed. Next, exhale through the nose while making a strong, deep humming sound like a bumblebee! Play with the sound. Hum low. Hum high. Cup your hands over your ears and hum as long as you can, before taking another breath and humming again. Feel the sound vibrations fill your head and body.

**Consider** asking children if they ever feel scattered or anxious. Discuss how that can feel and explain to them that when we feel scattered or anxious, the sound vibration in Bumblebee Breath can help us slow down, relax and feel more peaceful.

## Caterpillar



Sit tall on sit bones with legs extended. Inhale to lengthen through the spine. As you exhale, gently fold forward, allowing the spine to round and the head to drop down towards the knees. Bring hands along the sides of the legs and come to a comfortable place where you naturally stop. If you find this too challenging, try bending the knees. Relax into the pose. Let the breath be steady and slow. This pose symbolizes the power of transformation and offers an inward focus.

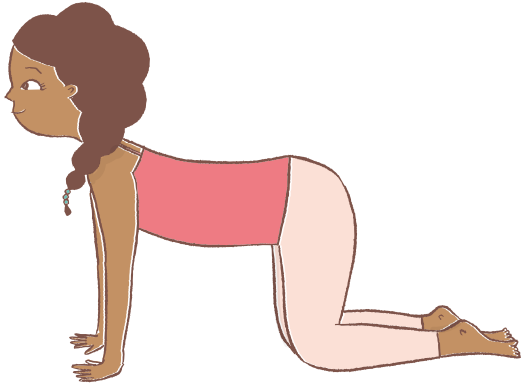
**Consider** inviting children to imagine what caterpillars might be thinking as they fold forward. Ask, “Do you think the caterpillar dreams of becoming a butterfly? What do you dream of becoming?”



## Butterfly

Sitting on the floor, bring the soles of the feet together. Hold the feet with hands, drawing feet in close to the body so that knees and legs fall open, forming the shape of wings. While sitting tall and holding feet, flutter bent legs gently up and down like butterfly wings.

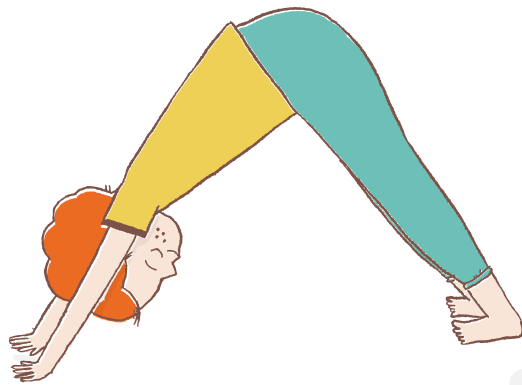
**Consider** asking the children to imagine they are butterflies, flitting here and there. The metamorphosis of a butterfly is symbolic of faith. It symbolizes trust in life. Ask children, “What can we learn from the butterfly? How can we learn to accept change with grace?”



## Cat

Begin on hands and knees, with hands directly below shoulders. Knees are hip-width apart. Spread fingers wide like claws on paws. Inhale and allow the belly to dip down as the head rises up. Exhale, drop head with the chin moving towards your chest as you arch your back high and round like a spooked cat. Repeat the arch and stretch three to five times, remembering the breath with the movement. Inhale to dip. Exhale to arch. You can meow like a cat and even purrrr to show how good it feels! Try a long, slow hissssss as you arch like a scaredy-cat.

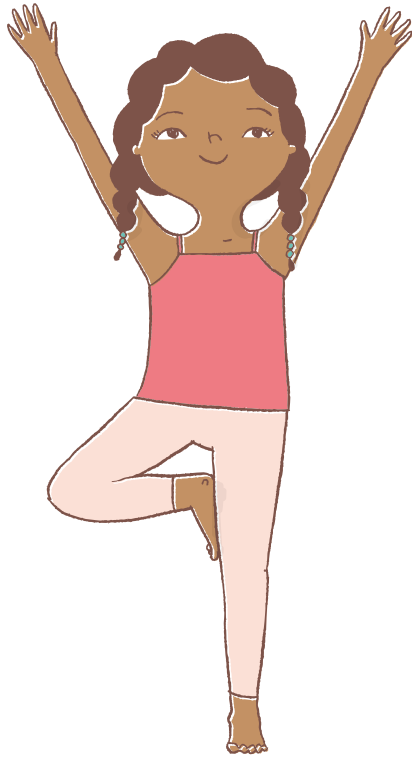
**Consider** this! Are cats happy because they are so flexible . . . or are they flexible, because they are so happy? Ask the children, “How can we become more flexible in our bodies? How can we become more flexible in our lives?”



## Dog

For Downward Dog, begin on the floor on hands and knees. Knees are hip-width apart and hands are directly below shoulders. Create an upside down V with your body by curling your toes under and straightening the legs. Try pressing your sit bones toward the ceiling and your heels towards the floor, keeping the head in line with the spine. Just for fun, you can ‘wag your tail’ by bending first one knee and then the other and swinging your hips from side to side.

**Consider** inviting children to imagine they are dogs howling at the moon!



## Tree

Stand tall with feet pointing forward, slightly apart. Breathe out and imagine sending your energy down through your body, down through your legs, through your feet and deep into the earth like roots. As you breathe in, draw the earth energy up into your feet, up through your legs and into your body. Feel balanced and centered. Now shift all your weight onto your right foot and bring the left foot to the inner thigh of the right leg (or let it rest just below the knee, or at the ankle, or even touching the floor). Balancing on the right foot, bring your palms together at heart center and as you breathe in, raise your hands and arms up and then let arms open out like branches on a tree. Hold, breathe and balance. Repeat on other side.

**Consider** asking children why it is important to have strong roots. Discuss how a strong root system allows trees to move and blow in the wind without falling over.



## Frog

Squat down on the balls of your feet with heels up off the floor. Bring the arms and elbows to the inside of the bent knees so that the fingers are touching the floor. Hold the head high and straighten the back, opening through the shoulders. Be very still. Just for fun, see if you can catch a fly by flicking the tongue out and in again with split-second timing!

**Consider** jumping deeper into this pose by offering variations and ideas for discussion. Sometimes frogs stay still . . . and wait for a fly. Sometimes they hop about and jump very high! Invite children to hop about, being careful not to bump into each other. They can make “ribbit” sounds. If there are many children, ask them to sing like a chorus of frogs. For the frog, a balanced life includes many different activities (swimming, hopping, climbing trees, croaking, etc.). Ask children, “What can we learn from the frog?”



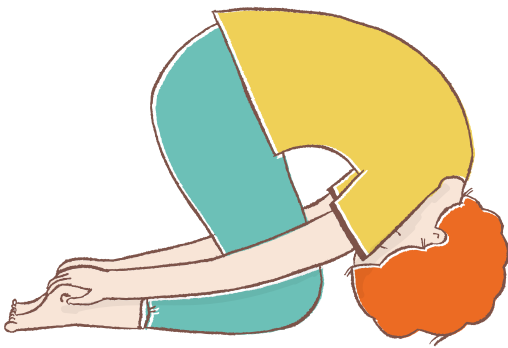
## Deer

Sit on the floor with both legs bent and off to the same side. Now bring one leg out in front and slide the other leg back behind you. Try to keep the body upright. For comfort, you can bring a hand next to the front bent knee and lean slightly in this direction. Flexing the feet protects the knees. Repeat on the other side.

**Consider** asking the children if they can sit as still and gracefully as a deer.

## Rabbit

Begin by kneeling and sit back towards the heels. Place palms on heels with fingers pointing towards your toes. Clasp the feet. Inhale, lengthening the spine. Exhale, tucking your chin, lifting your bunny tail and curling your body forward until the top of your head nearly touches the floor. Use your arms and hands to hold the body in place so the head does not touch the floor. Try bending your elbows to activate the arms. Look in towards the belly button. To release, sit back on shins and heels with the toes pointing back. Place hands on the lap.



The Rabbit Pose can be challenging for some. Feel free to change the position so that you are comfortable. For example, creating more space between the heels or not leaning as far forward.

**Consider** inviting children to be as quiet as a rabbit. Rabbits are silent but they love to wiggle their nose. Ask the children if they can wiggle their nose. Ask the children if they can wiggle their ears.

## Flower



Begin this seated balance pose by sitting on the floor and bringing the soles of feet together, creating a circle with your legs. Bring hands together inside the circle. Scoop your hands under the ankles. With palms facing up, slowly lean back, lifting one foot and then the other, trying to balance on the sit bones. See if you can make a beautiful flower, balancing your legs in the air with your hands.

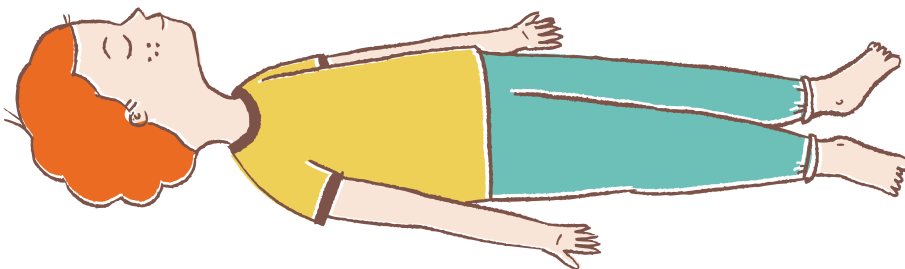
**Consider** inviting children to make a bouquet of flowers by sitting close in a circle and holding hands (under the ankles) as they balance in Flower Pose.

## Cloud (Savasana)

Lie on your back on the floor. Lay your arms at your sides, slightly away from your body, palms facing up. Allow your feet to fall gently off to the sides. Close your eyes. Notice the belly rise as you inhale and fall as you exhale. Follow the waves of your breath. Feel the body relaxing into the floor.

**Consider** inviting children to imagine they are drifting on a calm blue sea, or floating on a white fluffy cloud. Encourage them to imagine that their body is weightless, light as a feather drifting in the breeze. They are happy, peaceful and relaxed.

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## Transitions, Tools and More Yoga Fun

Yoga can be a powerful way to manage transitions. Consider using yoga poses as a creative approach for transition periods throughout the day in order to maintain flow (and control) as you move from one activity to the next. For example, the Clam Pose allows children to take a moment to check in before moving on to the next activity. Ocean Breath and simple Belly Breathing are also very calming. If you need to liven things up, the Dolphin or Frog Pose can be very stimulating. In a group situation, one might use the Moon Pose (moons are silent!), or Eagle Pose, or Tree Pose while waiting in line. Carpet time can begin with Butterfly Pose or Bumblebee Breath to bring the energy together. If there is a little down time (rest), invite the children to climb inside their clamshell and notice their breath, or enjoy a little time in Cloud Pose.

A Yoga Game mini practice:

For very young children or when time is restricted, one may choose to simply do standing poses, or seated poses, or floor poses.



Pick a Pose:

Highlight the “Pose of the Day!” Feature one pose each day / week / session and take time to explore the pose in more depth, adding variations, etc.

Show and Tell Yoga:

Give children the opportunity to show their favorite pose and tell about it. (Which is their favorite? What do they like about it? How does it make them feel?)

Mix and Match:

Once children are familiar with the poses, you can vary the game. For example, in Tree Pose one might ask, show me a tree on a sunny day, a windy day, a cold day. Or show me a shy seal, a silly seal, a bored seal, etc. Bring in the elements, emotions and personality traits, encouraging them to act these out with their body language. Let them play with the poses.

Create a Yoga Skit:

Either on their own, or in groups, encourage children to create and perform a story/skit, using various yoga postures. (e.g. Once upon a time there was an eagle who lived in a tree.)



### Self-Regulation:

Yoga can be a powerful tool for introducing the concept of self-regulation to young children. The invitation to notice how the body is feeling in various yoga poses helps us to connect with the body and become more mindful on many levels. The use of breath, imagination, visualization and body awareness to help calm and relax the body and mind can be extremely effective.

Poses such as forward folds reduce outside stimulation. In Clam Pose (or Tortoise Pose) we tuck our head and draw our attention away from the outside world to focus on our inner world. Safe and quiet inside our shell, we notice our breath, we notice how our body is feeling and we notice our thoughts. You might ask, “Do you feel comfortable and at home in your shell? Do you feel comfortable and at home in your body?” Ask students, “How can we help ourselves feel more comfortable and relaxed?” (See Belly Breathing and Ocean Breath.)

Cloud Pose (Savasana) offers an opportunity for interesting conversations exploring visualizations (imagine you are . . .) and thoughts around favorite places in our minds. One can guide the visualization or ask children to picture a happy place in their imagination. For example, “Where do you go to feel completely relaxed and at peace?”

## Common Core / Curriculum Connections

### Language Arts:

The Yoga Game series can be used as a jumping off point for various reading and writing activities. The structure and patterns of the language, including sound devices such as rhyme, repetition and alliteration make reading it aloud engaging and fun. The riddles provide an opportunity for problem solving and the visual clues in the illustrations support the emerging reader.

Allow children to tap into their own imagination and creative expression through drawing or writing practice using yoga poses as a starting point. (“If I was a bumble-bee” or “If I was a rainbow” etc.)

### Write a yoga riddle:

Choose a different pose, (or invent a new one) and write a riddle for this pose.



How to write a riddle:

Work backwards. First pick your answer. Then, imagine your object/creature speaking to you; describing itself, telling what it does. Then make that into a little poem.

Art:

Art activities might include drawing/coloring/painting a yoga pose and including in the picture what we see and what we don't see. For example the illustration might show a tree with branches reaching to the sky and roots growing deep into the earth.

Children may also enjoy creating with various materials of their choice. For example, clay, play dough, plasticine.

Health and Well-Being:

The practice of yoga includes nourishment through a healthy lifestyle, diet and positive thought. Incorporate these ideas into lessons, bringing awareness to how we feed our body (striving to replace fast food/junk food with healthier food choices), and to how we feed our mind, becoming aware of negative and self-defeating thoughts. For example, replacing thoughts like, "I'm not smart enough, I'm too small, I will never be good at this . . ." with more positive and empowering thoughts, such as, "I will try. I am strong. I am a star!"

## Did you know? ★



A Yogi is a person who practices yoga.

Asana, (ah-san-ah) means comfortable pose or posture. Pranayama, (pran-na-ya-ma) means breathing exercise or control of energy. (Prana = energy yama = control of)

Savasana, (sha-va-sa-na) means Corpse Pose and for children, is sometimes referred to as Floating Cloud Pose or Relaxation Pose. It is done at the end of a session as an integration period and a time to relax and recharge the body.

Namaste, (nah-mah-stay) is a greeting meaning, "the best in me sees the best in you" or "the spirit in me honors the spirit in you." It is often used at the beginning and/or end of a yoga session. Everyone brings the palms of their hands together at the heart center and greets each other with the word, Namaste.

Om, is a simple chant with a complex meaning. It is often chanted three times at the start and finish of a yoga session. Om is considered the whole universe (uni-verse, one-song) in a single sound and represents the union of mind, body and spirit.

When chanted, the sound of Om consists of three syllables: a, u, and m.



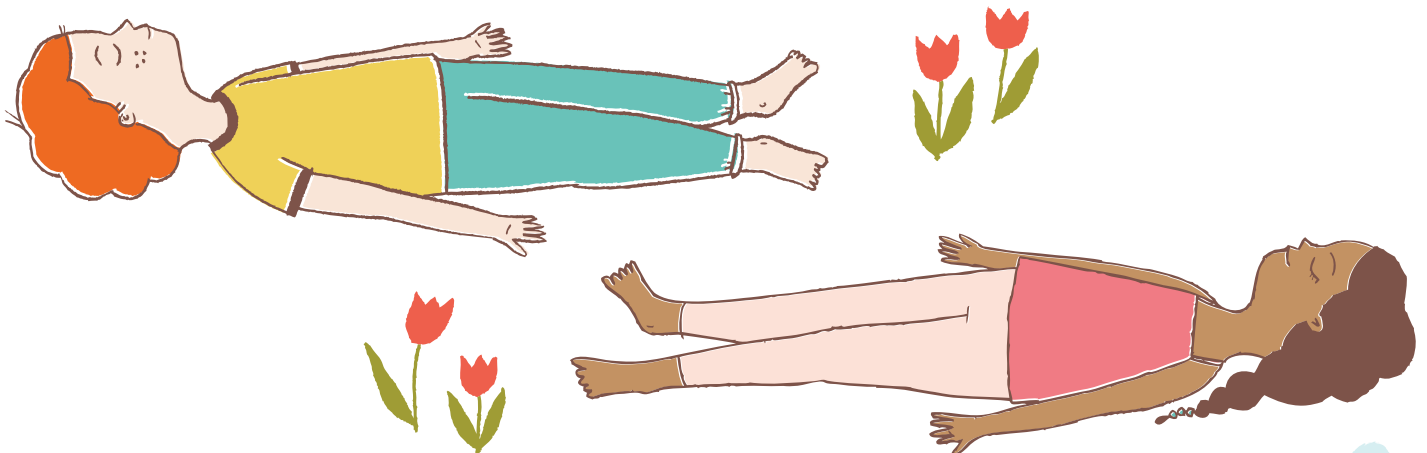
The practice of chanting Om is done by taking a deep breath and, on the exhalation, opening the mouth and singing out the sound, “aaaaaooooommmmm.” For fun, you can place your hand on your chest and enjoy the vibration this sound makes in the body!

Meditation, is a way to relax and become more mindful. Whenever we sit, or lie down and observe the mind, we are actually meditating. The difference between meditation and napping, daydreaming or zoning out is that during meditation we are paying attention. By becoming still and following the breath, we discover a peaceful place inside.

Meditation calms the mind, brings a sense of clarity and soothes the nervous system.

Yoga in Schools:

To “Om” or not to “Om” . . . that is the question! At least, that can be the question in some schools. Chanting Om, greeting one another with Namaste, or using other yogic traditions can represent different things to different people. Some consider yoga a science. Others consider it a spiritual practice. The debate appears to be endless. In keeping with the meaning of yoga (to yoke, to unite, to bring together) it may be wise for those who teach yoga in schools to honor people’s beliefs around this and adjust the practice accordingly.



# Sanskrit Glossary

Many Sanskrit names can be broken down into two parts. For example, kurma means tortoise and asana means pose, so connecting the two together gives us, Kurmasana, Tortoise Pose! Simha means lion and asana means pose, so Simhasana means Lion Pose!

Here are some more:

Bumblebee Breath: Bhramari  
Bhramari = Bumblebee

Cat Pose: Marjaryasana  
Marjari = Cat

Mouse Pose(Child's Pose): Balasana  
Bala = Child

Eagle Pose: Garudasana  
Garuda = Eagle

Frog Pose: Mandukasana  
Manduk = Frog

Fish Pose: Matsyasana  
Matsya = Fish

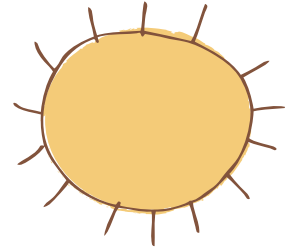
Tree Pose: Vriksasana  
Vriksha = Tree

Cobra Pose: Bhujangasana  
Bhujanga = Cobra

Mountain Pose: Tadasana  
Tada = Mountain

Camel Pose: Ustrasana  
Ustra = Camel

Boat Pose: Navasana  
Nava = Boat



## About the Author

Kathy Believeau loves nature, books, music, yoga and swimming in the sea! Her passions shine through in her writing and in her presentations and workshops. Raised in Lantzville, a small seaside community on Vancouver Island, Kathy traveled, sailed and explored extensively before returning to her hometown to plant deep roots and raise a family of her own.

Kathy has studied Children's Yoga and Yoga Safety and is a Certified Yoga Instructor. She writes for children and adults and has enjoyed recognition in literary magazines. Her children's stories entertain primary grades and preschools; they have been performed by a Storybook Theater and used by special needs programs. Visit Kathy at [www.kathybeliveau.ca](http://www.kathybeliveau.ca)

## About the Illustrator

Denise Holmes grew up in a suburb of Detroit with her mother and enormous extended family. She has been drawing since the age of three, starting with portraits of her aunts and uncles. Denise attended The School of The Art Institute of Chicago, earning her BFA in 2003. She has been illustrating professionally ever since. She currently lives in Chicago, IL, with her husband and daughter. Most mornings you can find her encouraging her little girl to guess the yoga pose. You can see her work and read about her latest adventures at [www.niseemade.com](http://www.niseemade.com)