Hello, Sun!
A Yoga Sun Salutation to Start Your Day
by Sarah Jane Hinder, illustrated by Sarah Jane Hinder

The first picture book to introduce young children to yoga’s beloved sun salutation flow.

Step back and gaze forward, saluting the sky.
Warm light shining brightly and clouds floating by . . .
Hello, Sun!

Sarah Jane Hinder’s wonderful new picture book guides kids through a morning sun salutation yoga flow. The latest from the co-creator of the beloved Good Night Yoga and Good Morning Yoga series gives children a great way to connect with their bodies and calm their thoughts before jumping into the adventures of the new day. Sarah Jane Hinder’s bright color palette and playful illustrations are filled with nature imagery and fun details for children to find. Beginning and ending with Mountain Pose, children follow along with ten classic postures as they learn to breathe, stretch, and greet the day.

For parents, grandparents, teachers, and childcare providers, Hello, Sun! is a heartwarming way to introduce our children to the wonders of yoga, and help set them up for a happy, mindful day. Includes a complete illustrated flow of poses, as well as a brief history of Sun Salutations and a special Sunshine Meditation.

Author Bio

Sarah Jane Hinder, illustrator, creates acrylic artwork for a variety of children’s books, including Good Morning Yoga, The Three Little Pigs, and The Elves and the Shoemaker. She lives in Manchester, England, with her husband and two chihuahuas. See sarahjanehinder.com.
Dinosaur Yoga
by Mariam Gates, illustrated by Matthew Rivera and Sally (Saliha) Green

Bend your scaly knees, raise your talons into the air, and learn yoga alongside your favorite dinosaurs

What kid hasn't pretended to be a roaring, stomping dinosaur? Dinosaur Yoga channels that imaginative play into a lesson with lifelong benefits.

The latest picture book from Good Night Yoga author Mariam Gates, Dinosaur Yoga combines two things that children love for a fun and educational romp through prehistory. Kids are encouraged to follow along as triceratops, pterodactyls, tyrannosaurs, and many other dinosaurs set aside their differences and engage in a lively yoga session. Featuring a parents’ guide to the depicted postures and a glossary of dinosaurs, this is a book for young readers who like to get up, move, and imitate their favorite thunder lizards.

As the creator of the celebrated Kid Power Yoga, Gates knows that teaching children yoga sets them up for better habits of flexibility, fitness, and self-soothing. With Dinosaur Yoga, kids can stomp, stretch, and snort their way to skills that will serve them for a lifetime.

Author Bio

Mariam Gates holds a master’s in education from Harvard University and is the creator of the renowned Kid Power Yoga. She is the author of the bestselling Good Night Yoga and many other yoga-related books for children. She lives in Northern California. For more, see mariamgates.com.
Happy Right Now
by Julie Berry, illustrated by Holly Hatam

It’s okay to be happy, sad, and everything in between—as kids will discover through this helpful book on understanding your emotions and choosing happiness when you can.

I’ll be happy when I get a puppy, a unicorn, an ice-cream sundae, and a castle, with a friendly dragon. Or, I can be happy right now.

Happy Right Now brings a much-needed message to kids: it’s great to feel happy, but it’s okay to feel sad sometimes too. Dealing with emotions can be hard. Children experience the same range of strong feelings as adults, but often don’t have the tools to deal with them. For children ages 4 to 8, Happy Right Now teaches about emotional intelligence with fun, relatable imagery and clever rhymes.

Award-winning author Julie Berry brings a playful bounce to the lesson that kids don’t need to wait for fantastic gifts, school vacations, or sunny days to find joy in the moment. And even if they can’t find a way to choose happiness—if the blues are just too strong—Berry provides a series of quick practices for readers to understand and move through their sadness. Happy Right Now is perfect for children, parents, and caregivers who want to learn how to navigate difficult emotions and embrace the bright side of any situation, rain or shine.

Author Bio

Julie Berry is a prolific author of critically acclaimed books for children, including middle grade and YA novels. Her book The Passion of Dolssa was a 2017 Printz honor title. Julie is active with school visits and conference appearances. For more, see julieberrybooks.com.
Yeti and the Jolly Lama
A Tale of Friendship
by Surya Das, Lama, illustrated by Vivian Mineker

Themes of compassion, friendship, and the calming power of meditation weave through this Tibetan legend of a gentle hermit and a hungry Yeti, adapted into a children's picture book by American Tibetan Buddhist teacher and bestselling author Lama Surya Das

Gather around, children, and hear a tale from far-off Tibet, the fabled Land of Snows. Surely you have heard of it, the mountain home of the legendary Abominable Snowman.

In this heartwarming story, a friendly old hermit faces a hairy, scary yeti. What happens next is the stuff of legends.

Inspired by an authentic Tibetan teaching story, The Yeti and the Jolly Lama shows us how lovingkindness calms rage and friendship builds bridges.

Told here by Lama Surya Das, this playfully illustrated tale encourages children ages 4–8 to meet what we're afraid of—around us and in ourselves—with curiosity, tolerance, generosity, and compassion.

Author Bio

Lama Surya Das is one of the most learned and highly trained American-born lamas in the Tibetan Dzogchen tradition. For over 30 years, he has studied with the great spiritual masters of Tibet, India, and Asia. Born Jeffrey Allen Miller, he left home for college in the 1960s; went to Woodstock; marched in anti-war rallies in Washington; graduated Phi Beta Kappa from SUNY, Buffalo; then went to India and Asia on a spiritual quest. Lama Surya Das is the founder of the Dzogchen Foundation and the author of many books, including Awakening the Buddha Within and Awakening to the Sacred.