

*Banjo couldn't scream or shout
Lion pose has helped him out*



*Dancer's pose upon my paw
Helps me grow a little more*



About the Author

Monica Batiste has worked in the fitness industry for twenty-eight years with yoga, personal training, nutrition, group exercise, personal development and natural therapies.

Concurrently trained in fine art and studying for her BA in Creative Writing she launched her career as an author in 2011 with her first book *Simply Yoga* and since then has released a meditation CD *Your Perfect Body*, and *Yoga Diary 2013*. She lives with her husband in North Brisbane and between them they have four daughters and six grandchildren.

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YOGA for Little Bears



For Parents, teachers and children
Written and Illustrated by
Monica Batiste
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Bend Breath Balance Believe

Helping small people achieve



Yoga for Little Bears

Yoga is gaining popularity for its ability to decrease stress, improve health and raise self-esteem. The schools that have applied yoga to their classroom have reported an improvement in:

- Learning and concentration
- Listening skills and following directions
- Happiness and self-esteem
- The ability to de-stress when feeling overwhelmed
- Greater ability to control emotions
- Decrease in obesity
- Improvement in flexibility

Yoga for Little Bears grows emotional intelligence. It uses language from *The Virtues Project* to:

- Raise self-esteem

- Decrease bullying
- Increase confidence
- Enhance self-regulation
- Improve interpersonal and intrapersonal skills

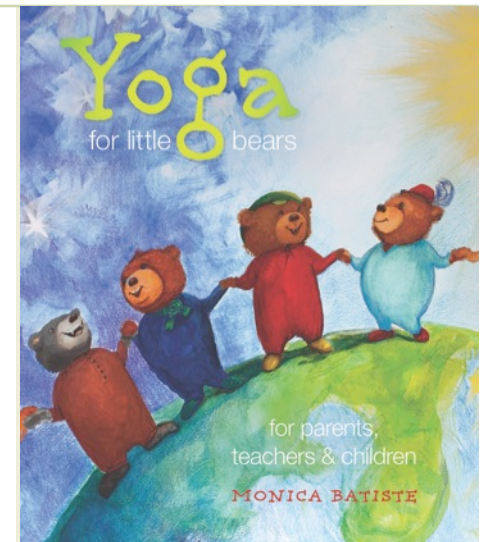
Brain Gym

- Increases whole brain learning
- Increases neural activity and development
- Increases intelligence

Yoga for Little Bears illustrations are fun and easy to understand; they support the reading of visual text for ages 3-9. The poetry can be read *to* the 3-6 year old and read *by* the 6-9 year old. The author has created original illustrations to suit the Australian climate.

Yoga for Little Bears supports the positive direction parents and educators are taking.

'I LOVE this little book! It is pure joy! It's easy to follow, wonderful drawings and leaves you feeling uplifted!' *Jane Todd*



Meet the Author

Art exhibitions

Redcliffe Art Gallery and Library
foyer - June 2014

Arana Hills Library – September
(2 – 30)

Noosa Library November 2014

Burpengary Library – December
2014

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