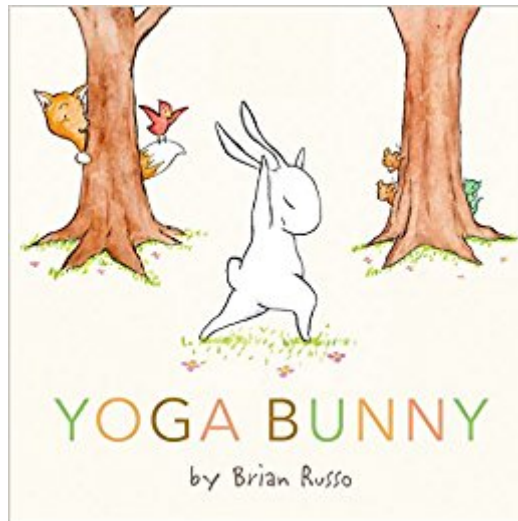


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# Yoga Bunny



## Synopsis

Even bunnies do yoga! It's a perfect day for yoga, and Bunny is practicing his poses and wishes his friends would do yoga with him! But Lizard is too tired, Fox is in a rush, and Bird has the hiccups. Will Bunny ever be able to get his friends to slow down and realize that yoga just might be the solution to their problems? Akin to *I Am Yoga* by Susan Verde, *Yoga Bunny* helps readers relax and unwind as they learn beginning yoga poses, from downward dog to tree pose. Debut author-illustrator Brian Russo shows readers just how relaxing yoga can be.

## Book Information

Hardcover: 40 pages

Publisher: HarperCollins (December 6, 2016)

Language: English

ISBN-10: 0062429523

ISBN-13: 978-0062429520

Product Dimensions: 9.4 x 0.3 x 9.2 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars 24 customer reviews

Best Sellers Rank: #46,401 in Books (See Top 100 in Books) #63 in [Books > Children's Books > Animals > Rabbits](#) #235 in [Books > Children's Books > Sports & Outdoors](#) #1033 in [Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Friendship](#)

Age Range: 4 - 8 years

Grade Level: Preschool - 3

## Customer Reviews

Yoga Bunny

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PreS-Gr 2 **Yoga Bunny** likes to practice yoga outside his woodland home. As he performs his poses, he tries to get his friends Lizard, Fox, and Bird to join, but everyone is too tired, angry, or busy. Eventually, led by the mice, the other animals decide to join Bunny, and they find that yoga helps lessen the negative feelings they had at the beginning of the tale. The illustrations are made from colored pencil and watercolor and are based on the author's existing *Yoga Bunny* illustrations and website. They show Bunny doing different yoga poses and are intricately drawn to match real-life poses. Unfortunately, the plot is thin and has an overly simplistic conclusion. The endpapers

include drawings of Bunny doing additional poses that aren't featured in the story. The use of yoga and mindfulness practices in classrooms has grown in recent years, so there may be an audience for this book. Pair it with Lauren Alderfer's *Mindful Monkey, Happy Panda* and Susan Verde's *I Am Yoga*. VERDICT A serviceable addition for those looking to expand their collection of titles about yoga and mindfulness. —Celia Dillon, The Brearley School, New York

“The sweetly simple illustrations, along with Bunny doing a wide range of poses on the endpapers, make yoga look like fun. (Booklist) “Pair it with Lauren Alderfer's *Mindful Monkey, Happy Panda* and Susan Verde's *I Am Yoga*.... a serviceable addition for those looking to expand their collection of titles about yoga and mindfulness. (School Library Journal)

I'm always looking for children's books that will engage and inspire my young child. This book is a new favorite in our house and is so beautifully illustrated. We love it and practice yoga together. Buying one for my niece for Christmas too.

Beautiful art work and engaging story with a positive message for children.

Delightful story beautiful illustrated. Sure to a classic for yogis with small children and for those who teach yoga to younger children.

This is a darling book that introduces yoga and well done illustrations. As a former preschool teacher I was disheartened when reading this book. I personally believe word choice is extremely important for young readers. The story goes as this bunny introduces yoga to each animal he meets and when encountering a lizard to try yoga the lizard says "I hate..." Personally, I believe the word "hate" is a strong and powerful one. It would have been much more valuable if the author had the lizard express himself as to why he "hates..." instead of encouraging poor self-expression.

My 5 year old child likes it a lot. She did almost all the yoga movements in the book. Love it~

Cute story and lovely illustrations. I especially like all the poses before and after the book. My 4 year old likes to do yoga with me and we always enjoy children's yoga books

My son absolutely adores this and we learn how to do different yoga poses every morning while reading it :)

This book is adorable, my kids (and me!) love it. Beautiful illustrations and such a sweet story.

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Yoga: 100 Key Yoga Poses and Postures Picture Book for Beginners and Advanced Yoga Practitioners: The Ultimate Guide For Total Mind and Body Fitness (Yoga ... Books) (Meditation and Yoga by Sam Siv 3) Good Night, Bunny/Good Morning, Bunny (Pat the Bunny) Yoga: The Yoga Beginner's Bible: Top 63 Illustrated Poses for Weight Loss, Stress Relief and Inner Peace (yoga for beginners, yoga books, meditation, mindfulness, ... self help, fitness books Book 1) Yoga: 21 Essential Yoga Poses to Strengthen Your Body and Calm Your Mind (FREE Meditation Bonus!): (Meditation, Yoga Poses, Relaxation, Stress Relief, Yoga for beginners) Knuffle Bunny Free: An Unexpected Diversion (Knuffle Bunny Series) Pat the Bunny: At the Apple Orchard (Pat the Bunny (Board Books)) Sleepy Bunny (Pat the Bunny Cloth Book) Little Bunny - I Like... , Lille Hare - Alt det jeg kan lide: Picture book English-Danish (bilingual) 2+ years (Little Bunny - Lille Hare - English-Danish (bilingual)) (Volume 2) If You See Kay Run: A Badge Bunny Booze Mystery (The Badge Bunny Booze Mystery Collection) It's a Bunny-Eat-Bunny World: A Writer's Guide to Surviving and Thriving in Today's Competitive Children's Book Market Bunny, Bunny: Gilda Radner, A Sort of Romantic Comedy Yoga Mama, Yoga Baby: Ayurveda and Yoga for a Healthy Pregnancy and Birth How to Sneak More Yoga Into Your Life: A Doable Yoga Plan for Busy People (Yoga for Busy People) Yoga con cuentos: Como enseñar yoga a los niños mediante el uso de cuentos (Cuentos Para Aprender Yoga) (Spanish Edition) Ultimate Hip Opening Yoga Guide: Exercises for Tight Hips & Hip Pain: 4-Week Yoga Guide w/ Videos (Beginner Yoga Guides Book 1) Yoga: A Man's Guide: The 30 Most Powerful Yoga Poses to Sharpen Your Mind and Strengthen Your Body (Just 10 Minutes a Day!, Yoga Mastery Series) Yoga: The Top 100 Best Yoga Poses: Relieve Stress, Increase Flexibility, and Gain Strength (Yoga Postures Poses Exercises Techniques and Guide For Healing Stretching Strengthening and Stress Relief) Easy YOGA GUIDE for beginners: Simple 46 Hatha Yoga Poses for Body and Mind (Yoga for Beginners Book 1) Shadow Yoga, Chaya Yoga: The Principles of Hatha Yoga Glimpses of Raja Yoga: An Introduction to Patanjali's Yoga Sutras (Yoga Wisdom Classics)

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