

Early Childhood/Picture Book

Sutton, Lindsey. *Tommy and Tina's Yoga Fun: Midday Play*. Illustrated by Michelle Collins.
PreS-Gr1

Tommy and Tina return in book two of Sutton's yoga series for young children. The brother-sister duo entertains and educates readers as they gently move, breathe in and out with purpose, and maintain yoga poses that help them rejuvenate at midday. This how-to book works well as both a storybook and as a guide for parents, preschool teachers, or physical education teachers that want to share the basics of yoga with children. Readers will be delighted to see the same vibrant illustrations as the first book along with rhyming text and music for sing-a-longs. This is a purchase worth making for yoga enthusiasts who want to spread the joy of yoga to little ones.
– Debbie Sellars, Library Media Services, Plano ISD, Plano, TX.