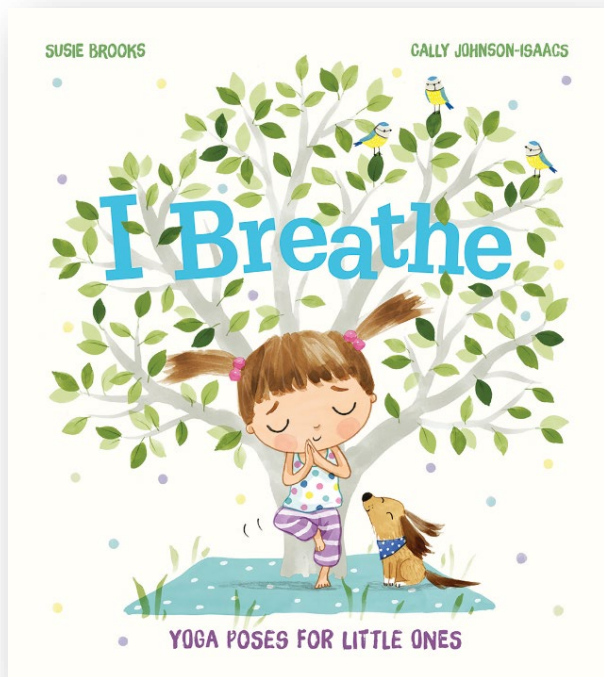


# I BREATHE

Susie Brooks \* Cally Johnson-Isaacs

Picture Book | ISBN: 978-1-61067-990-9 | Ages 3+ | Hardcover | 9 ½ x 11 | \$12.99 | LOC: 2019936220

Young children explore yoga and mindfulness – and animals – while learning about themselves.



- Introduces basic yoga breathing techniques and poses.
- Concepts; comparisons.
- Helps to control anxiety.
- Child-friendly and accessible.
- Timely focus on health and well-being.
- Companion book to *I Try* (2023 KM).

