

I Want To Do Yoga Too

Carole P. Roman

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Little girls often want to be like their mothers and do the same things their mothers do. In *I Want To Do Yoga Too*, Carole P. Roman introduces young readers to Hallie, a child who routinely sees her mother head off to yoga class and wants to do the same.

In the playroom at the yoga studio, other children are content to play games, but Hallie feels deserted. Then Robin, one of the attendants in the room, shows Hallie several yoga poses—including tree, airplane, and butterfly—during their time together. Hallie keeps complaining that what she really wants to do is yoga, not realizing that yoga is, in fact, what she is doing. On the final page of the story, Hallie is informed that she's been doing yoga all along. "I just love yoga!" she tells her mom.

Appropriate for three- and four-year-olds, the book features fairly simple color sketches or diagrams to illustrate the story and show children what the yoga poses look like. The illustrations are sufficiently detailed so that readers, both kids and adults, know exactly what's going on.

A typical preschooler, Hallie is determined, eager, and pouty when she doesn't get her way. She knows exactly what she wants and won't be placated until she gets it.

Parents will identify with the challenge of trying to have their moments of private time—in a yoga studio or anywhere else—while keeping their children happy at the same time. And children will easily relate to the feeling of being left in a playroom while mom goes off by herself to "do her thing." The story is easily comprehensible to children, and the illustrations, while not brilliant, help to tell the story and explain the yoga poses so that young readers can do the same exercises at home. The book is a quick, enjoyable read for both kids and parents.

Kids can do yoga, Roman insists in her story, but they may not do it at the same time or in the same place as their parents. Not when they're very young, at any rate.

LAUREN KRAMER (March 7, 2013)

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