



Mindfulness at the Park: Little Mouse Adventures

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Continuing the series' mission to promote a love of yoga among children, this latest installment of Little Mouse Adventures explores mindfulness, encouraging happiness, peace, calm, and quiet. Little Mouse, in his wee red cap, returns, along with Mr. Opus, a round orange tabby. The two learn breathing and centering techniques with Tammy and her parents. The text is easy and accessible to young practitioners, who can engage its lessons whether they are at home, school, or in the park on a sunny afternoon.

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