



## Mindfulness at the Park: Little Mouse Adventures

**Teresa Anne Power**

**Emma Allen, Illustrator**

Stafford House (Sep 1, 2020)

Hardcover \$16.95 (32pp)

978-1-73447-860-0

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.

PALLAS GATES MCCORQUODALE (September / October 2020)

*Disclosure: This article is not an endorsement, but a review. The publisher of this book provided free copies of the book to have their book reviewed by a professional reviewer. No fee was paid by the publisher for this review. Foreword Reviews only recommends books that we love. Foreword Magazine, Inc. is disclosing this in accordance with the Federal Trade Commission's 16 CFR, Part 255.*