

New Storybook & DVD creates a buzz

The onset of long summer days can often mean children's sleep patterns take a turn for the worse.

But don't despair because Blossom Yoga for children has the very thing for frustrated parents trying to get children back on track.

The bee that couldn't fly is a beautifully illustrated yoga storybook and DVD developed for children aged 3 to 7 years that has a special emphasis on calming down the nervous system and regulating sleep patterns.

It is the first of its kind ever to be published and uniquely offers the benefits of yoga, incorporating breathing practices, postures and visualisations that target the pineal gland, whilst simultaneously capturing children's imagination and enhancing their visualisation.

The main character, Mari the bumblebee, gives children the chance to practice Humming Bee or Brahmari breathing which focuses the mind on the out breath. It is very effective for soothing youngsters who are feeling stressed, anxious, angry or over tired. It is an ideal practice if children are having trouble sleeping.

Humming Bee breathing lowers blood pressure and stimulates the parasympathetic nervous system thereby inducing muscular relaxation. This exercise not only helps children learn how to better control their breathing, but also improves the circulation of blood in their body, loosens congestion in their chest and creates in them a meditative state of mind.

The second loveable character in the story, Konni the butterfly, gives children the chance to practice their forward bends which have a soothing affect on the nervous system and help children to feel calm and rested. The forward bends in the story also act as counter poses to backbends which help children feel bright and alive.

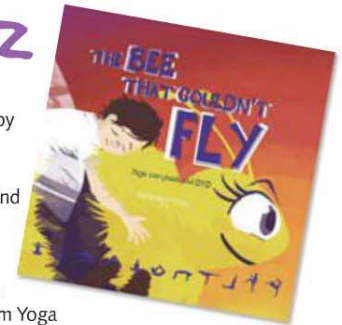
Created by Blossom Yoga for children, The bee that couldn't fly embraces the whole child – mind, body, emotions and spirit. It combines the package of story telling, colour imagery, visualisation, language, speech pronunciation, body articulation and drama to build self expression, self esteem and confidence. The creatures and objects in the story are characterised by yoga postures that develop a healthy physical body by keeping the bones strong and aligned, the muscles around them

supple and by improving fitness, co-ordination and balance.

Jacinda Butterworth from Blossom Yoga commented: "The bee that couldn't fly offers an enchanting opportunity for both adults and children to bond through a magical story combined with yoga. The story itself and the breathing techniques, postures and visualisations have all been carefully constructed to produce a package that aims to regulate children's sleep patterns when practiced regularly as part of a bedtime routine. We really hope The bee that couldn't fly will bring peace and harmony back to households experiencing the torture of sleep deprivation!"

For more information about Blossom Yoga and to purchase your copy of The bee that couldn't fly yoga storybook and DVD visit the website:

www.blossom-yoga.com



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