

STAFFORD · HOUSE · BOOKS

SPRING 2023 CATALOG



Dear Reader,

Happy Spring! The publishing industry is continuing to shift from traditional print publishing to the digital domain. The demand for audiobooks and ebooks is growing, although print books are still the most popular book format. This shift is a result of the digitalization of modern society, and it is healthy for publishers to adopt a digital approach while still maintaining print options for readers.

Stafford House Books is committed to creating in-demand, unique content in both print and digital formats. Our mission is to break down the socioeconomic and cultural barriers of society by providing everyone with access to yoga and mindfulness. Since 2009, we have published books, music, and other educational resources to help children, parents, and educators enrich their lives and manage stress.

In 2020, we introduced a new series, Little Mouse Adventures, which teaches children to solve problems and manage stress using yoga and mindfulness. In 2021, this series was the Moonbeam Children's Book Awards Gold Medal winner for the Best Book Series in the Picture Book category. All the books in the series are available in print as well as in ebook format.

Just in time for the start of summer and National Zoo and Aquarium Month this June, the fifth book in the Little Mouse series will debut! Little Mouse visits the aquarium for the first time and learns to appreciate the similarities he shares with his new aquatic friends, as well as the differences, in *Yoga at the Aquarium*. Stafford House Books will be holding a virtual literacy launch of this new title on Thursday, June 1, as well as in-person events with the author, Teresa Anne Power.

The continued uncertainties of the world have many seeking ways to calm their minds and bodies. This has led to an increased interest in our backlist, such as *The ABCs of Yoga for Kids* in hardcover and paperback, *My First Yoga ABC* board book, and *The ABCs of Yoga for Kids Learning Cards*. We are also thrilled to report that *The ABCs of Yoga for Kids* is available at army and navy bases around the world to provide military parents and children with a healthy activity to practice together.

We wish you and your loved ones health and happiness as we enter a new year and thank you for allowing us the opportunity to enrich your lives with the gifts of yoga and mindfulness.

All the best,

Stafford House Books

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STAFFORD HOUSE BOOKS

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NEW!

Yoga at the Aquarium

Written by Teresa Anne Power

Illustrated by Emma Allen

LITTLE MOUSE ADVENTURES, BOOK 5

Join Little Mouse on a hot summer day as he visits the aquarium for the first time with his best friend, Mr. Opus, the orange tabby cat. Together, they meet and learn about all kinds of animals, such as octopi, dolphins, crabs, turtles, and even sharks! Along the way, Little Mouse has lots of yoga fun and learns to appreciate the similarities he shares with his new aquatic friends, as well as the differences.

“Little Mouse and Mr. Opus are courageous and inspiring. . . *Yoga at the Aquarium* is a fun way to explore the undersea world and promote wellness for kids of all ages. I cannot wait to share this story with my aquarium friends.”

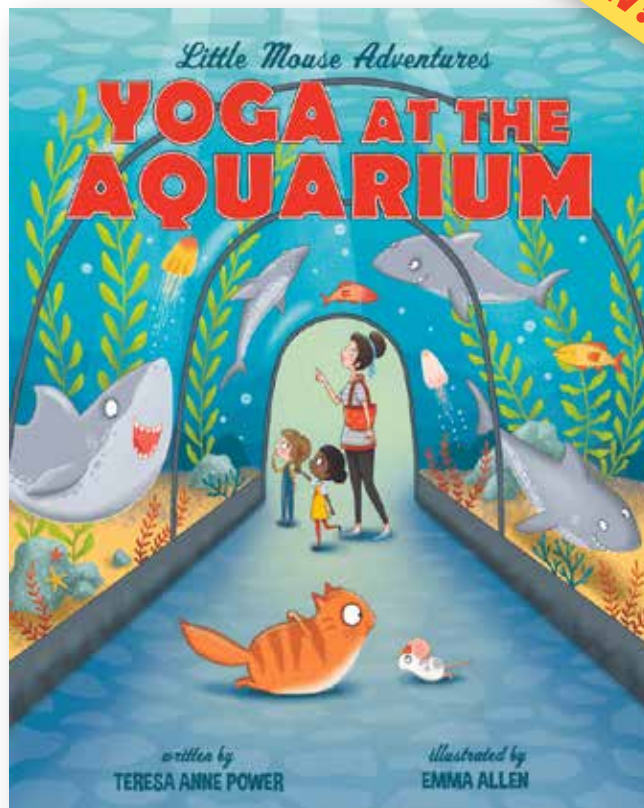
—Jose Bacallao, Exhibits Director,
Cabrillo Marine Aquarium

“In Little Mouse’s latest adventure, we’re introduced to poses that are so much fun to try out together! This, along with many interesting facts about marine animals, makes this an amazing book to engage both body and mind.”

—Yon Kahlon, founder of Nooksy

Teresa Anne Power is an award-winning author and renowned yoga expert whose mission is to share strategies and tips to help children, parents, and educators enrich their lives and manage stress. She is the founder of Kids’ Yoga Day.

Emma Allen loves to work in watercolor and gouache and finds inspiration in lots of things but perhaps most of all in nature’s beautiful colors, patterns, and shapes. Emma’s favorite things to illustrate are children, animals, trees, and plants, with some gentle comedy thrown in for good measure.



ISBN: 978-1736622018

Price: \$16.95

Format: Hardcover Picture Book with Dust Jacket

Trim: 8" x 10"

Pages: 32

Category: Juvenile Fiction

Ages: 3–5

Publication Date: June 1, 2023

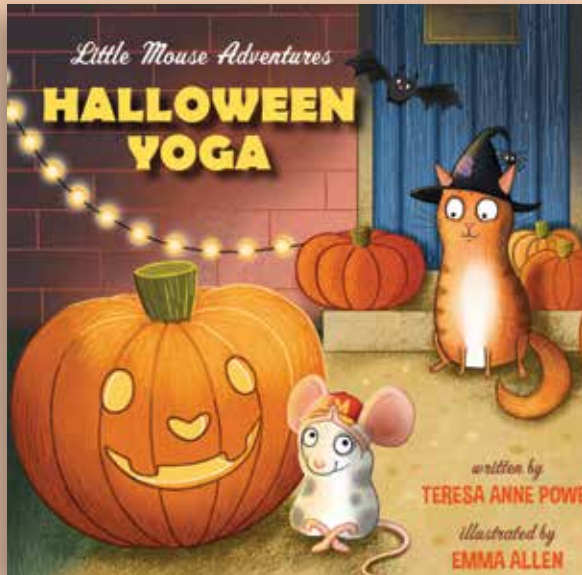
Ebook ISBN: 978-1736622049

Ebook Price: \$6.95

AWARD

**Moonbeam Children’s Book Award,
Best Picture Book Series**

Gold



ISBN: 978-1734478693

Price: \$8.95

Format: Board Book

Trim: 6.5" x 6.5"

Pages: 30

Category: Juvenile Fiction / Holidays & Celebrations / Halloween

Ages: 2–5

Publication Date: September 1, 2022

Ebook ISBN: 978-1736622001

Ebook price: \$6.95

AWARD

**Moonbeam Children's Book Award,
Best Picture Book Series**

Gold

Halloween Yoga

Written by Teresa Anne Power

Illustrated by Emma Allen

LITTLE MOUSE ADVENTURES, BOOK 4

Get excited for Halloween and learn some simple, not-so-spooky yoga poses at the same time with Little Mouse and friends! Your ghosts and goblins will stretch like witches, ghosts, and black cats with this charming board book set to rhyme from bestselling author Teresa Power.

“Easy to read, fun to follow along with and to do the poses as you read it. . . . Children will fall in love with the spooky and fun poses that they can incorporate into practice every day of the year (not just at Halloween).”

—*Working Mommy Journal*

“Little Mouse and friends prove that yoga is for everybody. *Halloween Yoga* teaches us that caring for ourselves is fun!”

—**Adriene Mishler, teacher, writer, and founder of
Yoga with Adriene and Find What Feels Good**

Teresa Anne Power is an award-winning author and renowned yoga expert whose mission is to share strategies and tips to help children, parents, and educators enrich their lives and manage stress. She is the founder of Kids' Yoga Day.

Emma Allen loves to work in watercolor and gouache and finds inspiration in lots of things but perhaps most of all in nature's beautiful colors, patterns, and shapes. Emma's favorite things to illustrate are children, animals, trees, and plants, with some gentle comedy thrown in for good measure.

Yoga at the Museum

Written by Teresa Anne Power

Illustrated by Emma Allen

LITTLE MOUSE ADVENTURES, BOOK 3

Join Little Mouse and his feline friend, Mr. Opus, as they introduce young children to classic artwork by Vincent van Gogh, Georgia O’Keeffe, Frida Kahlo, and many others while learning simple, related yoga poses. This playful book combines art appreciation and yoga while gently teaching children how to navigate the excitement and uncertainty of new experiences.

“This sweet book reminds us that even our youngest friends have frustrating moments, and it gives easy-to-do yoga poses to help calm and recenter our thoughts. Paired with beautiful artwork from around the world, this book is a great addition to any home library.”

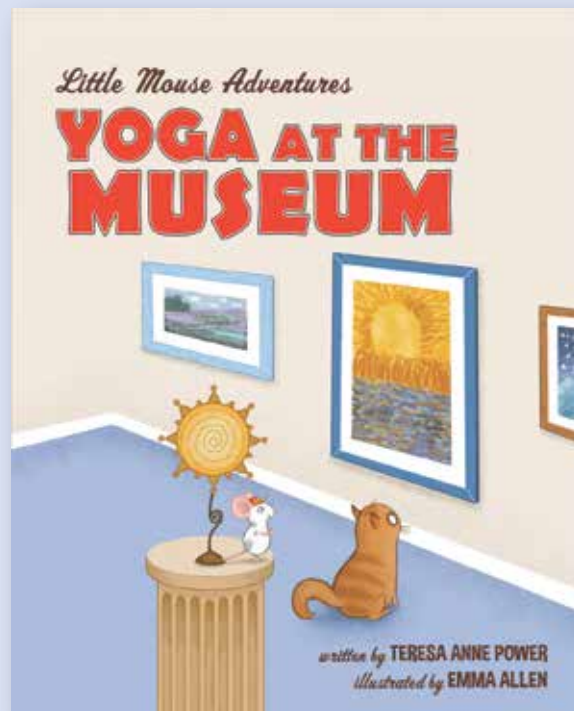
—Liesl Mahoney, Associate Educator for School and Family Programs, Brandywine River Museum of Art

“This delightful story shows children how creative exploration through art, yoga, and mindfulness practices can bring the balance needed to conquer even the trickiest parts of the day.”

—Jill Kelsey, Editor-in-Chief, *First Time Parent Magazine*

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ISBN: 978-1734478655

Price: \$16.95

Format: Hardcover Picture Book with Dust Jacket

Trim: 8" x 10"

Pages: 32

Category: Juvenile Fiction

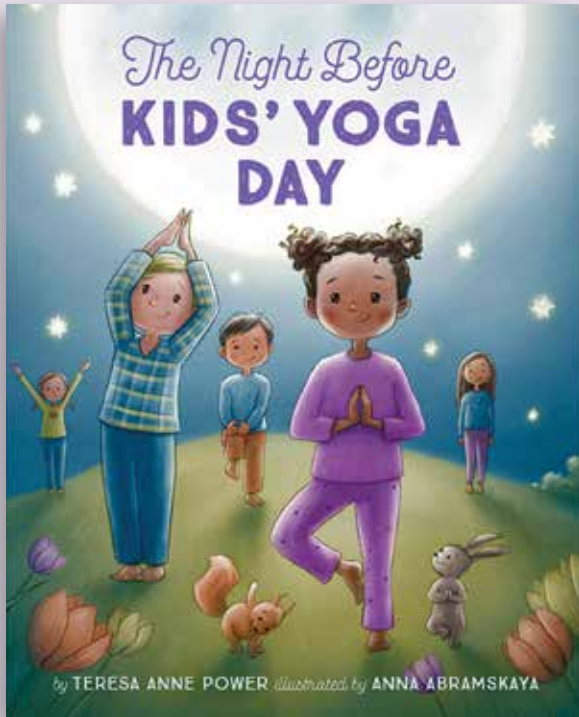
Ages: 3–5

Publication Date: May 18, 2021

Ebook ISBN: 978-1734478662

Ebook Price: \$6.95

AWARD
Moonbeam Children’s Book Award,
Best Picture Book Series
Gold



The Night before Kids' Yoga Day

Written by Teresa Anne Power

Illustrated by Anna Abramskaya

*It's the night before Kids' Yoga Day!
Are you ready to celebrate?*

It's Kids' Yoga Day eve and children around the globe are fast asleep. But one group of young yogis can't wait and decide to hold their very own celebration under the stars. In this send-up of the classic poem "The Night before Christmas," a mother is inspired by an impromptu yoga session in her backyard led by kids for kids. Readers will learn the simple yoga poses performed on Kids' Yoga Day every year, but no prior knowledge of yoga or this international holiday is required!

Kids' Yoga Day is a free celebration taking place every April. Since 2015, hundreds of thousands of children and their caregivers from over 40 countries have united to do the same routine at the same time around the globe. The result is magic.

"Kids' Yoga Day is a model to ensure greater success in groups, neighborhoods, cities, states, and nations. Kids' Yoga Day each year is a new beginning."

—Henry Hall, *Let's Move*, West Los Angeles

Teresa Anne Power is an award-winning author and renowned yoga expert whose mission is to share strategies and tips to help children, parents, and educators enrich their lives and manage stress. She is the founder of Kids' Yoga Day.

Anna Abramskaya was born in Sevastopol, Ukraine, and graduated from Kharkiv State Academy of Design and Arts. Upon graduation, she moved to Washington State, where she lives with her husband and two daughters.

ISBN: 978-1734478624

Price: \$16.95

Format: Hardcover Picture Book with Dust Jacket

Trim: 8" x 10"

Pages: 32

Category: Juvenile Fiction

Ages: 3–5

Publication Date: February 9, 2021

Ebook ISBN: 978-1734478631

Ebook Price: \$6.95

A Tradition plus a Global Movement

- Taking part in the 8th Annual Kids' Yoga Day (April 14, 2023) is easy and free. Parents and educators can sign up at kidsyogaday.com and receive a planning toolkit.
- A Kids' Yoga Day Eve global virtual celebration is planned for April 13, 2023.
- #kidsyogaday trends annually on social media, with videos and photos posted by teachers, schools, librarians, parents, yoga instructors, and others.

Yoga at the Zoo

Written by Teresa Anne Power

Illustrated by Emma Allen

LITTLE MOUSE ADVENTURES, BOOK 1

Come along with curious, lovable Little Mouse and his best friend, Mr. Opus, the wise tabby cat, as they go to the zoo for the first time and meet new animal friends. This playful book teaches kids how to deal with new experiences, emotions, and friendship through simple yoga poses.

"Meet inquisitive and outgoing Little Mouse, his cat friend Mr. Opus, and his human friend Tammy. . . . No yoga experience is necessary to appreciate the book's quiet mind mentality!"

—*Foreword Reviews*

"A delightful book that introduces the important yoga practices of self-regulation and self-calming in a way that a young child can appreciate."

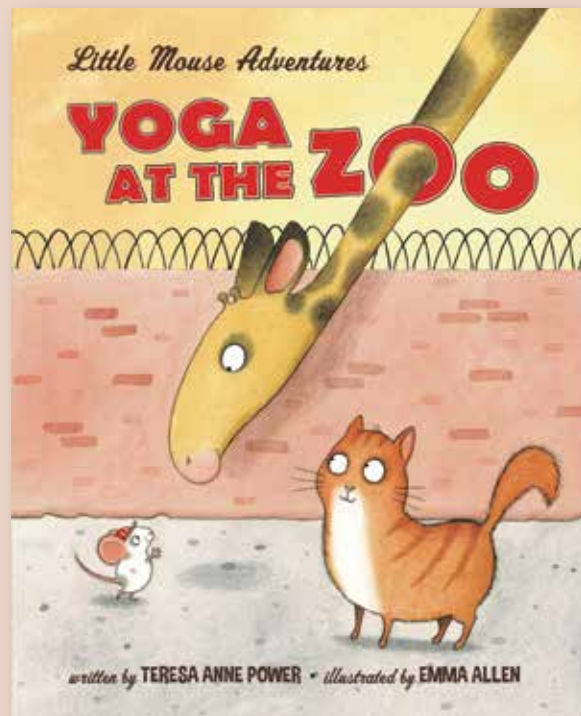
—**Sat Bir Singh Khalsa, PhD, Assistant Professor,
Harvard Medical School**

"A must-share with children! I love this sweet story with imaginative illustrations and a simple message that will truly resonate with kids (and adults)!"

—**Sara J. Weis, bestselling kids' yoga author**

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Emma Allen loves to work in watercolor and gouache and finds inspiration in lots of things but perhaps most of all in nature's beautiful colors, patterns, and shapes. Emma's favorite things to illustrate are children, animals, trees, and plants, with some gentle comedy thrown in for good measure.



ISBN: 978-0998107097

Price: \$16.95

Format: Hardcover Picture Book with Dust Jacket

Trim: 8" x 10"

Pages: 32

Category: Juvenile Fiction

Ages: 3–5

Publication Date: March 1, 2020

Ebook ISBN: 978-0998107059

Ebook price: \$6.95

AWARDS

**Moonbeam Children's Book Award,
Best Picture Book Series**

Gold

Mom's Choice Award

Gold

Independent Publisher Book Award

Silver

Living Now Book Award

Silver



ISBN: 978-1734478600

Price: \$16.95

Format: Hardcover Picture Book with Dust Jacket

Trim: 8" x 10"

Pages: 32

Category: Juvenile Fiction

Ages: 3–5

Publication Date: September 1, 2020

Ebook ISBN: 978-1734478617

Ebook price: \$6.95

AWARD

**Moonbeam Children's Book Award,
Best Picture Book Series**

Gold

Mom's Choice Awards

Gold

Mindfulness at the Park

Written by Teresa Anne Power

Illustrated by Emma Allen

LITTLE MOUSE ADVENTURES, BOOK 2

Lovable, curious Little Mouse is back to help kids use yoga and mindfulness to solve problems and manage emotions in *Mindfulness at the Park*! In this beautifully illustrated book, Little Mouse and his best friend, Mr. Opus, a lovably lazy cat, go on an adventure to a bustling neighborhood park filled with new sights, sounds, and people.

Blending humor and fun, *Mindfulness at the Park* gently imparts ways to navigate the excitement and uncertainty of new experiences and be more present in the world around us.

“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. . . . 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.”

—*Foreword Reviews*

“This is a beautiful children’s book that is fun to read together . . . to practice mindfulness together as a family. It gives you great starting tools to begin your own practice as a family and to understand the importance of mindfulness. Combine this with adorable characters and illustrations—this book is a win win!”

—*Working Mommy Journal*

Teresa Anne Power is an award-winning author and renowned yoga expert whose mission is to share strategies and tips to help children, parents, and educators enrich their lives and manage stress. She is the founder of Kids’ Yoga Day.

Emma Allen loves to work in watercolor and gouache and finds inspiration in lots of things but perhaps most of all in nature’s beautiful colors, patterns, and shapes. Emma’s favorite things to illustrate are children, animals, trees, and plants, with some gentle comedy thrown in for good measure.

The ABCs of Yoga for Kids

Written by Teresa Anne Power

Illustrated by Kathleen Rietz

This is the book that started it all! *The ABCs of Yoga for Kids* uses the alphabet, rhyming vignettes, and colorful illustrations to introduce children to yoga in a kid-friendly way. The 56 different poses featured in the book delightfully promote flexibility, strength, and coordination while encouraging children to incorporate healthy activity into their daily lives. Children have a lot of fun learning new positions, new letters, and new ideas. This book will delight and bring joy to the early yoga practitioner.

"Yoga offers so many benefits to mind, body, and soul that it's wonderful to start kids at a young age. The best way to do that is to make it fun—and this book certainly does that. With its beautiful illustrations and instructive vignettes, it makes learning yoga like play. I love it!"

—**Mariel Hemingway, actress**

"A cute and colorful introduction to the art of bendiness and inner peace for children. . . . Power uses simple language to explain the intricate art form to youngsters."

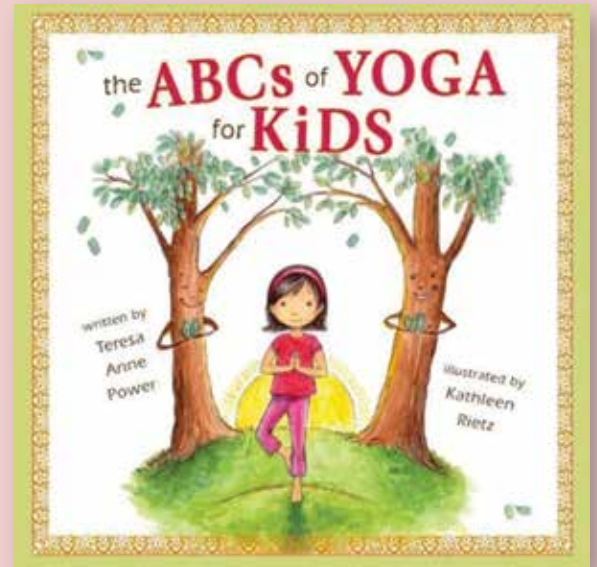
—**Foreword Reviews**

"Make[s] yoga accessible to even the youngest practitioner without reinventing it, dumbing it down, or 'baby-fying' it. It isn't just yoga for kids; it's good yoga for kids."

—**Yoga Journal**

Teresa Anne Power is an award-winning author and renowned yoga expert whose mission is to share strategies and tips to help children, parents, and educators enrich their lives and manage stress. She is the founder of Kids' Yoga Day.

Kathleen Rietz has loved art from the time she was a little girl and has painted and drawn throughout her entire life. She resides in Chicago, Illinois.



ISBN: 978-0982258705

Price: \$19.95

Format: Hardcover Picture Book with Dust Jacket

Trim: 10" x 10"

Pages: 32

Category: Juvenile Nonfiction

Ages: 3–5

Publication Date: September 16, 2009

Paperback ISBN: 978-0982258798

Paperback Price: \$9.95

Spanish Edition Paperback ISBN:

978-0982258743

Spanish Edition Paperback Price: \$8.95

AWARDS

Mom's Choice Award, Gold

Family Choice Award, Gold

Independent Publisher Book Award, Gold

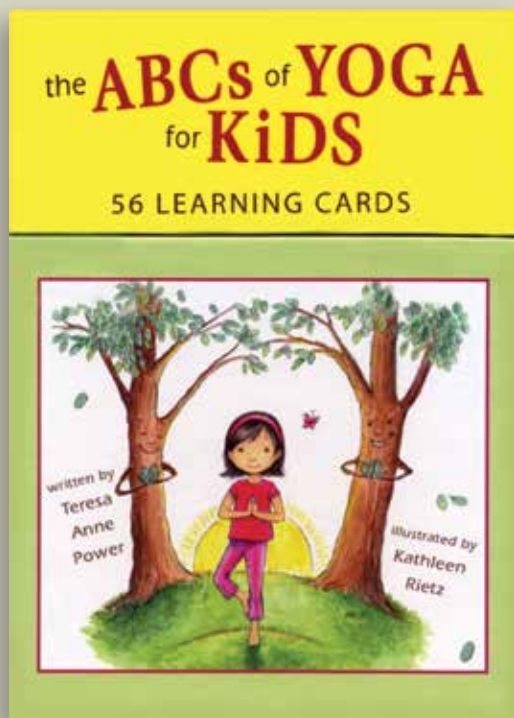
Living Now Book Award, Silver

Parent Tested Parent Approved Award

Moonbeam Children's Book Award, Bronze

National Best Books Award

Finalist



ISBN: 978-0982258736

Price: \$19.95

Format: Flashcards plus Hard Box

Trim: 4.25" x 5.5"

Pages: 56 Cards

Category: Juvenile Nonfiction

Ages: 3–5

Publication Date: April 1, 2011

The ABCs of Yoga for Kids Learning Cards

Written by Teresa Anne Power

Illustrated by Kathleen Rietz

The *ABCs of Yoga for Kids* Learning Cards feature 56 beautifully illustrated flashcards, each depicting a simple yoga pose and corresponding letter of the alphabet. The flashcards contain colorful illustrations from the bestselling book *The ABCs of Yoga for Kids*. They're perfect for learning not only yoga but the alphabet as well. Each pose delightfully promotes flexibility and coordination while encouraging kids to incorporate healthy activity into their daily lives.

"Best-selling and award-winning LA-based author and educator Teresa Anne Power brings fun into teaching by using the A, B, C's as a framework for introducing the teachings and techniques of yoga to kids. Perfect for educators and parents, this guide can be utilized repeatedly for maximum impact."

—*LA Yoga*

"I am loving the learning cards. I use them in my preschool yoga classes. The illustrations are beautifully and gracefully drawn. . . . Enjoy these incredible cards—I certainly do!"

—Siri Krishna Khalsa, preschool yoga teacher

"I do this at home with my own children (ages 2 and 7). With nothing but a mat and these cards (and me offering guidance occasionally from the background) they can spend a good hour of silly giggles exercising their bodies."

—YogaintheLibrary.com

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*"With nothing but a mat
and these cards . . . they can spend
a good hour of silly giggles
exercising their bodies."*

The ABCs of Yoga for Kids

A Guide for Parents and Teachers

Written by Teresa Anne Power

Illustrated by Kathleen Rietz

The *ABCs of Yoga for Kids: A Guide for Parents and Teachers* is a companion to *The ABCs of Yoga for Kids*, an award-winning bestselling picture book that uses the alphabet, rhyming vignettes, and colorful illustrations to introduce children to yoga in a kid-friendly way. This guide supports parents and teachers who wish to learn more about yoga for kids, including how to implement yoga in children's daily lives. Readers will gain insight into what yoga is, how it can contribute to a child's active lifestyle, and how it can be used to alleviate many childhood challenges. This easy-to-use guide offers basic instructions for teaching yoga to kids and a sample children's yoga routine. A bonus CD is included with the book, featuring three original children's yoga songs.

"Highlights the myriad benefits of utilizing yoga at home, at school, and in life in general. . . . The inclusion of a free CD with songs written by Jimmy Dunne ensures that parents and teachers have everything needed to confidently introduce yoga to the young people in their lives."

—*Foreword Reviews*

"I loved the positive feel of this book. . . . I also liked that it was flexible in how children can be taught, while still reminding the reader of some important safety and comfort things to ensure the child got the best out of any poses he or she tries."

—*Janis's Journal*

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the ABCs of YOGA for KiDS

A Guide for Parents and Teachers



Written by Teresa Anne Power

Illustrated by Kathleen Rietz

ISBN: 978-0982258774

Price: \$8.95

Format: Softcover Book plus CD

Trim: 6" x 9"

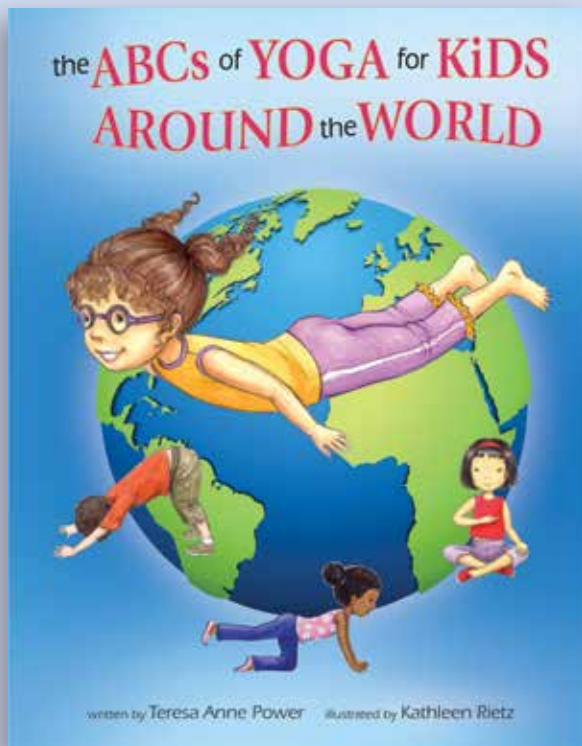
Pages: 60

Category: Exercise and Fitness for Children,
Nonfiction

Publication Date: April 8, 2016

AWARD

**Academics' Choice
Smart Book Award**



ISBN: 978-0982258781

Price: \$16.95

Format: Hardcover Picture Book with Dust Jacket

Trim: 8" x 11"

Pages: 32

Category: Juvenile Nonfiction

Ages: 3–5

Publication Date: April 7, 2017

AWARDS

Benjamin Franklin Award

Silver

Mom's Choice Award

Silver

Living Now Book Award

Silver

Yoga Digest "Best Read"

**Creative Child Magazine
Book of the Year Award**

The ABCs of Yoga for Kids around the World

Written by Teresa Anne Power

Illustrated by Kathleen Rietz

The *ABCs of Yoga for Kids around the World* takes you and your child on a fun-filled tour of over 30 countries. This beautifully illustrated book uses the alphabet, charming rhymes, and kid-friendly facts to introduce children to yoga while teaching them more about different areas of the world (including how to say “hello” in the language of each country). A follow-up to the international bestselling *The ABCs of Yoga for Kids*, this book also features simple yoga poses that are suitable for children (and adults) of all ages and athletic abilities. Written in honor of International Kids’ Yoga Day, *The ABCs of Yoga for Kids around the World* celebrates both our diversity and oneness at the same time. Early yoga practitioners (and their parents, caregivers, and teachers) will delight in learning new yoga poses, new letters, and fun facts about this wonderful world in which we live.

“Whether a cobra from Thailand or a waterfall from Zimbabwe, the movements are fun and easy to emulate. . . . This engaging choice is meant for sharing, especially during family storytime.”

—*Booklist*, American Library Association

“A great tool to introduce children (and adults too!) to yoga in a fun and interactive way. . . . Any parent of small children, fitness fan, or youth fitness teacher would benefit from reading!”

—LaTasha Lyons, certified children’s fitness specialist
and physical education teacher

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My First Yoga ABC

Written by Teresa Anne Power

Illustrated by Kathleen Rietz

My First Yoga ABC is a board book for infants to help them learn not only the alphabet but some simple yoga poses as well. Each page has a block letter of the alphabet with a corresponding yoga pose. Young children will delight in practicing yoga while reciting their ABCs!

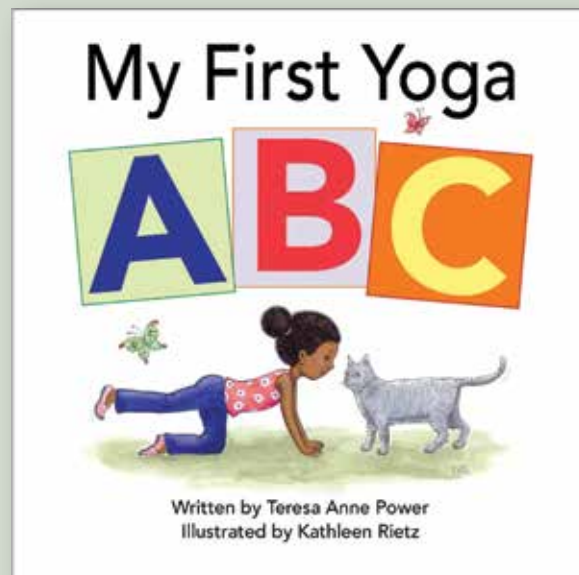
"Just got this book for my two-year-old grand-daughter, and she loves it. She has been practicing her ABCs and now has a new way to learn them—by seeing the letter, hearing it when I read the book to her, and then practicing the pose together. It is fun! I am a yoga teacher at a community college and also teach senior yoga, but I am so excited that Teresa is writing books on yoga for kids as a way to not only practice the poses but also learn about the world, and also now, the ABCs! How creative!"

—Sharkie Zartman, health and fitness professor

*Young children will delight
in practicing yoga
while reciting their ABCs!*

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ISBN: 978-0998107004

Price: \$8.95

Format: Hardcover Board Book

Trim: 6" x 6"

Pages: 30

Category: Juvenile Nonfiction

Ages: 0–3

Publication Date: March 1, 2018

Ebook ISBN: 978-1734478648

Ebook price: \$6.95

AWARDS

Family Choice Award
Gold

Parents' Picks Award

Creative Child Magazine
Book of the Year Award



ISBN: 978-0982258712

Price: \$9.95

Format: Poster

Trim: 20" x 30" (comes folded)

Ages: 3–8

Publication Date: December 1, 2017

The ABCs of Yoga for Kids Poster

Written by Teresa Anne Power

Illustrated by Kathleen Rietz

The *ABCs of Yoga for Kids* poster unfolds to display simple kids' yoga poses from A to Z and is perfect for homes and classrooms. It was selected as one of the ten best yoga posters by Ezvid Wiki.

AWARD

**Top 10 Best Yoga Posters,
Ezvid Wiki**

The ABCs of Yoga for Kids Banner

Written by Teresa Anne Power

Illustrated by Kathleen Rietz

The *ABCs of Yoga for Kids* vinyl banner displays simple kids' yoga poses from A to Z and is perfect for indoor or outdoor use in a classroom, in a yoga studio, or at home.

Children will not only learn the alphabet from these delightfully illustrated products but also learn how to incorporate healthy activity into their daily lives.

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ISBN: 978-0998107028

Price: \$24.95

Format: Vinyl Banner

Trim: 36" x 24"

Ages: 3–8

Publication Date: July 30, 2018



Ordering Information

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(800) 327-5113

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dfelt@apgbooks.com

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www.staffordhousebooks.com

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For domestic trade returns inquiries

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The ABCs of Yoga for Kids Retail Countertop Display Bundle

Increase sell-through of Stafford House Books products with a colorful, eye-catching display! Includes 6 *The ABCs of Yoga for Kids* hardcover books, 2 sets of *The ABCs of Yoga for Kids Learning Cards*, and 4 *My First Yoga ABC* board books.

ISBN: 978-1736622032

Retail Price: \$195.40

Wholesale Price: \$99.95 (over 50 percent savings off retail, plus free display)

Format: Cardboard Display

Dimensions: 11" wide x 13" high (without header; 17" high with header) x 9½" deep

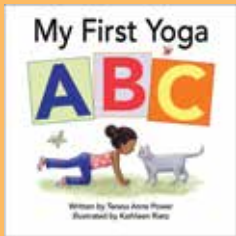
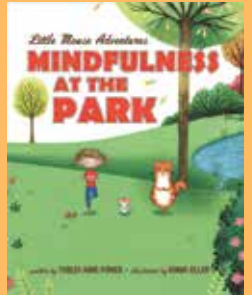
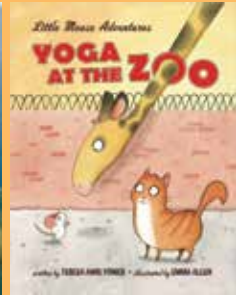
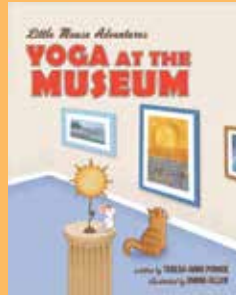
Free shipping on your first bundle order!





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YOGA FOR KIDS

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