

# Boulder's Storytime Yoga Show for Children to Premiere on Rocky Mountain PBS Sunday, June 1

**Yoga Teacher and Storyteller Sydney Solis teaches children 3-8 yoga, geography, Spanish, philosophy and peace education in unique, award-winning show**

BOULDER, Colo., May 6 (SEND2PRESS NEWSWIRE) – Storytime Yoga's first children's show, *The Peddler's Dream*, will air on Rocky Mountain PBS on Sunday, June 1 at 8:30 a.m. The half-hour show, produced by Flashback Media in Boulder, teaches children ages 3-8 yoga through storytelling. *The Peddler's Dream* is a folktale from England, and teaches children about following their dream. The story is retold with beautiful stick puppets, created by Boulder Artist Angela Beloian. The children then retell the story with yoga poses.



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Children learn Spanish with Lalita the Latina Ladybug puppet, geography and philosophy with Jean-Jacques the pirate puppet, as well as meditation, relaxation and peace education. The show also features the Namaste and Breathing songs.

The show, which is available on DVD, is a Parents' Choice 2008 Recommended Award Winner. The DVD is available for purchase on Amazon.com and at [www.StorytimeYoga.com](http://www.StorytimeYoga.com).

Flashback Media and Storytime Yoga will collaborate on more episodes in the fall.

"Sydney Solis has created a truly joyful program for young children in 'Storytime Yoga,'" said Bunnie Strassner, producer. "The stories, yoga poses and music blend together to engage and entertain. Flashback had a wonderful time producing this project for her and looks forward to working on many more episodes."



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#### **About Sydney Solis and Storytime Yoga**

A life-long yogini, Sydney Solis of Boulder, Colo. followed her bliss and started Storytime Yoga after the tragic death of her husband five years ago. She is the author of *Storytime Yoga: Teaching Yoga to Children Through Story*, which has sold more than 5,000 copies and was nominated for the 2007 Anne IZard Storytellers' Choice Award. She is also the author of "The Treasure in Your Heart: Yoga and Stories for Peaceful Children," and numerous audios.

A mother of two children, she has more than 300 hours of Anusara yoga training, and is a member of the National Storytelling Network and its Interfaith and Healing Story Alliances. An associate of the Joseph Campbell foundation, she has produced three World Peace Interfaith Storytelling

gatherings. For more information, visit her website at [www.StorytimeYoga.com](http://www.StorytimeYoga.com).

To schedule an interview with Ms. Solis, please contact Lisa Bell at 303-527-0203.

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