

The book cover features a vibrant, painterly illustration. On the left, a large, grey gorilla with a friendly expression stands on a green grassy field. In the center-right, a young child with dark skin and voluminous, curly blue hair sits in a meditative lotus position on a red patterned mat. The child has their eyes closed and a peaceful expression, with a small white flower tucked behind their ear. The background is a warm, yellow and orange sky with a large, faint sun or moon. In the bottom right corner, there are stylized, colorful flowers in shades of red, blue, and green. The title 'ZOO ZEN' is written in large, bold, orange letters, with 'ZOO' on the top line and 'ZEN' on the bottom line. To the right of 'ZOO', the subtitle 'a yoga story for kids' is written in a smaller, red, sans-serif font.

ZOO ZEN

a yoga story
for kids

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illustrated by
Susi Schaefer

Lyla is ready
to try something new.
Can she learn yoga
from friends at the zoo?





She rolls out her mat,
puts on yoga pants,
to pose like the creatures
and mimic each stance.

Hang on
to
your
toes!



One balancing bear
grabs onto his feet.
Lyla grabs also
and lifts from her seat.

