

Children's / Emotions
Ages 4-8



Bentley Bee loves to buzz around the garden visiting his friends.
One day, he sees Pat Possum looking up at the sky,
Bernie Bunny squatting like he's in a chair,
and Freddy Fox with his tail in the air!
What could it *bee*? Readers will love to follow Bentley and try
the poses themselves as he gets buzzing all about yoga in this
kid-friendly introduction.

Includes a **Note to Parents and Caregivers**
by Allison Morgan, MA, OTR, E-RYT,
with guidelines for practice.

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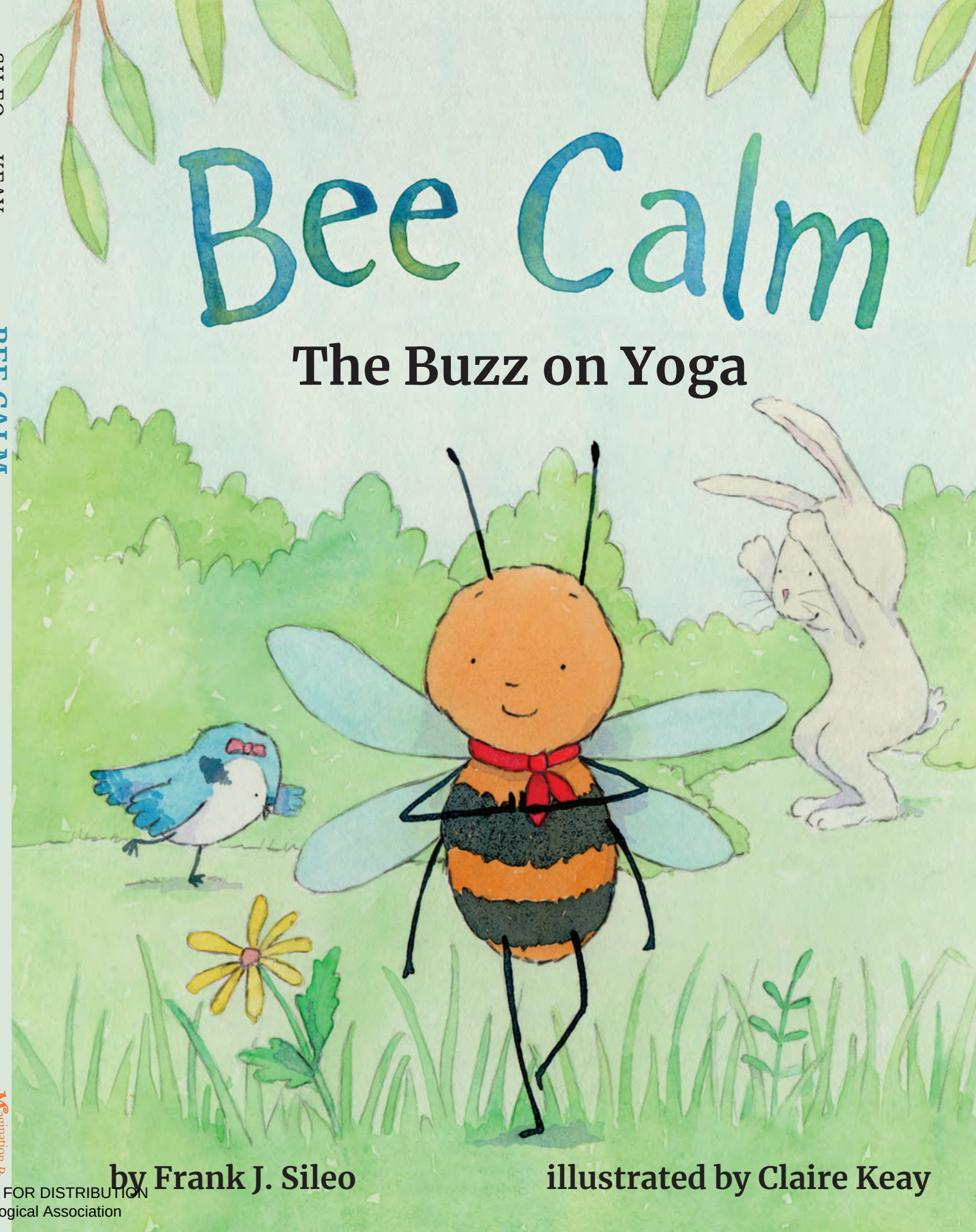
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SILEO • KEAY

BEE CALM

Bee Calm

The Buzz on Yoga

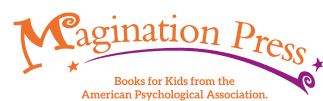


by Frank J. Sileo

illustrated by Claire Keay

To my cousin Debbie. May you always find peace in your heart and life—FJS

For Elis and John, with love—CK



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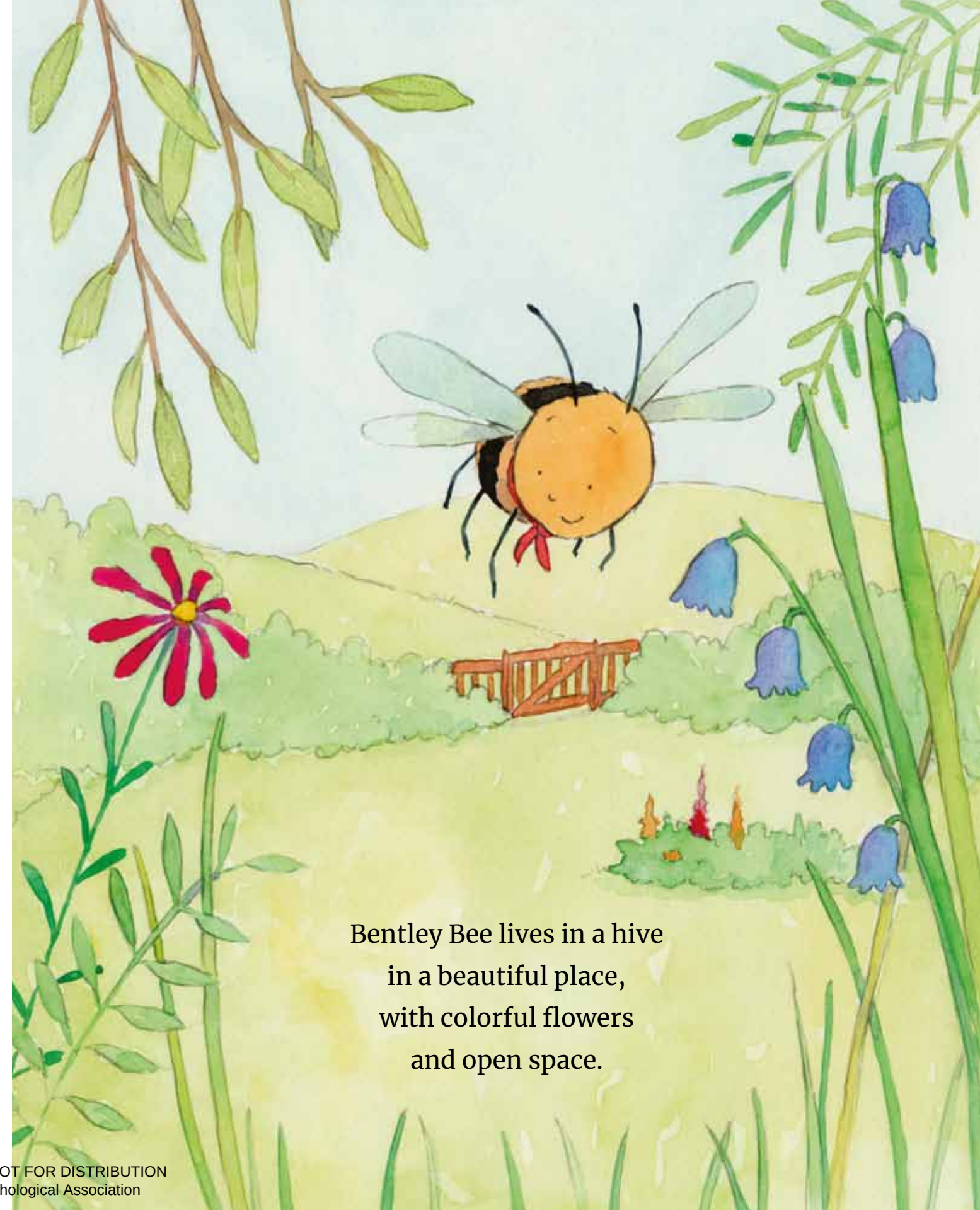
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Bentley Bee lives in a hive
in a beautiful place,
with colorful flowers
and open space.



He loves to fly around and visit friends, too.
From up above, he has a bee's-eye view!

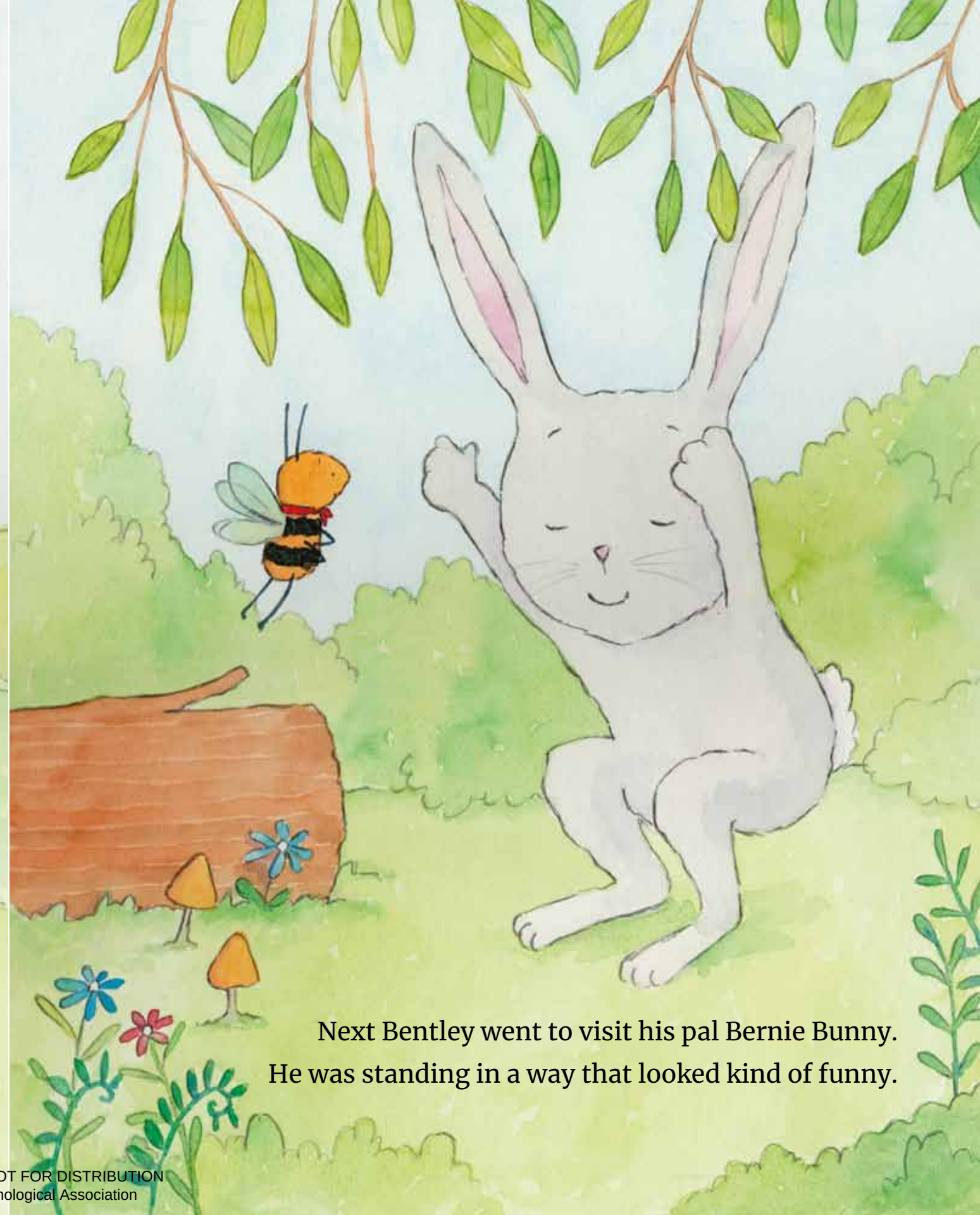
One day it was warm, with bright sunlight.
The perfect day to go for a flight!

First, Bentley flew to the top of the hill.
There was Pat Possum, standing still.



“Pat, why are you standing there, looking up at the sky?”
“I’m doing yoga. This is **Mountain** pose. Give it a try!”

“No thanks,” said Bentley. “Yoga looks strange to me.
Anyway, I’ve got other friends to go see.”



Next Bentley went to visit his pal Bernie Bunny.
He was standing in a way that looked kind of funny.



“I’m doing yoga,” said Bernie. “This is called **Chair** pose.
I balance my body and breathe through my nose.”

Bernie was squatting like he was in a chair.
But there was nothing underneath him. He was sitting on air!