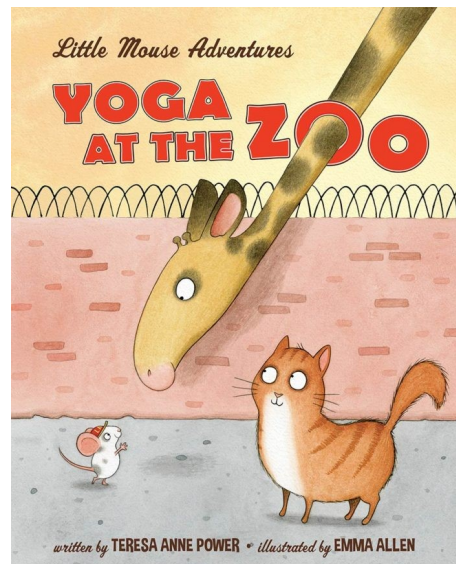


Marquez Knolls Resident Launches Fiction Book Series for Children

By **Jennika Ingram** - February 27, 2020



Photos courtesy of Teresa Power

By JENNIKA INGRAM | *Reporter*

First there was “The ABCs of Yoga for Kids,” then there was “The ABCs of Law School.”

And now, Marquez Knolls resident and best-selling author Teresa Anne Power is launching a new book series: Little Mouse Adventures.

The first book in her fiction series, “Yoga at the Zoo,” will be out on March 1.

“I’m really excited about the whole series,” Power shared with the *Palisadian-Post*.

The series is targeted for children 3 to 8 years old.

“The stories follow curious Little Mouse and how he is best friends with Mr. Opus, the wise tabby cat, as they stowaway on adventures with Tammy McDoodle,” Power explained.

Children have told Power they find it very unusual to have a cat and mouse be friends.

Although Power has sold over 400,000 books over the course of her career, the Little Mouse Adventures series and “Yoga at the Zoo” marks her first dive into fiction.

She has two more books in the series on their way: The next book will be “Mindfulness at the Park” and the third one, “Yoga at the Museum,” is slated to release in 2021.

“It will be so much fun,” Power told the *Post* about her new book. “There’s nothing else like it on the market. And I wanted it to be a fun story that kids could enjoy, whether they were interested in yoga or not.”

Power is an internationally recognized expert on children’s yoga, with 37 years of yoga experience, and the author of the bestselling series, The ABCs of Yoga for Kids, and the founder of International Kids’ Yoga Day.

More than 30,000 kids around the world participated in yoga on the same day



for International Kids' Yoga Day in 2019. The fifth annual International Kids' Yoga Day will take place on April 3.



Power taught yoga to kindergarten and first grade at St. Matthew's Parish School for 10 years, and she currently teaches children at St. Raphael Catholic School.

Power is a graduate of the University of Southern California. She graduated with a J.D. from Pepperdine University School of Law, which prompted her penning the "ABCs of Law School: Diary of the First Year Student," among her many accomplishments.

Power will host a special reading and book signing for children at Palisades Branch Library at 3:30 p.m. on March 11.

After the reading, Power will teach kids simple yoga poses "to help them not only stretch and strengthen their bodies, but also to keep them calm and focused," according to a press release from the library.

Power will also host additional readings and signings for "Yoga at the Zoo" at BookMonster in Santa Monica on March 1 at 11 a.m. and Children's Book World on April 11 at 10 a.m.

For more information, go to littlemouseyogaadventures.com, staffordbooks.com and kidsyogaday.com.