



The Happiest Tree: A Yoga Story (Paperback)

By Uma Krishnaswami

Lee Low Books Inc, United States, 2009. Paperback. Condition: New. Ruth Jeyaveeran (illustrator). Language: English . Brand New Book. Meena is excited about the class play, a new and improved version of Red Riding Hood. But when she learns that she must play one of the trees in the forest, Meena s excitement vanishes. She is just too clumsy to be a quiet, steady tree. One day at the Indian grocery store, Meena sees a yoga class in progress, and the store owner convinces her to try the children s class. Little does Meena know she is about to find a way to grow from the inside out, just like a tree, and move beyond her feelings of clumsiness and frustration. The Happiest Tree is a gentle and empowering story of a young girl s road to self-confidence. It is sure to spark interest in yoga, and provide comfort to all children as they struggle to overcome the everyday obstacles to growing up.



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