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## **Bonding through Yoga Inspired by the Stars: *When Daddy Shows Me the Sky***

written by Rebecca Wenrich Wheeler

illustrated by Kate Jordan

on sale November 19, 2021

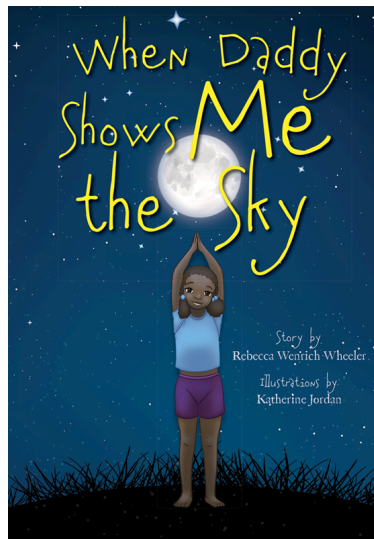
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“Perfect for science enthusiasts and yoga learners, this story blends science, health, and relationships all in one creative pose. Rating this one five stars in the night sky!”

— Jen Lowry, EdD, host of the podcast *Jen Lowry Writes* and author of *Sweet Potato Jones*

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[Belle Isle Books](#) of Richmond, Virginia, is pleased to announce the upcoming release of a new children's book, [When Daddy Shows Me the Sky](#), written by Rebecca Wenrich Wheeler and illustrated by Kate Jordan. *When Daddy Shows Me the Sky* is the sweet story of a father and daughter combining yoga and astronomy to teach children mindfulness. Featuring step-by-step guides to each featured yoga pose and information on astronomy that children and their parents and guardians can discover together, *When Daddy Shows Me the Sky* is scheduled for release on November 19, 2021.



*In When Daddy Shows Me the Sky, a father and daughter spend their evenings practicing yoga together under the night sky. Through spring, summer, fall, and winter, they learn the names of the constellations and model their yoga poses after the stars' unique shapes. Brought to life with bright and bold illustrations, this simple father-daughter story helps children see the wonder in the world around them—and within themselves.*

### **About the Author**

[Rebecca Wenrich Wheeler](#) was raised in West Point, a small town in the Tidewater region of Virginia. From the moment she submitted her first short story to a young author's contest in second grade, Rebecca knew she wanted to be a writer. Her love of writing led her to earn a BA in English and an MEd in English education. She spent several years as a high school teacher, during which time she developed a passion for mental health promotion. Rebecca completed an MA in professional counseling, and now serves as an elementary school counselor and a college adjunct psychology instructor.

Rebecca also teaches yoga for the young and the young at heart, and likes to infuse yoga and breath work in her counseling practice wherever she can. She believes the most valuable use of her time is to teach youth how to love and care for each other and the world around them. Her stories share this focus on positive relationships and a love of nature.

Rebecca now lives in Durham, North Carolina, with her husband, two children, and a spoiled Siamese cat. You can follow her on Instagram [@rebeccawwheeler\\_author](#).

### **About the Illustrator**

[Kate Jordan](#) has done just about everything that has to do with art: drawing, painting, weaving, ceramics . . . even ink printing and bookbinding! But if you ask her what is her favorite out of the bunch, she'll easily say: "Digital drawing!"

Brought up in a military family that moved around a lot, Kate lived an exciting childhood full of new places, new people, and new things. Now that she's older and out of school, she finds she prefers a quieter life at home in Fredericksburg, Virginia, with her family. She hopes one day to write her own picture book to give to her children, but for now she enjoys helping other people tell their stories with her beautiful, colorful art. She's happiest when she's drawing and listening to music, especially when she's nice and cozy under a mountain of blankets on a rainy day.

You can see more of Kate's art in her Deviantart gallery at [deviantart.com/rahkshi-miraka](#).

### **Interviews available upon request.**

[Belle Isle Books](#), an imprint of [BrandyLane Publishers, Inc.](#), is an independent press located in Richmond, Virginia that has published books since 1985.

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*When Daddy Shows Me the Sky* (hardcover, 36 pages, \$23.95 / paperback, 36 pages, \$13.95) is available for pre-order from [Amazon](#), [Barnes & Noble](#), and other fine booksellers.