

Little Mouse Returns - Palisadian Post

Palisadian Author Releases Sixth Book in Fiction Series, Following ‘Lovable’ and ‘Curious’ Little Mouse

By LILY TINOCO | *Assistant Editor*

Little Mouse goes on the biggest adventures—and Palisadian author Teresa Power’s latest in her series, “In Search of the Holy Grail,” is no exception.

The Marquez Knolls resident launched the Little Mouse Adventures book series in 2020 with “Yoga at the Zoo.” Power incorporated her love for yoga into her stories, as she is an internationally recognized expert on children’s yoga, with over 30 years of experience. She previously authored the bestselling series, “The ABCs of Yoga for Kids,” and founded International Kids’ Yoga Day

Power explained that the Little Mouse Adventure series follows “curious” Little Mouse and his best friend Mr. Opus, “the wise tabby cat.”

“I created the series with Little Mouse as the main character, as I wanted to write a picture book series using fun storytelling to teach yoga, mindfulness and life skills to children,” Power said to the *Palisadian-Post*. “In addition, animal characters—particularly those as endearing and relatable as mice—hold a special place in the heart of children’s literature. These characters serve as mirrors to a child’s world, reflecting their hopes, fears and dreams in a format that is both accessible and engaging.”

Power gave the *Post* a glimpse into her latest book, which published August 6, sharing that Little Mouse is left feeling sad in “In Search of the Holy Grail,” as he leaves the big city and Mr. Opus to move with his family to a farm out in the country with his grandparents.

Even though he is quick to make new friends—like Major the Horse and Maggie the Pig—Little Mouse finds that his “city ways” aren’t received well by the other animals.

“When his grandfather teaches him that showing appreciation and gratitude goes a long way with friends, it comes just in the nick of time when Little Mouse needs their help in thwarting old foes of their animal world,” according to a description of the book. “With a little yoga and some mindfulness, will Little Mouse and his friends be up to the challenge?”

Power said that her other Little Mouse books are picture books geared toward children 3 to 8 years old, with minimal text in the story. For this story, she wanted to write a chapter book for early readers, similar to the Magic Treehouse series.

“It is a longer story, with pictures, and teaches children important lessons in friendship, courage and faith,” Power explained.

Power has been a Palisadian since 1984. In an effort to combat the stresses of law school, she began practicing yoga, going on to teach yoga to adults and kids for 12 years. She uses “adventure and friendship stories” as the backdrop to foster early learning skills and the wellness power of yoga.

“Her mission is to make the life-changing practice of yoga accessible to everyone, regardless of age, location or finances,” according to a statement.

Interested readers can pick up “In Search of the Holy Grail” at all major bookstores, as well as Amazon. Power said there is an “adorable” Little Mouse stuffed animal that accompanies the book.

For more information, visit abcyogaforkids.com.