

New Children's Yoga Recording by Sammie Haynes and Lisa Flynn

SOUTH BERWICK –

Award-winning children's singer and songwriter, Sammie Haynes, and ChildLight Yoga founder, Lisa Flynn, both of South Berwick, Maine released "I Grow With Yoga: Yoga Songs for Children," a CD for use at home, in the classroom or in yoga class.

Flynn, who has been facilitating the ChildLight Yoga Teacher Training around New England this past year, was re-

ceiving wonderful feedback on the songs in her teacher-training manual. "But, once the trainings were over," Flynn explained, "my trainees were going back to teach the kids and feeling lost without the actual music. So, I asked Sammie if she would help me fill the need."

What started out as a simple CD for trainees quickly turned into a full-fledged music production project.

"When I started singing

and recording the songs, I was so inspired. I could easily imagine these songs becoming kid favorites outside of a yoga class as well, so I suggested to Lisa that we also make the CD available to the public," Haynes said.

The songs are simply produced, just vocals and guitar. Four local children, a combination of Sammie's Treetops Chorus singers and ChildLight Yoga's students, were recruited to sing along on a few of the songs. These backup singers include Brooke Flynn, age 7, and Lilly Whelan, age 6, both of South Berwick, Mia Erdman, age 5, of Dover, and Sophia DeCristofaro, age 5, of Portsmouth. The CD was engineered and mastered by Joe Rogers at Tilley B's Studio in Berwick and duplicated by Crooked Cove Records of Kittery. Hanna Bulger of Good Girl Graphics designed the CD packaging.

The title song, "I Grow With Yoga", was written by Haynes specifically for the 2006 ChildLight Yoga summer camp. It was chosen as the title song "because it best reflects what the CD is all about," said Flynn. "My intention with all of our programs is to introduce children to yoga with the idea that it is an attitude and skill that supports a lifetime of health & wellness – body, mind and spirit."

The back of the colorful CD jacket reads, "Just sing along with the songs while following the movement cues for a fun and effective way to utilize the breath, while building self-awareness through yoga-based activities. Timeless messages of peace, community and self-love will warm your heart."

The CDs are currently available through ChildLight Yoga's web site at www.childlightyoga.com, at The Little Hat Company in South Berwick, and at G. Williker's in Portsmouth.



Sammie Haynes, Lisa Flynn and young backup singers (L to R) Lilly Whelan, Brooke Flynn, Sophia DeCristofaro, Mia Erdman, celebrate the release of "I Grow With Yoga", a CD of yoga songs for children. (Courtesy photo)

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School musical productions; How to Succeed in Business Without Really Trying and Sound of Music. Breandan is the son of Dr. Timothy and Lynanne Haley.

Jane Merrow '13, of York, portrayed Wendy Darling. Jane has also been a cast member of Cinderella, Annie, and Wizard of Oz. Additionally, she played Gretl in the Berwick Academy Upper School production of Sound of Music. Jane is the daughter of Robin and Lucas Merrow.

In addition to Hazen, Haley, and Merrow, over sixty Middle School students were cast in the production. An additional fifty

eighth graders was outstanding, both in terms of their performances on stage and their leadership behind the scenes. In particular, Eliza Hazen as Pan, Breandan Haley as Hook, and Jane Merrow as Wendy, brought a professionalism and maturity to their roles that is rarely seen in children their age. Much of the credit for the show's success goes to their hard work and dedication."