



Good Night Yoga: A Pose-by-Pose Bedtime Story

Mariam Gates

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Kids love yoga—and it's great for them, so much so that the President's Council has added the practice to the fitness activities in the annual President's Challenge. For parents and caregivers looking for a fun and effective new routine for bedtime, innovative educator Mariam Gates presents *Good Night Yoga*, a playful yet wholly practical book for preparing for sleep.

This beautifully illustrated, full-color book tells the story of the natural world as it closes down for the night, while teaching children a simple flow of yoga postures inspired by their favorite characters from nature. Moving from “Sun Breath” to “Cloud Gathering” to “Ladybug & Butterfly” and more, readers learn techniques for self-soothing, relaxing the body and mind, focusing attention, and other skills that will support restful sleep and improve overall confidence and well-being.

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From reader reviews:

Rick Braden:

In this 21st one hundred year, people become competitive in every single way. By being competitive today, people have to do something to make themselves survive, being in the middle of the particular crowded place and notice through surrounding. One thing that oftentimes many people have underestimated the item for a while is reading. Yeah, by reading a reserve your ability to survive enhance then having chance to endure than other is high. To suit your needs who want to start reading a book, we give you this Good Night Yoga: A Pose-by-Pose Bedtime Story book as basic and daily reading book. Why, because this book is usually more than just a book.

Scott Lowe:

Information is provisions for people to get better life, information currently can get by anyone at everywhere. The information can be an expertise or any news even a concern. What people must consider whenever those information which is inside the former life are challenging be find than now could be taking seriously which one is acceptable to believe or which one the particular resource are convinced. If you find the unstable resource then you get it as your main information you will see huge disadvantage for you. All those possibilities will not happen with you if you take Good Night Yoga: A Pose-by-Pose Bedtime Story as your daily resource information.

Sherry Duncan:

The book untitled Good Night Yoga: A Pose-by-Pose Bedtime Story contain a lot of information on that. The writer explains the girl idea with easy method. The language is very clear and understandable all the people, so do definitely not worry, you can easy to read the idea. The book was authored by famous author. The author brings you in the new age of literary works. It is easy to read this book because you can read more your smart phone, or model, so you can read the book inside anywhere and anytime. If you want to buy the e-book, you can open their official web-site and also order it. Have a nice examine.

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