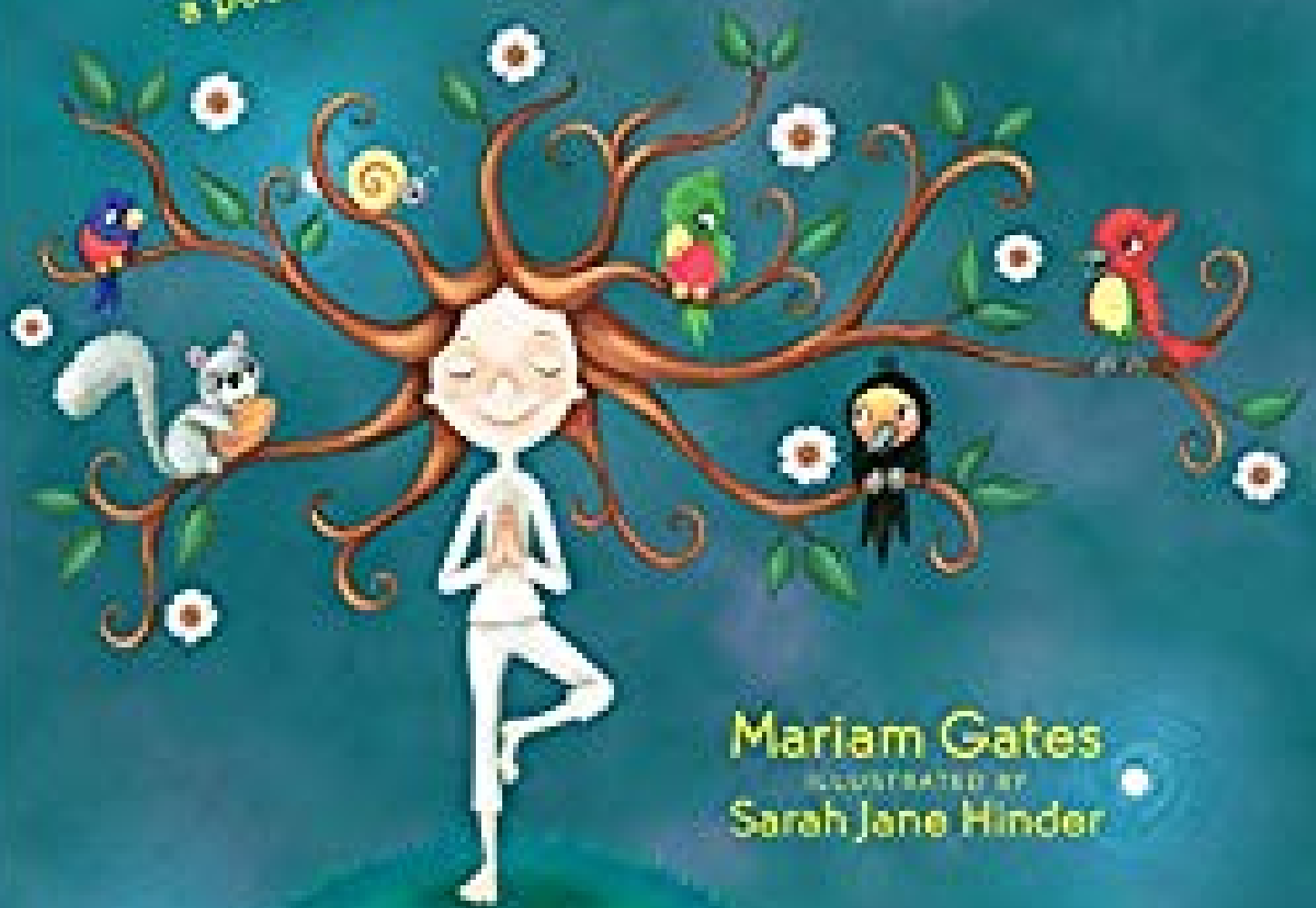


good night yoga

a pose-by-pose bedtime story



Mariam Gates
ILLUSTRATED BY
Sarah Jane Hinder

Mariam Gates

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



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Kids love yoga exercises—and it’s ideal for them, thus much so the President’s Council has added the practice to the fitness actions in the annual President’ to “ For parents and caregivers looking for a fun and effective fresh program for bedtime, innovative educator Mariam Gates presents Good Night Yoga exercises, a playful yet wholly practical reserve for finding your way through sleep.Sun Breath” This beautifully illustrated, full-color reserve tells the tale of the natural world since it closes down for the night time, while teaching children a straightforward flow of yoga exercises postures inspired by a common characters from character. Moving from “ and more, visitors learn techniques for self-soothing, relaxing the body and brain, focusing attention, and various other skills which will support restful rest and improve overall confidence and well-becoming.Cloud Gathering”s Problem. Butterfly”Ladybug & to “



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