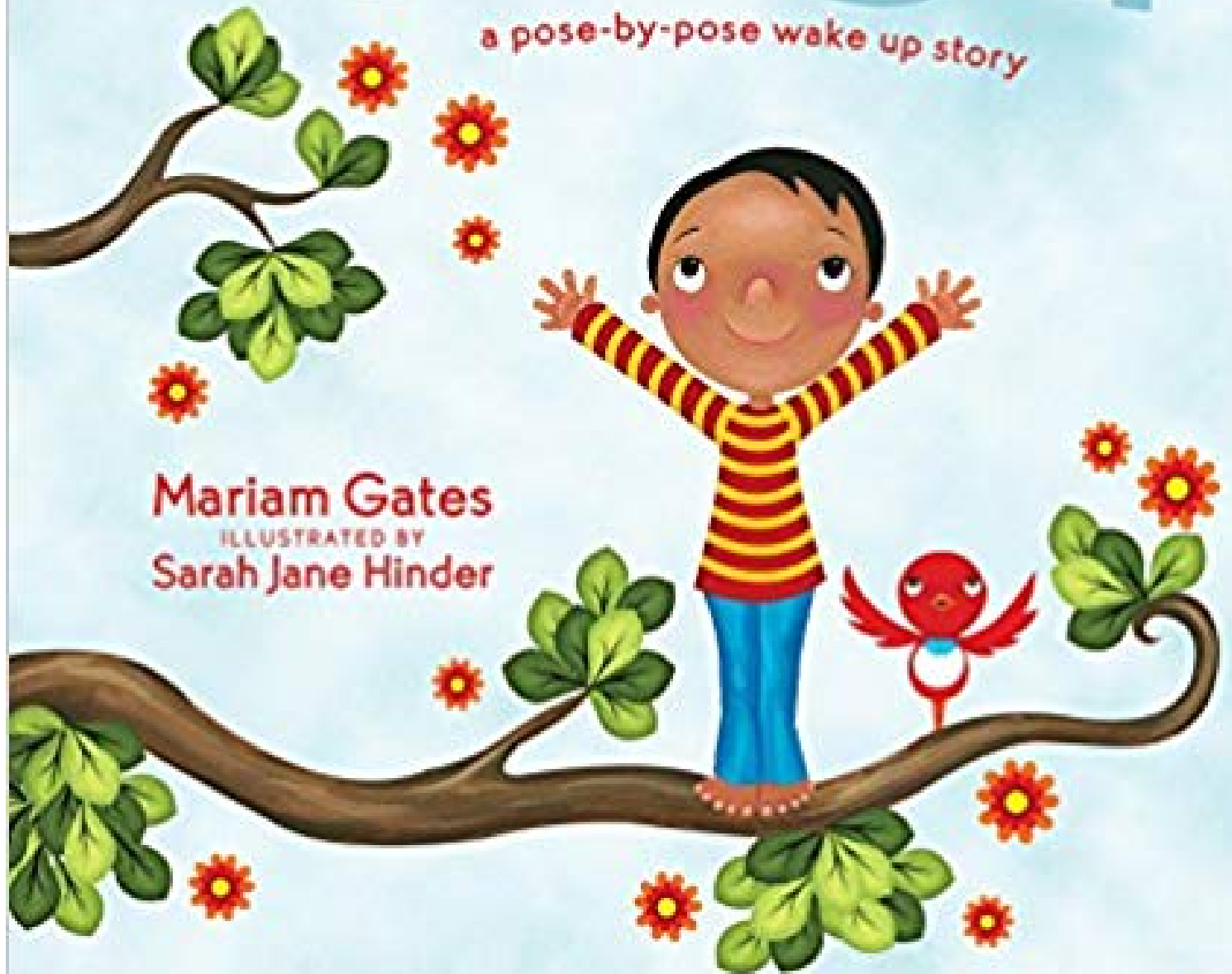


# good morning yoga

a pose-by-pose wake up story

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Mariam Gates

## Good Morning Yoga: A Pose-by-Pose Wake Up Story



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A deep breath in, an extended breath out—I can do this!” can be all I have to say. Calm and awake, “ Turn the web page and are as long as the sky, press your feet into the earth, and get ready for a great time! This “wake up” It’ story is so much more when compared to a tale.s a practice for kids and parents to greet the morning hours with joy and attempt their daily adventures with intention and confidence. I am ready for the day!



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Sandy Glessner The newest book by Gates and Hinder continues to delight children and help adults immediate their learning. He does like to watch me browse the reserve and perform the poses therefore I'm wishing that after carrying it out every morning for a while, he'll want to participate. Our younger children also want to listen and practice along with her. My strategy would involve teaching one position (page spread) a time along with talking about the text--maybe even singing its words. Great yoga routine for toddlers in morning, or anytime of day! Parents and teachers will imagine many ways to use the books by Gates and Hinder and children can look forward to a new adventure every time the books are opened. This would be much better as a board book This would be far better as a board book, it's hard to put the book down to do the stretches/poses and just became annoying to use this at the same time as performing the stretches which defeats the reason. Nicely written though. Happy book encourages "I've got this!" positive, grateful attitudes! Wonderful, well and written, pleasingly illustrated publication to encourage a happy day! Every household with kids, every library and children's hospital would benefit with copies of the book.) to greet every day -- to stretch, to breathe, to have an "attitude of gratitude" -- is among the most important factors we can do.. Good Good Much Needed Daughters using it often Recommend to get young ones in healthy habit of stretching each day."Good Morning YOGA makes, in my opinion and recent experiences, a perfect gift for just about any child /brand-new baby in a household that will yoga or that will be amenable to this stretch-breathe-greet approach, even if parents don't "do yoga". Ask the kid what the text says that's not in the illustration, and then talk to what the illustration implies that isn't stated in the text. Our whole family loves these yoga books. We to the Good Night Yoga routines as well and it is just a great method to start and end your day.. Mountain and Boat pose are her favorites. Great addition to a morning routine. I love this reserve and think it'll be a great . She's had the opportunity to use some of the movements in class to calm herself down.). This reserve has been great for helping her ease into yoga and focus on those deep calming breaths. So cute. I love this publication and think it'll be a great device for helping my emotional son speak to his emotions and his body and reduce stress overall but he's just a little young still.. As a former professor of Children's Literature, I found myself making programs to use the publication with a course (I retired 15 years ago! The story is really sweet and doesn't take long to go through so it's a great introduction to yoga exercise for anyone, really. Every household with kids, every library and children's hospital . Our daughter enjoys the illustrations and studies each young one in the publication to comprehend what she must do. Marian Gates' publication encourages just this content, positive method of morning -- no small matter to greatly help our kiddos get off to a good daily, can-do start! If you ask me, helping our kids (and ourselves! I cannot recall, but if it's not yet in several languages it should be, as it is a reserve which reaches out to the general need of any generation to find their internal peace and therefore enabling a kind interaction with people. Great little yoga book My six year outdated LOVES this publication. We do this morning/afternoon/evening. She actually methods breathing with this one since it reminds you to breathe in and breathe out. The pictures are very very clear and she can do that by herself from the images. This is a fantastic book for kids to use with a personal practice, or to do as a family. Kids Love It Our 8 year outdated has SPD. This really helped my girl get into a morning routine when she started kindergarten. It's an excellent start to the day with some easy and fun stretching to get the blood flowing. The story/illustrations are great! ??? ?? this book! Yes, "Good Morning YOGA" encourages a content attitude of "I've got this! Great intro to yoga. It's a WINNER! We gave Goodnight Yoga to your grandchildren (2-6 12 months olds) last Christmas and they all loved it so much! We simply gave them HELLO Yoga. I browse it to them and they do all of the poses with me. So FUN! Amazing book We read this every morning!. Great reserve w/easy instructions and pictures for the littlest yoga. Perfect Great introduction to yoga for your baby.



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