

Good Morning
Yogis
Big and Small

Starts Your
Morning Routine

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Good Morning Yogis, Big and Small: Dial in Your Morning Routine with Ayurveda for Kids



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Get your children on track for an excellent day time and better body care for life!HELLO Yogis walks a girl via an Ayurveda and yoga inspired morning hours routine with tongue scraping, pooping, hydrating, breathing, stretching, and a family hug.



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