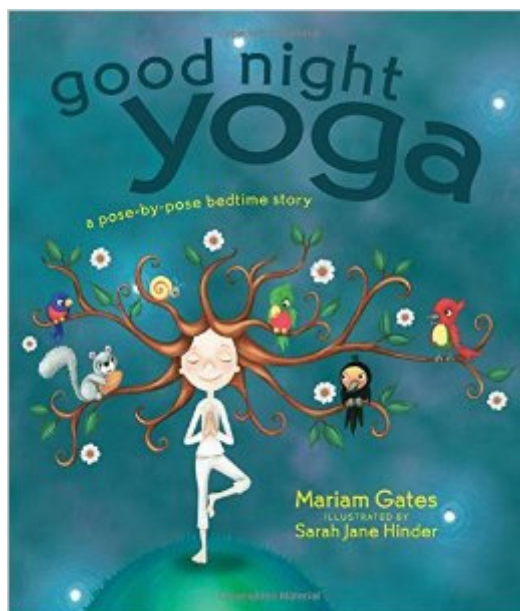


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# Good Night Yoga: A Pose-by-Pose Bedtime Story



## Synopsis

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.

## Book Information

Hardcover: 36 pages

Publisher: Sounds True; 1st Edition edition (April 1, 2015)

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Product Dimensions: 8.8 x 0.4 x 9.6 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars See all reviews (221 customer reviews)

Best Sellers Rank: #1,338 in Books (See Top 100 in Books) #3 in Books > Health, Fitness & Dieting > Children's Health #3 in Books > Children's Books > Growing Up & Facts of Life > Health > Fitness #3 in Books > Health, Fitness & Dieting > Exercise & Fitness > For Children

Age Range: 4 - 8 years

Grade Level: Preschool - 3

## Customer Reviews

This book manages to both be gorgeous and lyrical and also to be a practical, user-friendly way to introduce your kids to yoga and a calming bedtime routine. I even tried doing it myself too and definitely slept better :)

The illustrations are GORGEOUS and my Kinder/1st grade boys want to read it and do the poses EVERY night - even my ADHD little guy :) The book guides us through the poses and we make up

our own stories about the "animals" we get to "be" (poses). We change "cat" to cat & cow, so they do both, and we add animal noises too. The text itself is kinda lame & doesn't read smoothly, but it's still a wonderful book. This is definitely worth buying :)

I had purchased several copies; for classroom, for nieces and nephew ages 3 to 13, and for friend who teaches yoga who has grandchildren. Great to prepare little ones for "rest" time and bed time. Pictures and words are precious! (I did read the text of the story from beginning to end first. Then reading the story again, I included the poses as they related to each page of the story.) The 3 year old was following the "Good Night Yoga Flow" pictures at the end of the book creating each pose on her own. Friend read the book to one of her yoga classes before sharing with her grandchildren. The group liked it so much, she plans to share it with all of her yoga classes. Who knew that the adults would love it as much as the children do!

**SUMMARY:** This book takes a child through soothing yoga poses that relate to things in nature such as arms up and down like rays of sunshine and bending to the side like a crescent moon. At the same time, a story is happening showing what things in nature are doing: "The stars sparkle brightly as the moon rises high."**ILLUSTRATIONS:** The illustrations are full of deep and rich colors. The children are adorable and the scenes are relaxing. A+ for multicultural representation.**NOTE:** The following review is based on this book only. I do not agree with the philosophies of the publisher Sounds True who supports personal transformation and spiritual awakening. I do however, believe yoga is a wonderful and relaxing exercise even for very young children.**THE GOOD:** This book takes a child through very very simple poses that wind the child down from standing poses until the final child's pose on the floor. It is a beautiful and relaxing flow to help children relax. Reading the story alongside will add a relaxing and calm atmosphere. The very end has the child lying in bed imagining floating on a cloud. I felt very sleepy after just reading the book, so I know this will be a wonderful bedtime routine!**THE NOT AS GOOD:** It is a bit confusing because there are two parts to the book--the yoga instructions and the short story about nature. It would be best to read this through by yourself first and decide how to best use this with your child. You could just read the yoga pose instructions or read both parts.**AGE RECOMMENDATIONS:** Ages 3-7 (Ages 8 and up can most likely do this independently without the story or flowery instructions. You could use this as a guide to teach them the poses though since all ages would benefit from the calming exercises before bed)

This is such a cute book! My 3.5 year-old loves it, and she looks forward to getting out our mat and doing yoga with me every night before bed now. The story and the poses help to settle her down for the night and she goes to bed without complaining after Good Night Yoga. I just ordered Good Morning Yoga so that we can start our days as calmly and peacefully as we end them.

Beautiful illustrations and great poses. My issue has been my boy doesn't stay engaged there are too many moves and he's not as impressed with the pictures as I am. He is only two I plan to reintroduce this book as he gets older.

My two year old wants to read this book and do the poses all the time. So cute. She goofs off while doing them, but she gets some of them right and it's a lovely way to introduce the benefits of yoga. It's a little hard to read both the story and the instructions aloud at the same time- you don't really get the story, but she gets the idea that it's about going to sleep and she loves it so much. Two-year-olds can be trying, so it's really nice to have something positive to share as a daily routine.

Absolutely love this book. Little one loves to read and do the poses at night. It's even come camping with us and we've gotten a group of kids together to do this before bed. We really appreciate this book, probably more than I can say. Little one likes to point to the poses and say their names so we are also giving a good introduction to yoga practice. Really well done. Little one asks for this a lot.

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