



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

*Mariam Gates*

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Yoga helps children learn how to focus, relax, and both self-monitor and self-soothe. *Good Morning Yoga* instills these four skills and more, enabling children to jumpstart the day with energy and excitement-and meet the adventures that come with mindfulness and perspective.

*Good Night Yoga* tells the story of the world retiring for the evening-and a new generation of readers has fallen in love with the relaxing sequences and beautiful pictures that lead them to dreamland. *Good Morning Yoga* weaves gentle exercises with a heartwarming narrative and wonderful illustrations to empower children to manage the energies that visit throughout the day-from the "fiery volcano" to the "mountain quiet and still. *Good Morning Yoga* concludes with a visualization for kids to set intentions for the day.

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