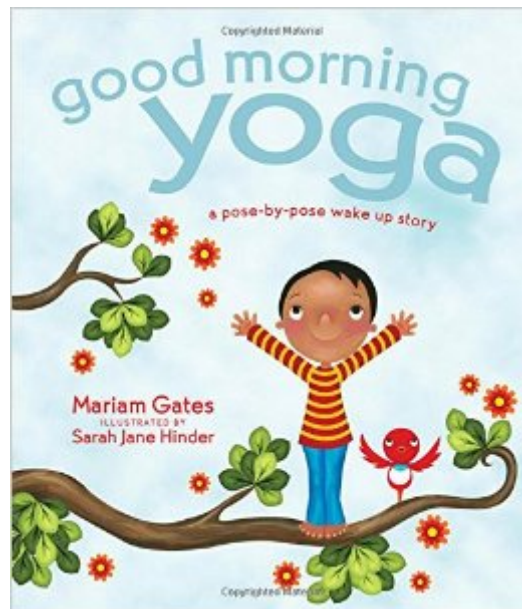


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# Good Morning Yoga: A Pose-by-Pose Wake Up Story



## Synopsis

Calm and awake, â œl can do this!â •is all I need to say. A deep breath in, a long breath outâ ”I am ready for the day! This â œwake upâ • story is so much more than a story. Itâ™s a practice for kids and parents to greet the morning with joy and embark on their daily adventures with intention and confidence. Turn the page and reach up to the sky, press your feet into the earth, and get ready for a great day!

## Book Information

Hardcover: 36 pages

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Product Dimensions: 8.2 x 0.4 x 9.6 inches

Shipping Weight: 15.5 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 starsÂ Â See all reviewsÂ (46 customer reviews)

Best Sellers Rank: #4,087 in Books (See Top 100 in Books) #8 inÂ Books > Children's Books >

Growing Up & Facts of Life > Health > Personal Hygiene #13 inÂ Books > Health, Fitness &

Dieting > Children's Health #16 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga

Age Range: 4 - 8 years

Grade Level: Kindergarten - 3

## Customer Reviews

The newest book by Gates and Hinder continues to delight children and help adults direct their learning. As a former professor of Children's Literature, I found myself making plans to use the book with a class (I retired 15 years ago!). My approach would involve teaching one posture (page spread) a day along with talking about the text--maybe even singing its words. Ask the child what the text says that isn't in the illustration, and then ask what the illustration shows that isn't mentioned in the text. Parents and teachers will imagine many ways to use the books by Gates and Hinder and children will look forward to a new adventure every time the books are opened.

This book was a wonderful little read. It came suggested to me because of my review of Susan Verde and Peter H. Reynolds I am Yoga. And I am so glad I checked it out. It is another great book introducing children to yoga and being active. This book takes a child through 12 poses as a

morning routine:Sun BreathTummy TwistVolcanoSki JumperLightning BoltMountainForward  
FoldDownward DogBalancing TableBridgeBoatAwakeEach two page spread covers one pose.  
There is a larger text for the description and then smaller text describing the pose or movement. The  
larger text description form a rhyme throughout the book. The illustrations are wonderful, done with  
a very bright pallet and comprises a child doing the poses, with a mix of nature and wild life. My  
younger two love reading through the book again and again. The pictures captivate young children  
and the exercises are nice and easy.It is a great little book well done. It will be interesting to see if  
the two expand upon the series with either more flows or flows for older children.

Two times of the day are the most difficult for children, actually when I think about it they are difficult  
for grown ups too. In the evening, to find a peaceful and relaxing way to end the day, so sleep can  
be uninterrupted and nourishing and in the morning to get ready for the day in a fun and joyful way.  
Usually we just rush around and push our children to get ready so we can be on time for work. It  
makes us and the children tense and one sees more tears than laughter. Therefore, these books  
are not only important for children, but especially for us parents. Good Morning Yoga helps me to  
step back, breath and support my two children to start the day in a fun and relaxing way. It affects  
the rest our day, theirs as well as mine. I feel happy and rich to have spent such a wonderful time  
with them and they can face the adventures of a new day feeling much happier and more secure in  
themselves, and in the end we are able to get out of the house on time, but with laughter instead of  
tears. In the evening we end the day with Good Night Yoga and then a good night sleep. Thank you  
Mariam Gates for having created these wonderful and supportive formats, which make my life so  
much easier..

I would like to thank Sounds True Publishing for providing me with an ARC of this book in exchange  
for an open and honest review.This book was fun. I actually had my three children (aged ten, eight  
and six) help me to review "Good Morning Yoga" and we all enjoyed going through it,  
reading and trying the poses.We found the bright, colourful pictures great and I thought they were  
gorgeous. My kids really connected to them and tried the poses while I read out what to do. (I, of  
course, had to try the poses too.) Although we've done yoga as a family before, we still got  
some good new poses out of this book, even though I feel it was more aimed for those new to yoga.  
And my kids were thrilled that downward dog was in there, as it's a favourite of theirs!! I liked  
the positive affirmation "How I want to feel today" section at the end of the book. My  
eldest especially would benefit from starting her day along these lines.Yes my kids weren't

perfect at all the poses and yes they mucked around a bit, but they're kids and it's what they do when enjoying trying something new. To me, that made it an even more enjoyable book as it inspired them to be happy and give it a try. The trick will now be: will they try these poses when grumpy and straight out of bed in the mornings on a school day. My son (who is HFASD) is not a morning person here hoping a bit of Good Morning Yoga in his life can help change that. ;-)

Would I recommend this book to others? Yes I would. Not only to families with young children, but to my kid's school too. The bright colours, smiling faces and almost musical words (when read out loud) give off such a positive vibe that I really feel this is a book people with young children would really benefit from.

Would I buy this book for myself? Yes I would. I loved it. The only reason it got a 4 out of 5 rather than a 5 out of 5 is my kids got a say in the score and they didn't want to give a perfect score in case it meant no more books by this author. ;-)

I do want to ask if there is one for bedtimes too. And if not, let me know when there is!

In summary: Gorgeous, colourful and encouraging book to do with your young family to set them up for a happier and calmer day ahead.

I am an elementary PE teacher and the mom of a 3.5 year old. This book is excellent for my students in grades k-2 and for my daughter. We love doing yoga together. The "good night yoga" is equally as awesome. Illustrations are precious and show poses perfectly.

This such a delightful and valuable book for children, and adults alike! With such a beautiful message and accompanied by gorgeous illustrations, this book will be a treasure for years to come!

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Glimpses of Raja Yoga: An Introduction to Patanjali's Yoga Sutras (Yoga Wisdom Classics)  
The Goddess Pose: The Audacious Life of Indra Devi, the Woman Who Helped Bring Yoga to the West  
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