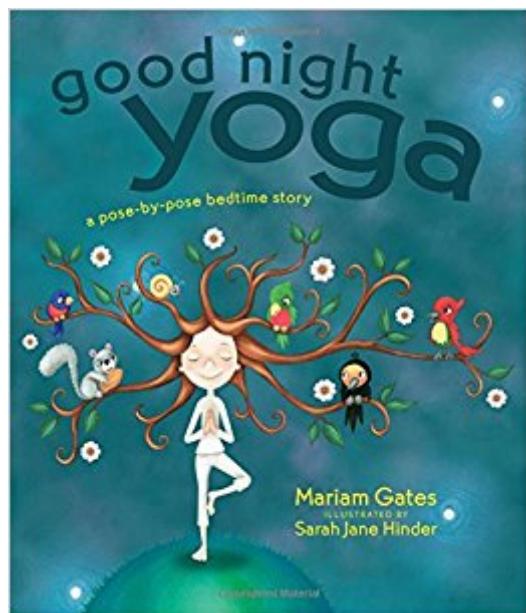


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# Good Night Yoga: A Pose-by-Pose Bedtime Story



## 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)

Language: English

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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 323 customer reviews

Best Sellers Rank: #3,909 in Books (See Top 100 in Books) #2 in Books > Children's Books > Growing Up & Facts of Life > Health > Fitness #2 in Books > Health, Fitness & Dieting > Exercise & Fitness > For Children #11 in Books > Health, Fitness & Dieting > Children's Health

Age Range: 4 - 8 years

Grade Level: Preschool - 3

## Customer Reviews

"Good Night Yoga is a playful but practical way to help your kid release some of her extra energy before bedtime. The beautifully illustrated book teaches simple, kid-friendly yoga moves that induce self-soothing and relaxation—all of which can help kids catch more zzzs. Parents Magazine Innovative educator Mariam Gates has put it all into one beautifully-illustrated package • nature, nurture, diversity, relaxation, visualization, mindfulness skills • and she managed to make it all age-appropriate. Parents

will end the day on a positive note, as they move through this set of yoga poses with their children. Designing the sequence of poses to relate to day&#8211;â„¢s end in the natural world was a stroke of bedtime genius and one from which your customers will benefit. Visually appealing, the book also presents the yoga protocol in a simple format, making it an exciting but stress free tool that both children and adults can joyfully embrace.â••Anna Jedrzewski, Retailing Insight

â•“In a clear and calming introduction to yoga, serene children demonstrate 11 basic poses, while a lullaby winds throughout: ‘The sun in the sky is going down/ and the clouds float by./ The stars sparkle brightly/ as the moon rises high,’ writes first-time author Gates. Newcomer Hinderâ„¢s acrylic paintings show a brown-skinned girl wearing a polka-dotted outfit as she performs a ladybug pose, while a boy takes on a cat pose. Gentle supplemental text describes the poses (‘As I breathe in, as I breathe out, I arch my back like a cat’), which come together in a closing spread to create the ‘Good Night Yoga Flow.’”â••Publishers Weekly

â•“Bedtime stories come to life withâ•“Good Night Yoga: A Pose-by-Pose Bedtime Story, ?a charmingly illustrated book that tells the story of the earth settling down for the night while showing kids simple, relaxing poses. Author Mariam Gates, creator of the acclaimed Kid Power Yogaâ•“ program, teaches children to calm their ?bodies and minds while moving from â•“Ladybugâ•“ (aâ•“ squat) to â•“Catâ•“ (anâ•“ arch).â••Celia Shatzman, Yoga Journal “Charming and practical,â•“Good Night Yogaâ•“ is a gift to parents and children alike.â•“ This beautiful offering from Mariam Gates turns a time that is often filled with consternation into one of connection and joy.â•“ This one belongs on every child’s night stand.â••Nikki Myers, Yoga Therapist and Founder of Y12SR: The Yoga of 12-Step Recovery

â•“There is nothing more important than teaching stillness and mindfulness to our children. I am endlessly grateful for Good Night Yoga and the miraculous gifts this book will offer the world, one little reader at a time.â•• Gabrielle Bernstein, New York Times bestselling author of Miracles Now

â•“A lovely way for young children to engage the body, heart, and mind at bedtime, by listening, breathing, bending, and stretching with a parent through the unfolding of a sweet story with delightful pictures.â•• Myla and Jon Kabat-Zinn, authors of Everyday Blessings: The Inner Work of Mindful Parenting

â•“As I read through this unimaginably sweet and soothing book, my breath slows and my muscles melt. If I were cozied down in bed right now, Iâ•“d surely be asleep. I canâ•“t imagine a more luscious night time ritual.â•• Brian Leaf, MA, author of Misadventures of a Parenting Yogi

â•“Thank God for Mariam Gatesâ•“ book, Good Night Yoga, which dares to suggest and demonstrate how children can have a practice to help them face the complex world

with more awareness, calmness, and joy. The illustrations are awesome. It will help kids to stay connected to their body and their breath, giving them real tools they will be able to use for the rest of their lives. How empowering for children! There are practices that will serve parents and kids any time of the day. •Tommy Rosen, yoga teacher and founder of Recovery 2.0 “I highly recommend Good Night Yoga to parents who want to share the love of yoga with their child. It is a sweet, whimsical, and endearing book that I will be reading to my own son as part of our bedtime ritual.” •Melanie Klein, Sociology and Women’s Studies professor, co-editor of Yoga and Body Image: 25 Personal Stories about Beauty, Bravery & Loving Your Body, and co-founder of the Yoga and Body Image Coalition “I’m so happy to see a beautiful, accessible book that soothes children into slumber with a healing and restful sequence. The goal is to wind down and prepare for rest with both a calm mind and a calm body, and Mariam Gates has brought this to life masterfully.” •Kathryn Budig

Mariam Gates holds a master’s in education from Harvard University and has more than 20 years’ experience working with children. Her renowned Kid Power Yoga program combines her love of yoga with teaching to help children access their inner gifts. See [kidpoweryoga.com](http://kidpoweryoga.com). Sarah Jane Hinder, illustrator, creates acrylic artwork for a variety of children’s books, including Good Morning Yoga, The Three Little Pigs, and The Elves and the Shoemaker. She lives in Manchester, England, with her husband and two chihuahuas. See [sarahjanehinder.com](http://sarahjanehinder.com).

The KINDLE version of this book must be viewed one page at a time, but the illustrations and text were created to be viewed as a spread of two pages. Since the whole point of the book is to DO the yoga poses as you read them with your child, it’s really inconvenient to have the illustration of the pose you’re reading about not be visible when you’re reading it. Buy the physical book if you want it to be useful. I would do that, but I’m too irritated at having already spent money on the kindle version.

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 :)

A fabulous book! My 5 and 3 year olds enjoyed following the poses on the pages and making up

stories to go along with them. Then they began making up new names for similar poses. The only thing I would improve is the binding. Since the book needs to lay flat while an adult does poses together with the kids, ring binding would have been preferable. We had to keep the book open with something heavy.

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!

My eternally active 3 year old son loves this book! My wife and I decided that a few simple yoga poses might do the trick with settling our rambunctious toddler down before bed time. This book is beautifully illustrated, tells a nice story, and has a good amount of basic poses that he can hold. Believe it or not, the plan worked, and he looks forward to opening this book before bed to go through the flow. The book even has a nice relaxation visualization section on the back which is a nice bonus.

I can't say enough good about this book. I have a 5, 3, 2 yr old and they all do it with me every night it's become a wonderful nighttime tradition. A MUST buy in my opinion.

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.

My adorable 2.5 year old niece became interested in yoga when she watched me while I was visiting her home. We did a few poses together and her mother told me after I left that my niece kept

talking about it and doing the poses on her own. I sent her this book and she loves it. Her mother said my niece chooses it for her bedtime story more often than any others. She reads it to her infant sister, and practices the poses in the book. The pictures are gorgeous.

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