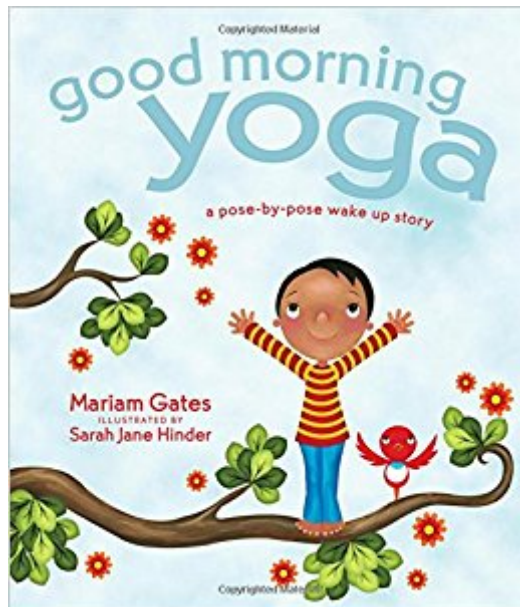




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# Good Morning Yoga: A Pose-by-Pose Wake Up Story



## Synopsis

Calm and awake, “I can do this!” is all I need to say. A deep breath in, a long breath out • I am ready for the day! This “wake up” story is so much more than a story. It’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: 4.9 out of 5 stars 88 customer reviews

Best Sellers Rank: #6,142 in Books (See Top 100 in Books) #12 in Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga #14 in Books > Children’s Books > Growing Up & Facts of Life > Health > Personal Hygiene #18 in Books > Health, Fitness & Dieting > Children’s Health

Age Range: 4 - 8 years

Grade Level: Kindergarten - 3

## Customer Reviews

“After helping young readers gently end their days in Good Night Yoga (2015), Gates and Hinder return with a salutation for their mornings. . . Hinder’s playful illustrations animate Gates’ descriptions and affirmations. Each character fully embodies his or her pose as if ready to leap off the page. The balance of bold and soft colors mirrors the energizing yet focused movements of the stretches. Young readers will easily see themselves in one of the many diverse children in the book. Also included are a recap of the poses with short instructions and a guided visualization that adults can read to children. An energizing yoga practice portrayed by lively and diverse characters that should inspire multiple readings.” —Kirkus

“This book lays the groundwork for our kids, and it can springboard them into the world with confidence, resiliency, and a deep awareness and connection to what is best in us. Good Morning Yoga teaches kids (and adults) how to connect to that deepest part of ourselves through

some very simple steps. A great book that can give our kids the fundamentals of a good life—•a life that comes from living from the inside out.

—•Congressman Tim Ryan, author of *A Mindful Nation: How a Simple Practice Can Help Us Reduce Stress, Improve Performance, and Recapture the American Spirit*

—•Mariam Gates “Her ability to entertain while teaching correct yoga poses at the same time amazes me. Good Morning Yoga is perfect for kids, but I have to admit that I had a blast practicing while reading it, so I wouldn’t limit it only to young yogis. This book is perfect for anyone looking to incorporate a fun yoga practice into their children’s lives. I can just picture families and classrooms full of kids memorizing and reciting the practice in unison as they go through Mariam’s brilliant routine. This should be a part of every school’s curriculum and family’s wake-up ritual.

—•Kathryn Budig, yoga teacher and author of *Aim True*

—•“Reading through Good Morning Yoga is a delightful excursion into yoga for kids. Mariam Gates weaves in the beautifully illustrated yoga postures in such a uniquely creative and exciting way. From fiery volcano and noble mountain to playful doggies and gentle streams, yoga becomes something that is just plain fun to do—even for us old folks! Young children are going to LOVE this book. It’s just so gorgeous to look at. Take a breath and jump in. The birds begin to sing, the day dawns, and [kids] breathe in and breathe out. What a great way to start a young life. I wish I’d had this book when I was five!

—•Beryl Bender Birch, author of *Power Yoga, Beyond Power Yoga, and Yoga for Warriors*

—•“As a mother and as a yogini, the importance of sharing yoga with our youngest generation is paramount. Imagine a world where every child learned the poses in this beautiful book. I know Good Morning Yoga is going to help make the world a better place.

—•Sarah Gardner, founder, *Yoga Reaches Out*

—•“This joyful and inspiring book offers an incredible way to start your child’s day. It’s filled with adventure and possibility—a perfect balance of story and practice. My daughter loved it and immediately asked to read it again. When we tried the sequence together, it felt as good for me as I imagine it did for her.

—•Jennifer Cohen Harper, author, *Little Flower Yoga for Kids: A Yoga and Mindfulness Program to Help Your Child Improve Attention and Emotional Balance*

—•“Mariam Gates has done it again. She brings beautiful cadence to a series of postures with which kids can engage time and time again. Your family will love this accessible adventure into yoga, and the pitch of Mariam’s poetry is perfect. Kids of all ages will remember the rhythm of her rhymes for years to come.

—•Elena Brower, author of *Art of Attention*, founder of teach mean

—•“Good Morning Yoga is absolutely perfect! As a father of three little ones, I’ve learned that what’s

interesting to them is fun, familiar, playful, and colorful. What a wonderful beginning for children toward a lifetime yoga practice. • Bryan Kest, creator of Power Yoga • “Greeting a new day with long deep breaths and delicious stretches • what could be better? Mariam Gates has created a playful, simple yoga practice for parents and children to enjoy together. Herein lies the secret to unhurried mornings, family harmony, and well-being. • Katrina Kenison, author of Mitten Strings for God and The Gift of an Ordinary Day •

Mariam Gates 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 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 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.

Our whole family loves these yoga books. We do the Good Night Yoga routines as well and it is just a great way to start and end the day. Our daughter loves the illustrations and studies each child in the book to understand what she should do. Mountain and Boat pose are her favorites.

Our 8 year old has SPD. This book has been great for helping her ease into yoga and work on those deep calming breaths. She’s been able to use some of the moves in class to calm herself down. Our younger kids also love to listen and practice along with her.

Not as good as good night yoga, story is so so. But 2yr old loves it so that’s great.

I purchased this along with Good Night Yoga for my granddaughter's 7th birthday and she loves them. She is the earliest riser in her family and I thought this would give her a routine to start and end her day. They are really great!

Haven't started with my granddaughter yet but have read through it and love the ideas!

My kids love this book!! They like to listen to me read while they do the actions.

I love this book and think it will be a great tool for helping my emotional son get in touch with his feelings and his body and reduce stress overall but he's a little young still. He does like to watch me read the book and do the poses so I'm hoping that after doing it every morning for a while, he'll want to participate. The story is really cute and doesn't take long to go through so it's a great introduction to yoga for anyone, really.

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