



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

By 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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## Good Morning Yoga: A Pose-by-Pose Wake Up Story By Mariam Gates Bibliography

- Sales Rank: #347668 in eBooks
- Published on: 2016-03-01
- Released on: 2016-03-01
- Format: Kindle eBook

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### Editorial Review

#### Review

“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 Reviews**

“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' 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

“*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*

About the Author

### **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, teaches art and graphic design at Turton Media Arts College in the UK. See [smogawoo.com](http://smogawoo.com)

## **Users Review**

### **From reader reviews:**

#### **Joseph Owens:**

Spent a free the perfect time to be fun activity to perform! A lot of people spent their sparetime with their family, or all their friends. Usually they undertaking activity like watching television, going to beach, or picnic inside park. They actually doing same task every week. Do you feel it? Would you like to something different to fill your personal free time/ holiday? Can be reading a book could be option to fill your free time/ holiday. The first thing you ask may be what kinds of publication that you should read. If you want to consider look for book, may be the book untitled Good Morning Yoga: A Pose-by-Pose Wake Up Story can be excellent book to read. May be it may be best activity to you.

**Nathan Barnes:**

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**Ann Foley:**

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**Santiago Johnson:**

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