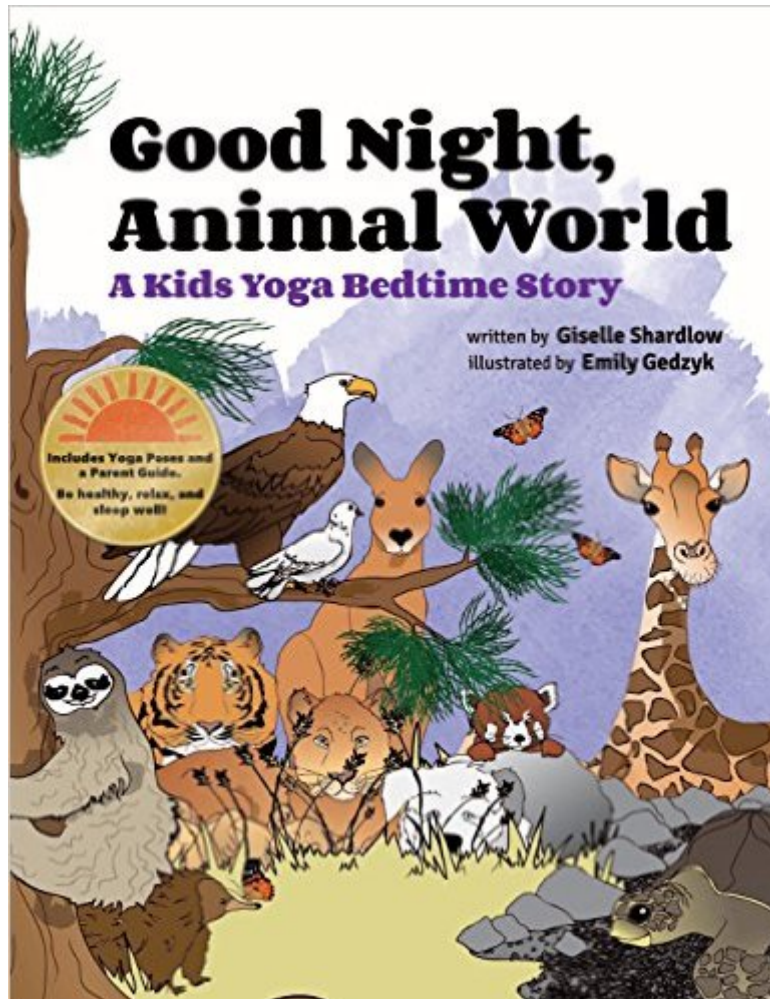


The book was found

Good Night, Animal World: A Kids Yoga Bedtime Story (Kids Yoga Stories)



Synopsis

Calm your mind and body before bedtime by taking a journey around the world with this kids yoga storybook. Say good night to the animals of the world! Join six Kids Yoga Stories characters as you perch like a bald eagle, crouch like a tiger, and curl up like a sloth. The book includes a list of Kids Yoga Poses and a Parent Guide with tips on creating a successful bedtime experience.

Recommended for toddlers and preschoolers (ages 2 to 5). Learn something new, explore movement, and unwind together before bedtime! Buy the matching Good Night, Animal World Bedtime Yoga Cards on KidsYogaStories.com!

Book Information

Series: Kids Yoga Stories

Paperback: 30 pages

Publisher: CreateSpace Independent Publishing Platform (September 20, 2013)

Language: English

ISBN-10: 1492210447

ISBN-13: 978-1492210443

Product Dimensions: 8.5 x 0.1 x 11 inches

Shipping Weight: 4.5 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars Â See all reviews Â (37 customer reviews)

Best Sellers Rank: #131,293 in Books (See Top 100 in Books) #27 in Â Books > Children's Books > Growing Up & Facts of Life > Health > Fitness #39 in Â Books > Health, Fitness & Dieting > Exercise & Fitness > For Children #448 in Â Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga

Customer Reviews

This title is one of about 10 books in the Yoga Kids Stories. These books integrate yoga poses into stories that provide information, about animals, other countries and often present educational concepts such as shapes, colors and seasons. Some titles in the series teach life lessons such as embracing diversity. The author, Giselle Shardlow, uses her educational expertise from her Masters of International Education; her eight years of experience teaching grades K-5 in Guatemala, Australia, Canada and United States; and her certification as a yoga instructor to bring multiple layers of learning to each book. Each title is a rich experience, creating various educational applications for both school and home. The yoga component itself is a wonderful tool. Many educators and parents use yoga to help children calm themselves. As an adult who has recently

started yoga, I truly understand how effective yoga can be to reduce stress. While concentrating on maintaining the yoga position, breathing, and tightening or softening appropriate muscles, the mind is so busy it cannot focus on the stressor that occurred. Yoga is an easy and effective tool to help children in dealing with their emotions and stresses. Each book contains helpful end notes to guide the parent or educator to safely and successfully introduce yoga to children and making it a more meaningful and enjoyable experience for everyone. But in addition to the yoga component, the stories present information about animals, seasons and concepts such as colors. For example in Good Night, Animal World introduces the reader to children from different parts of the world. Each child has a name common in their country and says hello in their native language.

Kids Yoga Stories by Giselle Shardlow are a series of picture books that integrate two of my very favorite things: books and yoga! The goal behind the books are to âœget [children] laughing, moving, and creatingâ • and these books do just that. Through the use of beautiful, calming illustrations and using a soft palette of colors, Good Night, Animal World introduces readers to a diverse group of âœyoga kidsâ • (i.e., representing diverse ethnicities and gender). The yoga kids guide the reader around the world exploring geography, local fauna, and of course, simple yoga poses. Additionally, this book is intended to be a bedtime book, so while the kids are holding their yoga pose, they are encouraged to say âœgood nightâ • to each individual animal. This reminded me of the sweetness of Goodnight Moon by Margaret Wise Brown â “ one of our very favorite board books. The yoga poses themselves are simple and mirror the animal that is portrayed in the book. For example, there is the âœKangaroo Poseâ • which, you guessed it, involves a shallow squat with arms together like a kangaroo. In addition to each page featuring an animal modeling a specific yoga post, there is a list of kids yoga poses with the name of the animal, the name of the pose, and an illustrated demonstration of each pose in the back of the book. Those of us who have done yoga before know that there are safety guidelines and these are stressed in an introduction to the book as well as a âœKids Yoga Stories Guideâ • in the back of the book which provides tips for the safe and proper way to introduce yoga to children. The guide in the back is particularly well done (itâ™s four pages long).

[Download to continue reading...](#)

Good Night, Animal World: A Kids Yoga Bedtime Story (Kids Yoga Stories) YOGA: The Essential Guide To Yoga For Beginners (Yogananda, Yoga Anatomy, Yoga Poses, Yoga Sutra, Yoga For Men, Yoga Journal) Good Night Yoga: A Pose-by-Pose Bedtime Story Children's book: "A FAIRY-MARY":Bedtime story, Beginner readers, values(sleep goodnight)Rhyming bedtime Story

About Caring for Your Teeth(Level 1)preschool ... children's 4-8 (preschool books Book 7) Adult Romance: Adult Bedtime Short Stories - Sultry XXX Romantic Billionaire Romance, Mail Order Bride Historical Romance, Western, Alpha Male Love, New Adult, Victorian Romance, Bedtime Anthology Children's book:"Thanks Lil Ren":Bedtime story, Book for kids, Beginner readers, values, Funny-Rhymes,read along,series, Animal stories Mammal-Early ... learning, picture book-Preschool / toddlers Yoga For Beginners: An Easy Yoga Guide To Relieve Stress, Lose Weight, And Heal Your Body (yoga, yoga for beginners, yoga for weight loss, yoga guide, chakras, meditation) Yoga for Beginners: Top 10 Essential Yoga Poses (Yoga Meditation, Yoga Workouts, Yoga Books, Yoga Sutras) EROTICA: PAST BEDTIME - 31 Short Story Steamy Romance Stories, Sultry XXX Short Stories, Sex Stories For Adults, New Adult Books, Off Limits Erotic Shorts Jokes For Kids - Joke Books : Funny Books : Kids Books : Books for kids age 9 12 : Best Jokes 2016 (kids books, jokes for kids, books for kids 9-12, ... funny jokes, funny jokes for kids) (Volume 1) Luke's Beach Day: A Fun and Educational Kids Yoga Story (Kids Yoga Stories) Ricky The Raccoon Jungle Bed Time: Children's Animal Bed Time Story (Beginner Early Readers (Preschool picture book) Good Night Story Book 3) Yoga for Kids: Safe Yoga Poses for Children ages 0-12: Starting Them Young: Children's Yoga Poses for Total Mind-Body Fitness (Yoga for Kds) Picture Book:Time To Say Goodbye: An interactive Picture Book for preschool kids, with 3 amusing endings!)(Bedtime Stories Children's Books for Early & Beginner Readers From Truthy Ruthy Series) World War 1: Soldier Stories: The Untold Soldier Stories on the Battlefields of WWI (World War I, WWI, World War One, Great War, First World War, Soldier Stories) BDSM: Taboo Erotica - BDSMErotica Collection - Erotic Romance Short Story Anthology of Dominance, Billionaire Romance, Romantic Suspense, Submission, Bondage, Master - Adult Bedtime Short Stories Yoga: Your Journey To Incredible Health, Weight Loss, and Ultimate Happiness (2nd Edition) (Yoga, Yoga for Beginners, Yoga Positions, Meditation, Mindfulness, Chakras, Mobility) Ouija Board Stories: Chilling True Horror Stories Of Ouija Boards Gone Wrong (Ouija Board Stories, Ghost Stories, True Horror Stories, Ouija Board Nightmares, Haunted Places Book 1) Sleeping Through the Night, Revised Edition: How Infants, Toddlers, and Their Parents Can Get a Good Night's Sleep Politically Correct Bedtime Stories