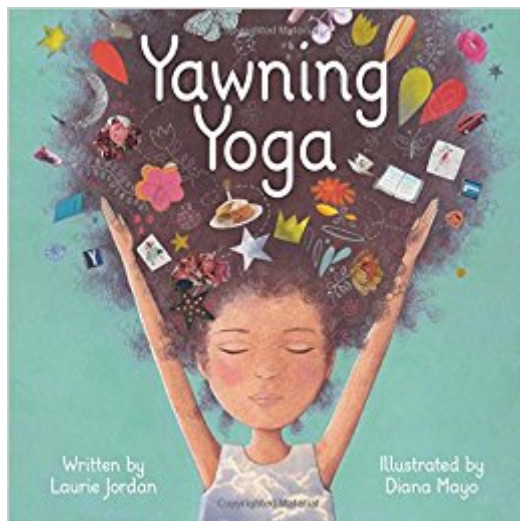


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# Yawning Yoga



## Synopsis

A beautiful bedtime routine for yogis of any age! Starting with a gentle Om, Yawning Yoga's simple instructions, gorgeous illustrations, and soothing poetry guide readers through a relaxing routine to end the day. Thoughtful poems depict a series of step-by-step yoga poses. Each of the poses is accompanied by its Sanskrit name, adding to the layers of learning. Written by a specialist in yoga for children, this lovely introduction to the elements of yoga practice—including stretching, posture, and breath work—will help children and their caring adults ready their bodies for a restful sleep.

## Book Information

Hardcover: 40 pages

Publisher: Little Pickle Press (February 24, 2017)

Language: English

ISBN-10: 1939775108

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Product Dimensions: 9.8 x 0.4 x 9.8 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 9 customer reviews

Best Sellers Rank: #116,222 in Books (See Top 100 in Books) #24 in Books > Children's Books > Growing Up & Facts of Life > Health > Fitness #30 in Books > Health, Fitness & Dieting > Exercise & Fitness > For Children #54 in Books > Children's Books > Growing Up & Facts of Life > Health > Diet & Nutrition

Age Range: 4 - 8 years

Grade Level: Preschool - 3

## Customer Reviews

"Mayo's lush, colorful illustrations are striking and lend a dreamlike quality to the work. With the recent push toward mindfulness in schools, this is a helpful tool to extend those soothing practices at home. Ideal for pre-nap or pre-bedtime relaxation." - School Library Journal

"The text is poetic and playful... the detailed illustrations combine acrylic paint, pencil, and found collaged textures, and are a delightful way to show happy children exploring the world through peaceful yoga techniques." - Booklist

"Whimsical illustrations combine with free verse text and easy-to-follow directions to create a beautiful and useful children's yoga guide." - School library Connection

Laurie Jordan, MSW, E-RYT 500, RCYT is a social worker turned yoga instructor and children's book author sharing her unique expertise to provide insight and special solutions to her students. While Laurie works with folks of all ages, she has a soft spot for kids, knowing that good habits start young. After teaching yoga to thousands of kids and training hundreds of instructors in the specialty of kids' yoga, Laurie decided to write YAWNING YOGA to help families conquer bedtime jitters and soothe the restless child. Laurie lives in Brooklyn and teaches all over the metro area. ã Â Learn more at [jordanyoga.com](http://jordanyoga.com).

This a great intro to yoga for kids, and is especially great as it helps create an easy transition to bedtime. Genius! The kids love it and it helps them relax and prepare to sleep peacefully. My 2 and 5 year olds really enjoy it, and ask to read it before bed. My husband and I enjoy doing it with them. Great purchase for your own kids or grandkids, as well as a great gift for friends. Enjoy!

so cute!!

There are so many kids books out there, right? Do you really need to know about another one? I'd say "Yes", and here is why: Yawning Yoga is very different from the most - it has a different purpose. I would call it an activity book for Good Night Routine. Usually my daughter goes to bed and spends the next 30 minutes to an hour looking through the books while trying to fall asleep. Sometimes I would walk into the room an hour later just to hear "Mommy I can't fall asleep". How is Yawning Yoga different? Instead of just reading a book, my daughter becomes a participant of the stories. She is stretching, twisting, bending. While pretending to be a bug, a dog, or a monkey, she is doing simple yoga moves and helping herself to wind down and relax. The best one we both like is spaghetti - She loves being spaghetti!!!! Needless to say, this book quickly became my daughter's favorite "Go to Bed" book. But in addition to being a great book, this is an opportunity for me as a parent to spend some time with my munchkin before she goes to sleep. I love seeing my daughter's face as she lays in bed counting stars (yes, that is in the book too). Bottom Line This book is great for setting up new routines to help a child to unwind and settle down. It provides a perfect solution for a child to switch gears and to start thinking about going to sleep. Gives you an opportunity to have some together time with you child. Yawning Yoga: A Goodnight Book for a Good Night's Sleep

I have made my living as a professional yoga teacher for the last twenty years. I am also a writer and a father of two small children. So, I have read my fair share of children's yoga books. And

frankly, I usually have to look past aspects in order to enjoy them with my children. But not with Yawning Yoga by Laurie Jordan. What a pleasure it is to have a book to share yoga with my children that not only is beautifully illustrated but also has lovely, sweet, and well written poems that are rooted in some solid yoga. Finally, a children's yoga book that doesn't disappoint.

When I read this book to my kids (4 & 7 yo) before bed, it's more than the usual story time. We set up their blankies as mats. We unwind together and breath together. Reading this with them totally calms their bodies puts them into sleep mode. It's adorable. I highly recommend this book!

I love this book!! It's the perfect antidote to our crazy busy lives today. As a family therapist, I am going to recommend it to clients with restless, anxious or rambunctious kids. What a great way to pass the beauty and benefits of yoga on to the next generation! I wish I'd thought of it.

I could've used such a book when young; I was such a terrible sleeper. I actually could still use the book today; this series of bedtime stretches would be as good for an adult as a child. I happily passed this book along to my sister. I hope my nephew never needs it! I received this book for free through Goodreads Giveaways.

I just received this book in the mail and was so excited to get it as I'd pre-ordered a while ago. The book has sweet, soft illustrations that are perfect for bedtime. It is written in simple but lovely rhymes and each page displays a new pose. The end of the book also has simple directions with photographs of the individual poses. As a school counselor and mother of 3 (who is NOT a yoga enthusiast - but just might become one :)) I'm always on the lookout for books that teach relaxation and calming in simple terms. This book does it and has exceeded my expectations. I'm now looking forward to bedtime to try it out with my own children!

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