

# Good Morning Yogis Big and Small: A Joyous Celebration of Yoga for Kids

Embrace the Magic of Yoga with Your Little Ones



In the heart-warming pages of 'Good Morning Yogis Big and Small', author Mariam Gates and illustrator Sarah Jane Hinder unveil the enchanting world of yoga through the eyes of children. With vibrant illustrations, soothing rhymes, and empowering affirmations, this captivating book invites young yogis on a delightful journey of self-discovery, mindfulness, and joy.



## Good Morning Yogis, Big and Small: Dial in Your Morning Routine with Ayurveda for Kids by Cate Stillman

★ ★ ★ ★ ☆ 4.6 out of 5

Language : English

File size : 6089 KB

Screen Reader: Supported

Print length : 18 pages

Lending : Enabled



As the sun peeks over the horizon, little yogis awaken to the gentle whisper of nature. From the playful kitten stretching in Child's Pose to the wise owl perched in Tree Pose, each page brings to life the wonders of the natural world, seamlessly blending yoga with the beauty of childhood imagination.

Through playful rhymes and easy-to-follow instructions, children are guided through a series of age-appropriate yoga poses. Downward-Facing Dog becomes a playful puppy pose, while Cobra Pose transforms into a majestic snake. With each pose, young yogis learn to connect with their bodies, cultivate flexibility, and embrace their inner strength.

Beyond the physical benefits, 'Good Morning Yogis Big and Small' emphasizes the transformative power of yoga for children's emotional and mental well-being. Empowering affirmations accompany each pose, instilling self-confidence, bravery, and a love for oneself and others.

This delightful book is not only a valuable tool for introducing children to yoga but also a cherished keepsake that will inspire and uplift them throughout their lives. Whether read aloud as a bedtime story or used as a companion for guided yoga practice, 'Good Morning Yogis Big and Small'

will nurture the seeds of mindfulness, self-awareness, and joy within your little yogis.

## Free Download Your Copy Today and Embark on a Joyous Yoga Journey

Give the gift of yoga to your precious little ones. Free Download your copy of 'Good Morning Yogis Big and Small' today and witness the transformative power of yoga unfold within your family. Together, you will embark on a journey of self-discovery, mindfulness, and joy that will last a lifetime.

Available at your favorite bookstores or online retailers, 'Good Morning Yogis Big and Small' is a must-have for every child's library.

Let the enchantment of yoga fill your home and empower your little ones to embrace their true potential.



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