

our first
children's book
ages 4-8

good night yoga

countertop book display

kids love yoga—and it's great for them, so much so that the President's Council on Fitness, Sports, and Nutrition has added the practice to the fitness activities in the annual President's Challenge.

And when it comes to getting ready for bed, yoga can help children calm their minds and bodies in preparation for restful sleep.

This beautifully illustrated, four-color book tells the story of the natural world as it closes down for the night, while teaching children a simple flow of yoga postures inspired by their favorite characters from nature.

Moving from "Sun Breath" to "Cloud Gathering" to "Ladybug & Butterfly" and more, children learn techniques for self-soothing, relaxing, and focusing attention.

about the author and illustrator

mariam gates holds a master's degree 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.

sarah jane hinder taught art and design for several years before becoming a full-time illustrator. See smogawoo.com.

ON SALE APRIL 1, 2015

DISPLAY DETAILS

Holds: 5 books (Hardcover, 8" x 9½")

Dimensions: 8½" wide x 14½" high x 7¾" deep (including header)

Retail value: \$89.75

ISBN: 978-1-62203-587-8 • **UPC:** 600835-464994

INDIVIDUAL BOOK DETAILS

Hardcover: 36 pages • 8" x 9½" • \$17.95

ISBN: 978-1-62203-466-6 • **UPC:** 600835-443777

