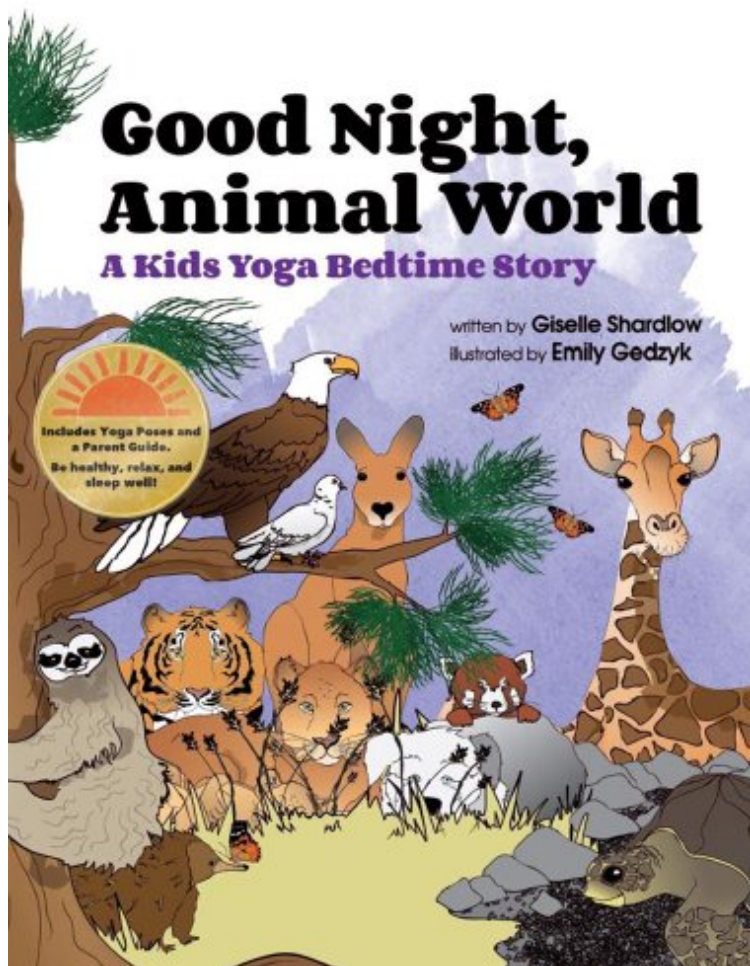


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Good Night, Animal World: A Kids Yoga Bedtime Story (English Edition)



Par Giselle Shardlow
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Description :

Prsentation de l'diteurCalm 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!Prsentation de l'diteurCalm 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!
Biographie de l'auteur
Giselle Shardlow draws from her experiences as a teacher, traveler, mother, and yogi to write her yoga-inspired childrens books. This story was inspired by her passion for integrating yoga and healthy bedtime habits. She lives in Boston with her husband and daughter.