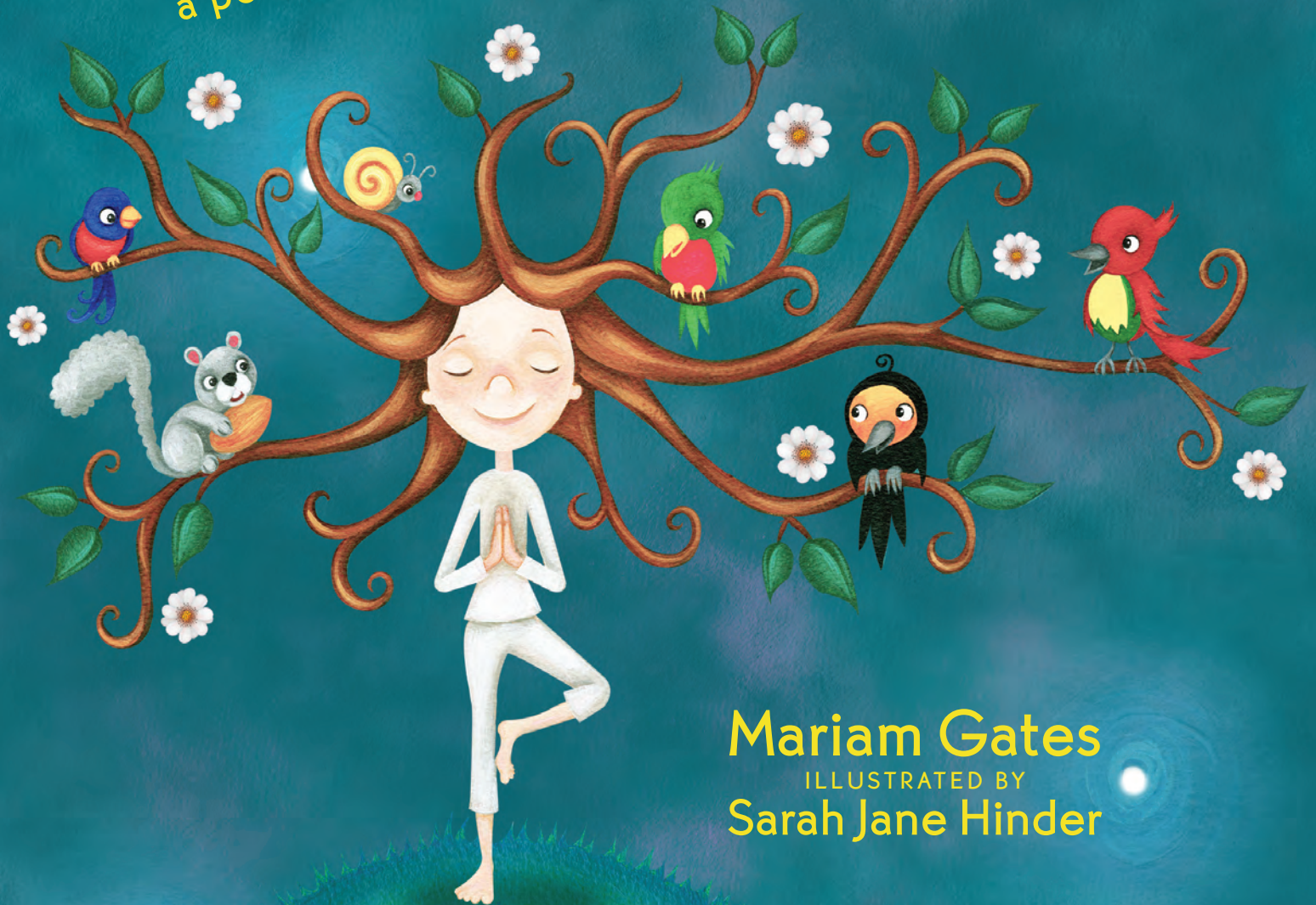


good night yoga

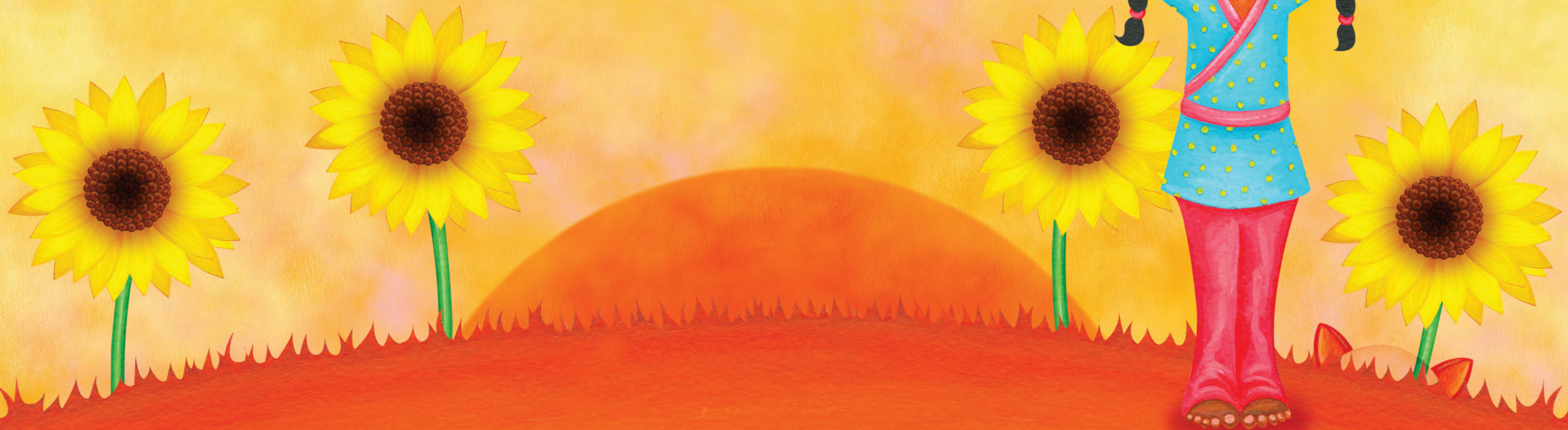
a pose-by-pose bedtime story



Mariam Gates
ILLUSTRATED BY
Sarah Jane Hinder

The sun in the sky is going down

*As I breathe in, as I breathe out,
my arms lift up to the sky
and then back down like sunrays.*





*As I breathe in, as I breathe out,
my arms reach out
wide toward the stars.*

The stars sparkle brightly



*As I breathe in, as I breathe out,
my palms press together
as I squat on my leaf.*

The ladybugs settle softly,