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~~Yawning Yoga: A Goodnight  
Book for a Good Night's  
Sleep ...~~

Yawning Yoga: A Goodnight  
Book for a Good Night's  
Sleep. Sleep problems are  
very common among children.  
In fact, MOST children  
aren't getting enough sleep  
at night. And every parent  
knows that when children are  
sleep deprived, they are  
likely to have a hard time  
controlling their emotions.

~~Yawning Yoga: A Goodnight  
Book for a Good Night's  
Sleep by ...~~

Yawning Yoga helps quiet the  
noise and shifts children's  
focus from outside stimuli

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~~Good Nights Sleep~~  
and daily stressors to  
attention of yoga,  
stretching, posture and  
breath work. The ultimate  
result is relaxation, a  
timeout from stress, and a  
restful good night's  
sleep...for both parent and  
child. 4th Street Media 64  
pages

~~Yawning Yoga: A Goodnight  
Book for a Good Night's  
Sleep~~

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

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soothe the restless child.  
Today, Laurie teaches yoga  
throughout New York and  
Connecticut. And she still  
giggles every time she says  
Down Dog.

~~Yawning Yoga: Amazon.co.uk:  
Jordan, Laurie, Mayo, Diana:  
Books~~

Yawning Yoga helps quiet the  
noise and shifts children's  
focus from outside stimuli  
and daily stressors to  
attention of yoga,  
stretching, posture and  
breath work. The ultimate  
result is relaxation, a  
timeout from stress, and a  
restful good night's  
sleep...for both parent and  
child. "synopsis" may belong

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to another edition of this  
title.

~~9780984440665: Yawning Yoga:  
A Goodnight Book for a Good  
...~~

Yawning Yoga is a  
beautifully illustrated and  
carefully sequenced bedtime  
routine that is proven to  
work. Creator Laurie Jordan  
has devised a perfect sleep  
solution that helps relax  
kids before bed by clearing  
their minds from worry and  
stress, and relieving their  
bodies' anxiety and energy.

~~Yawning Yoga: A Goodnight  
Book for a Good Night's  
Sleep by ...~~

Yawning Yoga lays that

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foundation for children by focusing on gratitude: "So give thanks to your body/ for all that it's done/ from the moment you woke/ 'til the day's setting sun." The author, Laurie Jordan, is a New York-based yoga instructor who created this "Yawning Yoga" sequence to help children establish a relaxing bedtime routine, and she mentions in the introduction how it is a "great opportunity to teach kids to respect and listen to their bodies."

~~Book Review: Yawning Yoga —  
Austin Moms~~

Yawning Yoga is very different from the most - it

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Good Nights Sleep  
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.

~~Amazon.com: Customer reviews: Yawning Yoga: A Goodnight ...~~

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.



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~~Amazon.com: Yawning Yoga  
(9781939775108): Jordan,  
Laurie ...~~

A book excerpt of Good Night  
Yoga, read by Sounds True  
Founder, Tami Simon. Order  
the top-selling children's  
book today:

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~~Mariam Gates — Good Night  
Yoga (Book Excerpt) —  
YouTube~~

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Yoga: a goodnight book for  
a... by Laurie Jordan. Sleep  
problems are very common  
among children. In fact,  
MOST children aren't getting  
enough sleep at night. And

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every parent knows that when children are sleep... Free shipping over \$10.

~~Yawning Yoga: a goodnight book for a... by Laurie Jordan~~

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~~Book For A Good Night's Sleep~~  
Yawning Yoga: A Goodnight  
Book for a Good Night's  
Sleep By Laurie Jordan;  
illustrations by Aaron Randy  
Reviewed by Amy Weintraub.  
This wonderful bedtime book  
is written for both parents  
and children with the  
intention of a calm and easy  
bedtime and a good night's  
sleep.

~~Issue 40 — Yoga for  
Depression~~

Yawning Yoga is geared  
towards preschool and early  
elementary school-aged  
children. It's short enough  
to keep their attention  
without being overly sapping  
or irritating for parents to

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read. It's a gentle and fun introduction to yoga for kids, and gives parents a new bedtime tool to use for a quiet, peaceful evening.

~~Yawning Yoga, Spaghetti  
Tests & A Good Night's Sleep~~

...

Hello, friends! Our book today is Yawning Yoga, written by Laurie Jordan and illustrated by Diana Mayo, a fantastic instructional yoga picture book for children. Yawning Yoga is a wonderful way for busy little bodies to wind down their days; it can help you quiet your mind, relax your body, and prepare yourself for restful sleep. On each page of

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Good Nights Sleep  
Yawning Yoga, a different  
pose or technique is exp

~~Yawning Yoga by Laurie  
Jordan — Goodreads~~

by Laurie Jordan / connect.

Yawning Yoga: Bedtime Yoga  
for a Good Night's Sleep.

Sleep problems are very  
common among children. In  
fact, most kids aren't  
getting enough sleep at  
night. With their busy  
schedules and increased  
social demands, kids are  
under more pressure than  
ever before. When a kid  
becomes sleep deprived, they  
are likely to have a hard  
time controlling their  
emotions.

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Yawning Yoga: A Goodnight Book for a Good Night's Sleep Kendra Harrington Books Worth Reading Yoga For Kids Exercise For Kids Yoga With Toddler Yoga Videos For Kids Kids Gym Yoga Girls Kids And Parenting Parenting Hacks Chico Yoga Start 2016 'Your Way' with better health, fitness and family happiness!

~~Yoga for Better Behavior + Yoga for kids, Helping kids~~  
~~...~~

Author: Laurie Jordan My Review: Yawning Yoga has been an amazing addition to the bed time routine at our

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house. With two little girls to manage, it's difficult to get them calmed down and ready for bed. Yawning Yoga has been a huge help in getting my girls settled and ready for a good night's sleep.. From the minute Yawning Yoga arrived in the mail my girls have been excited about it.

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