



# Good Night, Animal World: A Kids Yoga Bedtime Story

*Giselle Shardlow*

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**Calm 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!

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