



Yawning Yoga

Laurie Jordan (Illustrator) , Diana Mayo (Illustrations)

[Download now](#)

[Read Online ➔](#)

Yawning Yoga

Laurie Jordan (Illustrator) , Diana Mayo (Illustrations)

Yawning Yoga Laurie Jordan (Illustrator) , Diana Mayo (Illustrations)

A beautiful bedtime routine for yogis of any age!

Starting with a gentle Om, Yawning Yoga's simple instructions, gorgeous illustrations, and soothing poetry guide readers through a relaxing routine to end the day. Thoughtful poems depict a series of step-by-step yoga poses. Each of the poses is accompanied by its Sanskrit name, adding to the layers of learning.

Written by a specialist in yoga for children, this lovely introduction to the elements of yoga practice—including stretching, posture, and breath work—will help children and their caring adults ready their bodies for a restful sleep.

Yawning Yoga Details

Date : Published May 23rd 2017 by Little Pickle Press LLC

ISBN : 9781939775108

Author : Laurie Jordan (Illustrator) , Diana Mayo (Illustrations)

Format : Hardcover 32 pages

Genre : Childrens, Picture Books, Nonfiction

 [Download Yawning Yoga ...pdf](#)

 [Read Online Yawning Yoga ...pdf](#)

Download and Read Free Online Yawning Yoga Laurie Jordan (Illustrator) , Diana Mayo (Illustrations)

From Reader Review Yawning Yoga for online ebook

Brindi Michele says

lovely illustrations with a sweet bedtime flow <3

Megan says

A bit too advanced for my 2 year old, but I really loved reading it! I borrowed this from the library but I think this is a book to buy for our family.

Kelly says

Beautiful illustrations, nice rhyming explaining yoga, and then pictorial explanations of various yoga poses. I liked the idea of the book.

Faith Tydings says

I thought this was a beautiful book. The illustrations were whimsical and lovely. The words were sweet and rhythmic. And, the introduction of yoga was very nice. However, I couldn't help but notice the lack of diversity in the illustrations. I thought this book especially could encompass so much more inclusion and diversity than it did.

Beth says

A beautiful picture book that teaches children some yoga poses that can help them relax and unwind before bedtime. Pair this book with Good Night, Yoga and Good Morning, Yoga by Mariam Gates.

Antoinette Scully says

Adorable. Each page contains a pose in verse. A relaxing way to teach yoga or get your experienced yogis off to bed.

Alina says

Beautiful book for children! Beautiful illustrations, easy to read book! Great introduction to yoga! Very calming especially before bed & very easy to understand for kids! I just love it! I bought it for my 1 year old

baby & even though she is really young for this book, I love reading it to her & she loves the illustrations! We're putting some simple things in practice like the "OM" sound & she's now doing it more & more often! If every child could be initiated to yoga & meditation the way this book does it, children would all be happier & more peaceful! ❤️???

Ariel says

This was an excellent, easy to understand guide to yoga poses set to stunning illustrations.

Stephanie says

beautiful illustrations! very calming text

Mel says

Great illustrations in this book written for young children to do yoga poses to unwind for sleep for the day. Explanations and instructions are included for each pose. I won this book in a goodreads giveaway thank you!

Diana Pettis says

Great way to explain yoga to younger children.

Bree Marks says

Great way to introduce your child or children to yoga. The poems are fun and the instructions are very simple to follow. Love it!

Baby Bookworm says

This review was originally written for The Baby Bookworm. Visit us for new picture books reviews daily!

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 *Yawning Yoga*, a different pose or technique is explained, introduced with a sweet poem, then detailed in simple, fun instructions and lovingly detailed and lively art. Children can learn the Mountain, the Bedtime Bug, and the Dog-Tired Down Dog, among other poses and breathing exercises to help them focus their energy and calm their bodies.

Wonderful! We've read a few yoga books for this blog (despite not being a yoga-practicing family!), but this one is by far my favorite. Every detail, from giving the poses fun and sometimes unique names, to the poems that give them personality and allow children to contextualize them, to the clear and kid-friendly language of the instructions, to the playfully colorful illustrations, all is conducive to helping beginners (both young and older) learn yoga. The art is especially lovely, featuring a multicultural cast of children making each pose their own while helping to show them to the reader, and surrounded by fantasy elements that bring heaps of whimsy to each spread. If you're just reading through (as we did), it's a fine length for any bookworm, and JJ adored the art. This is a great one, especially if you're looking to integrate yoga into a family bedtime routine. Baby Bookworm approved!

(Note: A copy of this book was provided to The Baby Bookworm by the publisher in exchange for an honest review.)

Be sure to check out The Baby Bookworm for more reviews!

Miss Ryoko says

This book is beautifully illustrated. I like the cute names Laurie gives to the poses while also giving the Sanskrit name along side it. The cute little poems that go along with her names is great too.

I wish I would have discovered this book while I was still a preschool teacher. I would have done this routine each day before nap time, first reading the book for a couple of days, and then doing the yoga routine in it.

Yoga is wonderful and it's especially good for children!

KarnagesMistress says

I could've used such a book when young; I was *such* a terrible sleeper. I actually could still use the book today; this series of bedtime stretches would be as good for an adult as a child. I happily passed this book along to my sister. I hope my nephew never needs it! I received this book for free through Goodreads Giveaways.
