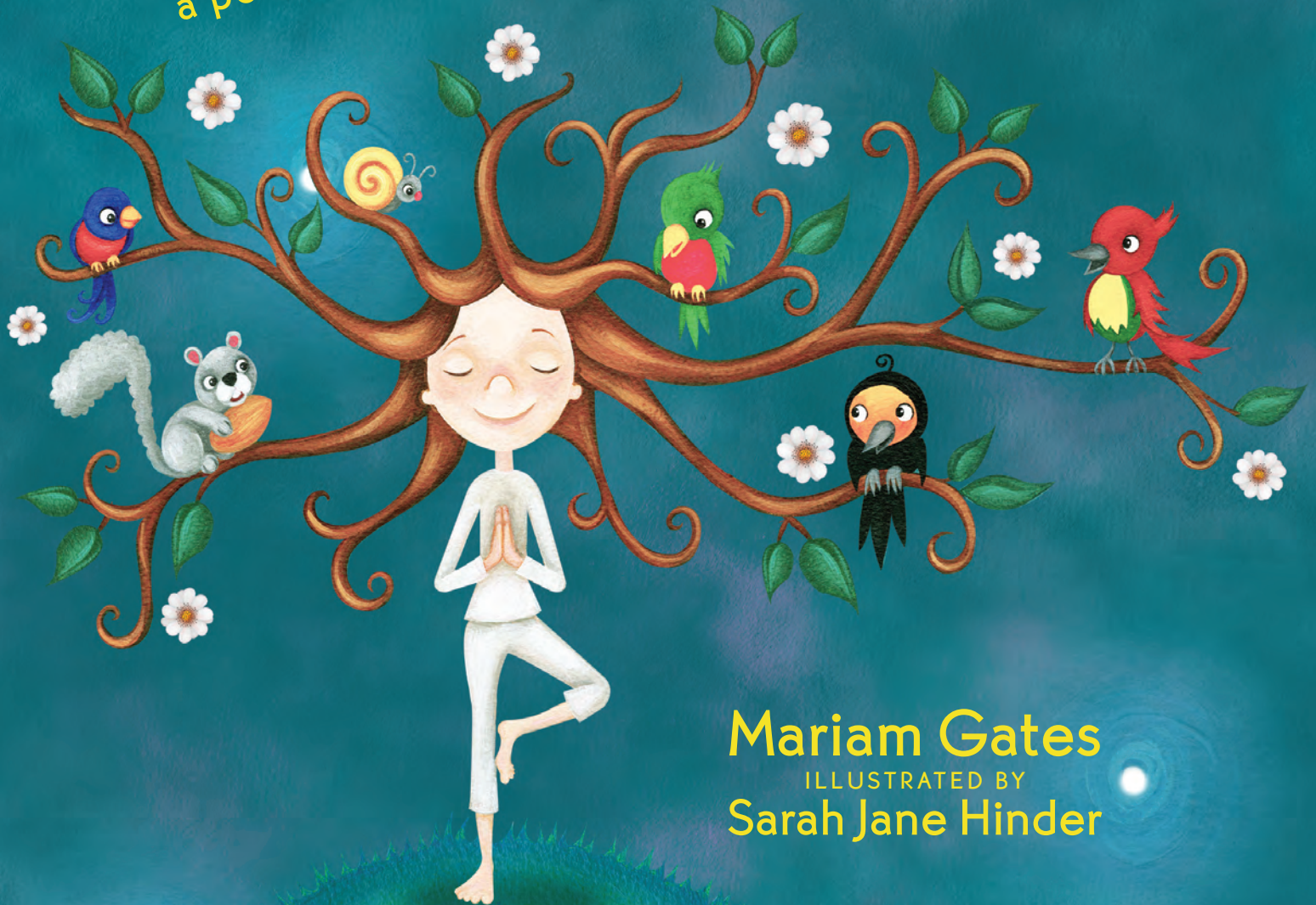


# good night yoga

a pose-by-pose bedtime story

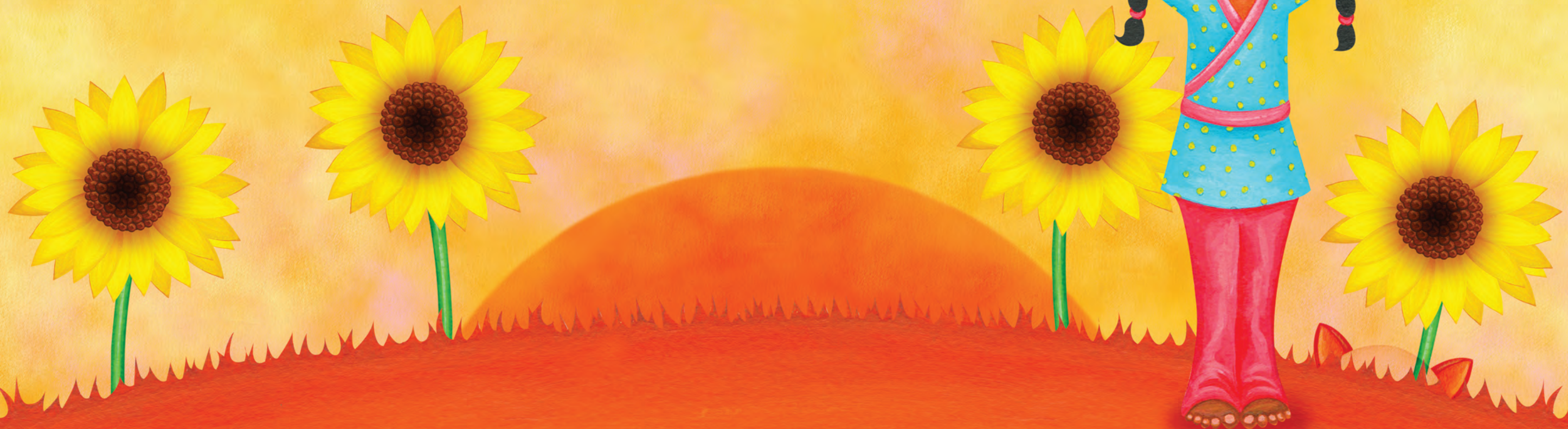


**Mariam Gates**  
ILLUSTRATED BY  
**Sarah Jane Hinder**



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,