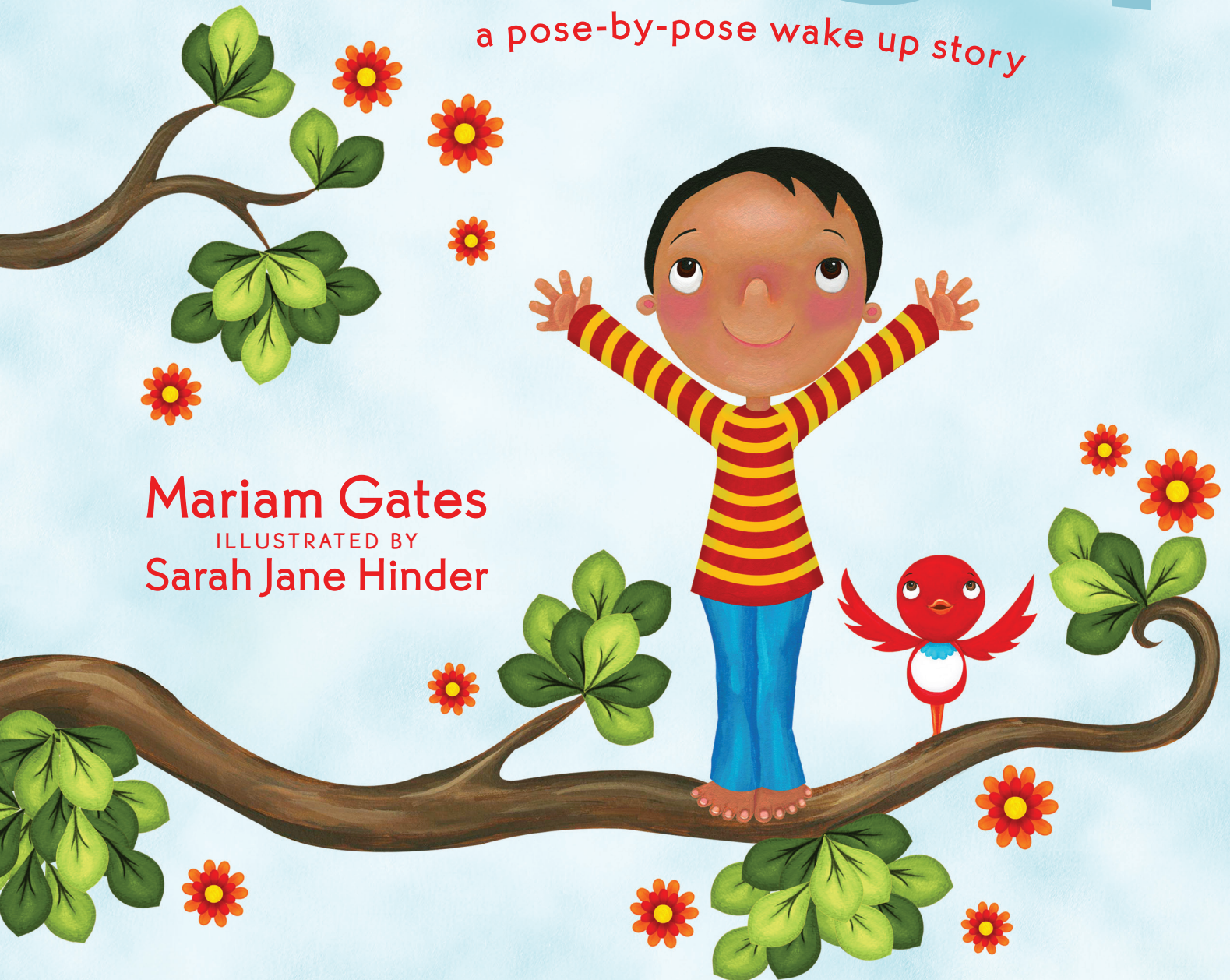


# good morning yoga

a pose-by-pose wake up story

**Mariam Gates**

ILLUSTRATED BY  
**Sarah Jane Hinder**






# good morning yoga

a pose-by-pose wake up story

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 **SOUNDS TRUE**  
BOULDER, COLORADO





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

**My first breath is long and deep,**





*As I breathe in, as I breathe out,  
I twist my whole body  
from side to side and  
swing my arms back and forth.*



**I twist and turn to shake off sleep.**

