Today I’m a mountain, quiet and still,  
a gentle stream flowing downhill,  
a playful dog stretching with skill.

Calm and awake,  
“I can do this!”  
is all I need to say.  

A deep breath in,  
a long breath out—  
I am ready for the day!

This "wake up" story is so much more than a story. It’s a practice for kids and parents to greet the morning with joy and embark on their daily adventures with intention and confidence. Turn the page and reach up to the sky, press your feet into the earth, and get ready for a great day!

Ages 4–8

MARIAM GATES holds a master’s degree in education from Harvard University and has more than 20 years of experience working with children. Her renowned Kid Power Yoga program combines her love of yoga with teaching to help children access their inner gifts. Mariam lives in Santa Cruz, California, with her husband, yoga teacher Rolf Gates, and their two children. She is the author of Good Night Yoga. See mariamgates.com.

SARAH JANE HINDER, illustrator, creates acrylic artwork for a variety of children’s books, including Good Night Yoga, The Three Little Pigs, and The Elves and the Shoemaker. She lives in Manchester, England, with her husband and two chihuahuas. See sarahjanehinder.com.

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Mariam Gates  
ILLUSTRATED BY  
Sarah Jane Hinder

© MICHAEL HINDER

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© MICHAEL HINDER
good morning yoga

a pose-by-pose wake up story

Mariam Gates
ILLUSTRATED BY
Sarah Jane Hinder
My first breath is long and deep,

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.
I twist and turn to shake off sleep.

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