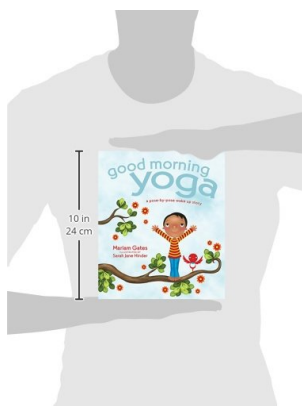


# [PDF] Good Morning Yoga: A Pose-by-Pose Wake Up Story

**Mariam Gates - pdf download free book**

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**Books Details:**

Title: Good Morning Yoga: A Pose-by-  
Author: Mariam Gates  
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**Description:**

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!

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