

Mp3 Yogabuddies - Good Morning Good Night With Yogabuddies [2 Discs]



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This two-disc yoga instructional series helps KIDS begin their day with energy and focus and end their day in a peaceful, relaxed way. Each CD uses yoga poses, stretches, affirmations and breathing exercises. 10 MP3 Songs in this album (41:27) ! Related styles: KIDS/FAMILY: Educational, KIDS/FAMILY: Kid Friendly Details: Good Morning Good Night with YogaBuddies is 2 CD yoga series that helps KIDS begin and end their day with a dash of fun and a lot of peace and calm. Created by Danay DiVirgilio, a leader in yoga for kids, these CDs offer kids an empowering tool to feel healthy, peaceful and relaxed. "This thing has changed my life! It is very, very effective." - Kelly Ripa -- Live with Regis and Kelly More details: The Good Morning CD helps kids energize and focus on the day with 22 poses and affirmations. The Good Night CD teaches kids with 18 poses to stretch, unwind and calm themselves as they get ready for bed. This CD also includes a breathing technique to prepare kids for a restful sleep.

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