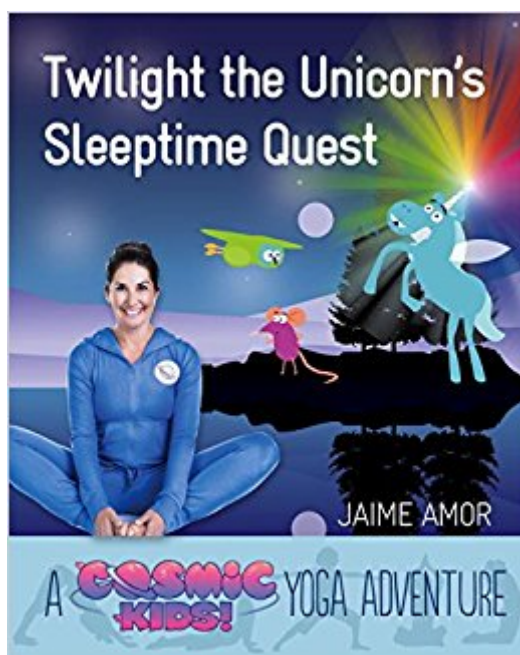


The book was found

Twilight The Unicorn's Sleepytime Quest: A Cosmic Kids Yoga Adventure



Synopsis

The hugely successful Cosmic Kids YouTube channel helps children discover yoga by joining presenter Jaime on monthly yoga adventures, each one a story featuring a loveable animal character that achieves something amazing. Aimed at 4 to 8-year-olds, the Cosmic Kids yoga books offer children a chance to take the yoga more slowly than is possible in a fast-moving video, to spend more time in their favourite poses, and also to enjoy reading or listening to the story. Each book is themed around a specific area of wellbeing - in the case of Twilight, this is relaxing at bedtime and exploring the world of dreams. In this truly magical adventure we encounter Twilight the Unicorn in an enchanted night-time forest, as well as a host of other characters, including an owl, a mouse and the moon and stars themselves. The Cosmic Kids' mission in this adventure is to scatter starshine and bring a peaceful sleep and lovely dreams to all. The story concludes with a relaxation and some affirmations to reinforce the soothing message of the book. With bright illustrations, the books are designed to mirror the Cosmic Kids look, and to allow children to get to know a range of characters from the Cosmic Kids shows. There's also information at the back to help parents and teachers introduce children to yoga, even if they don't practise yoga themselves.

Book Information

Series: Cosmic Kids Yoga Adventure (Book 4)

Hardcover: 24 pages

Publisher: Watkins Publishing; 1 edition (January 17, 2017)

Language: English

ISBN-10: 1780289596

ISBN-13: 978-1780289595

Product Dimensions: 8.7 x 0.4 x 11.1 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 3.0 out of 5 stars 1 customer review

Best Sellers Rank: #905,766 in Books (See Top 100 in Books) #116 in [Books > Children's Books > Growing Up & Facts of Life > Health > Fitness](#) #188 in [Books > Health, Fitness & Dieting > Exercise & Fitness > For Children](#) #561 in [Books > Children's Books > Growing Up & Facts of Life > Health > Personal Hygiene](#)

Age Range: 8 - 12 years

Grade Level: 3 - 7

Customer Reviews

Jaime Amor founded Cosmic Kids Yoga with her husband Martin in 2012, when they posted their first YouTube video, Squish the Fish (since viewed over one million times). They are passionate about making yoga and meditation fun and free online for kids. Jaime studied acting at the Bristol Old Vic and has an RYT200 yoga-teaching qualification. She can lay claim to being the world's most popular yoga teacher: as well as leading classes in her local area, Jaime is followed on YouTube from homes and schools by up to 100,000 children every day.

This is a story and yoga all rolled into one. All children need to be read stories and have exercise, so why not let them help with the story by doing yoga poses that match what is happening. In this Cosmic Kids story, we have Twilight the Unicorn. She had a bad dream and now doesn't want to go back to sleep. We learn that it is important to have sleep, because it helps us be strong. We also need to know that no matter what our dreams are, good or bad, that we are safe. Thank you for the free digital ARC for me to give an honest review, Watkins Publishing and NetGalley!

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