



# Good Night Yoga: Your Evening Yoga Guide For A Full Night's Rest (Just Do Yoga Book 2)

*Julie Schoen, Little Pearl*

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**Would You Like To Sleep Better And Wake Up Feeling Rested And Ready For Anything?**

This nighttime edition of the Just Do Yoga series by yoga expert and author Julie Schoen teaches you exactly why you are not getting the sleep you need and how a well crafted yoga routine is the answer to getting a full night's rest. Good Night Yoga explores:

- **The Secrets To Getting A Good Night's Rest**
- **Over 45 Yoga Poses In 3 Effective Routines That Will Help You Sleep Like A Baby**
- **Your Top 10 Nighttime Yoga Questions and The Surprising Answers**

Filled with beautiful yoga pictures taken in the sunset mountains of New Mexico, Good Night Yoga will change the way you sleep and rest forever! Don't waste another night tossing and turning, discover the secrets to waking up each morning bright-eyed and bushy tailed -- get your copy of Good Night Yoga now!

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