

**GOOD NIGHT YOGA: YOUR EVENING YOGA GUIDE FOR  
A FULL NIGHTS REST (JUST DO YOGA BOOK 2)**

**Ryane Vultaggio**

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The Private Room is for anyone that will want a private space. My Bottom Line: Good Night, Animal World is a lovely book integrating yoga, geography, and cultural diversity with some calming bedtime reading and rituals. For example.

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