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Down the Sleepy River

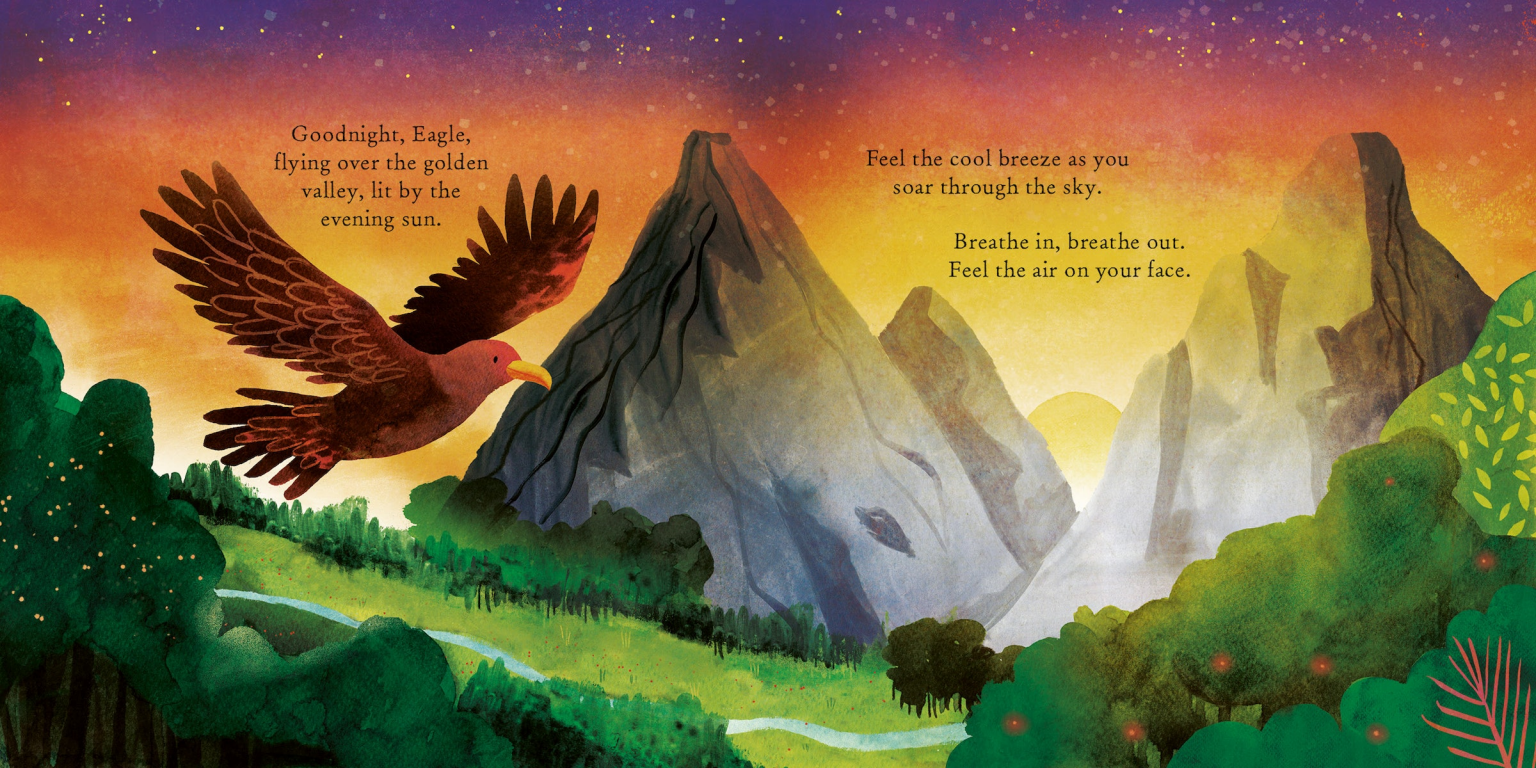
A Mindful Bedtime Book

A lion with a large brown mane is sitting on the peak of a dark brown mountain. The background features a sunset sky with a yellow sun, orange and red mountains, and a purple and blue night sky with stars. There are two white clouds in the sky. The overall scene is peaceful and contemplative.

Goodnight, Lion, resting on
your mountain top, the
rock still warm from
the afternoon sun.

As the sky begins to turn
pink, take a breath
deep into your
belly and
slowly let it all out.


Breathe in, breathe out.
Let the day go.



Goodnight, Eagle,
flying over the golden
valley, lit by the
evening sun.

Feel the cool breeze as you
soar through the sky.

Breathe in, breathe out.
Feel the air on your face.



Goodnight, Parrot, settling in your nest as
the last of the sun shines through the trees.

Listen as the leaves blow
gently in the breeze and the
stream trickles below.

Breathe in, breathe out,
as sounds come and go.



Goodnight, Monkey, resting safely
in the tree as the daylight fades.

Imagine your breath can
reach to the tips of your
fingers and your toes.

Breathe in, breathe out.
Let the relaxing
feeling flow.