

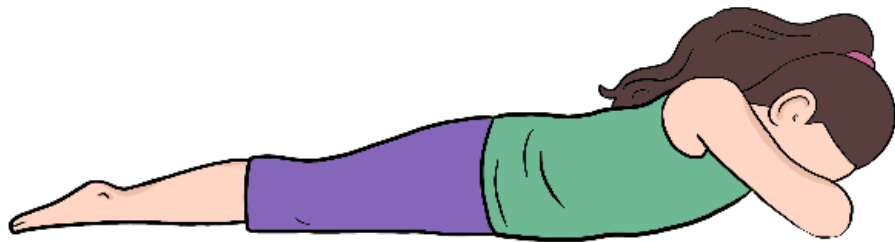


## 1. Frog Egg (Child's Pose)

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- To be a little frog egg, begin on your hands, in a tabletop position, with your hands in line with your shoulders and your knees in line with your hips.
- Now spread your knees a bit wider and bring your big toes together to touch.
- Now sit back so that your bottom rests on your feet and fold your upper body over your legs, resting your forehead on the floor.
- Let your arms relax alongside you with your palms facing up.
- Relax your shoulders and your face and close your eyes if that feels comfortable.
- Take a deep breath in and out as you imagine being a little frog egg floating gently in the river, while growing a tadpole inside.

Next: Tadpole (Prone Pose)



## 2. Tadpole (Prone Pose)

## 2. Tadpole (Prone Pose)

- Let your little tadpole hatch from the egg by lying down on your tummy with your legs straight and your feet together.
- Fold your arms in front of you and rest your forehead on them to make your round tadpole head.
- Keeping your feet together, wiggle around on your belly like a swimming tadpole.

Next: Froglet (Frog Pose)



### 3. Froglet (Frog Pose)

### 3. Froglet (Frog Pose)

- To grow into a froglet from a tadpole, come back onto your hands and knees into a tabletop position.
- Now move your knees further apart as far as is comfortable for you, pointing your toes outwards so that your inner ankles are touching the floor.
- Lower down onto your forearms and spread your fingers wide like little webbed feet for extra support.
- Look forward and take a deep breath in and out as a little froglet with four legs.
- To come out of this pose, first lift up on your hands, bring your big toes towards each other and then lift your knees back into a table top position.
- Now stand up in tall in Mountain Pose to become your fully grown frog.

Next: Frog (Garland Pose)

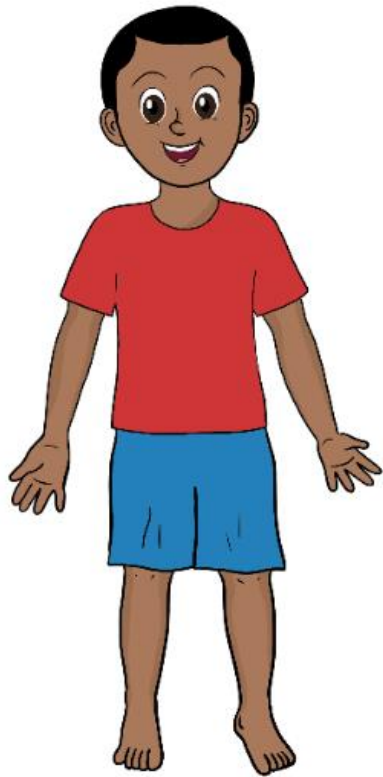


#### 4. Fiona the Frog (Garland Pose)

#### 4. Fiona the Frog (Garland Pose)

- Now to become a fully grown frog stand up tall.
- Step your feet apart with your toes pointing out and go down like a frog using your hands to support you.
- Now take three big, frog jumps, spreading your webbed fingers wide as you hop up high – 1,2,3
- Perfect! Now our frogs are ready to start their adventure!
- Come to sit comfortably cross-legged in Easy Pose for the next part of the story.

Next: A Reed (Mountain Pose)

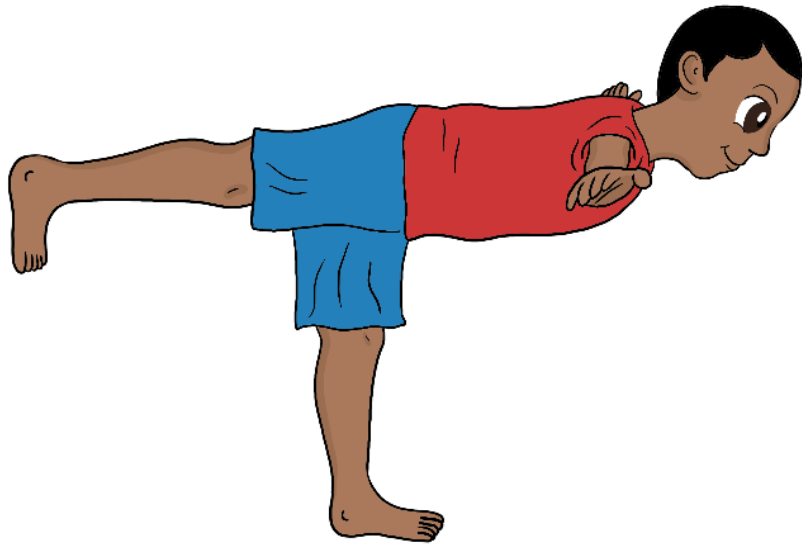


## 5. A Reed (Mountain Pose)

## 5. A Reed (Mountain Pose)

- Now let's get grounded on our African adventure by rooting ourselves into our Earth as a tall reed.
- Stand tall with your feet forward and hip-width apart and roll your shoulders back and down away from your ears, letting your arms hang comfortably by your sides.
- Pull your belly button in slightly and tuck in your tail bone under.
- Now rock back and forward on your feet a few times – onto your toes and back onto your heels. Now stop rocking and standing as still as you can, feel all the parts of your feet connecting with the Earth beneath you.
- Now imagine growing roots deep into the ground like a reed.
- Let your roots pull water, minerals and goodness up from the Earth - up into your feet, up your legs and all the way to the top of your head where Dash the dragonfly comes to sit.

Next: Dash the dragonfly (Airplane Pose)



## 6. Dash the Dragonfly (Airplane Pose)

## 6. Dash the Dragonfly (Airplane Pose)

- Now let's be Dash the dragonfly, dashing from place to place.
- Shift your weight to stand on your right leg and step your left leg behind you.
- Put your arms out to the sides to be your strong dragonfly wings.
- Now lean forward slowly and lift your left leg straight out behind you, pointing your toes towards the ground.
- Try to make a straight line from the top of your head to your lifted foot.
- To help you balance, focus on a spot in front of you that doesn't move.
- Good! Now when your dragonfly is ready to perch on a reed, lower your leg to the ground and return to Mountain Pose.
- Now let's try the other side. Standing on your left leg and lifting your right leg straight out behind you with your toes pointing down.
- Let me see your strong dragonfly wings.
- When you're ready to land return to Mountain Pose and then come to sit cross-legged in Easy Pose for us to go on with our story.

Next: The Bees (Bee Breath)



## 7. The Bees (Bee Breath)

## 7. The Bees (Bee Breath)

- To be a busy worker bee, sit cross-legged in Easy Pose with a straight back and imagine that your lips are glued closed with very sticky honey.
- Now first listen to the instructions. You are going to cover your ears with your hands and take a deep breath in through your nose and as you breathe out through your nose, make the humming sound of the letter "M" until you need to take another breath in again.
- If it feels comfortable, you can close your eyes.
- Let's try it together imagining we're buzzing around the beautiful wild flowers collecting pollen and nectar for our hive. Take a deep breath in and now hum it out for as long as you can.
- One more time - take the deepest breath in you've taken all day and see how long you can hum it out for.
- Excellent! Now rest your hands on your legs, breathe normally and notice how you feel.
- Now let's see what happens next in the story.

Next: The Termite Mound (Downward Dog)



## 8. The Termite Mound (Downward Dog)

## 8. The Termite Mound (Downward Dog)

- To be a strong termite mound, start on your hands and knees, with your hands slightly forward from your shoulders and your knees in line with your hips.
- Spread your fingers wide so that your hands are strong on the ground.
- Tuck your toes, lift your knees, push your hips up high and straighten your legs.
- Push the heels of your feet towards the ground.
- Relax your head and neck and look towards your feet.
- Imagine your termite mound reaching through your hands and feet deep into the earth where the termites live and grow their fungus gardens.
- Now lower your knees back to the ground and come to a sitting position with your legs straight out in front of you in Staff Pose as we get ready to be Chelsea the cheetah.

Next: Chelsea the Cheetah (Seated Spinal Twist)



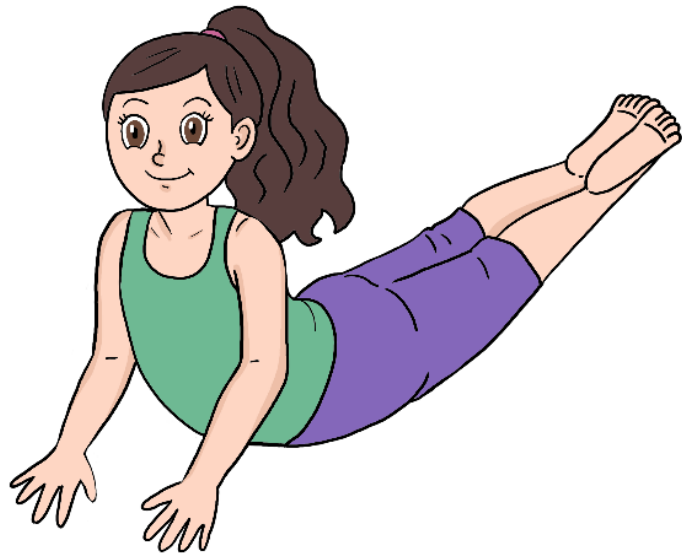


## 9. Chelsea the Cheetah (Seated Spinal Twist)

## 9. Chelsea the Cheetah (Seated Spinal Twist)

- To be Chelsea the cheetah from Staff Pose, bend your right knee and cross your right leg over your left leg, placing your right foot flat next to your left thigh.
- Now bend your left knee so that your left foot is next to your right sit bone.
- Reach your right arm behind you, placing your fingertips on the floor while gently twisting your body to the right. Bend your left arm and place your elbow on the outside of your right knee.
- Look over your right shoulder like an elegant cheetah perched on a termite mound and as you breathe in, sit up tall and as you breathe out, gently twist a little more.
- Now release your arms and straighten your legs to do it on the other side, bending your left knee and crossing it over your right leg, placing your left foot next to your right thigh.
- Bend your right knee so that your right foot is next to your left sit bone.
- Look over your left shoulder, reaching your left arm behind you and bending your right arm to hook your elbow on the outside of your left knee.
- Breathe in and sit up tall and breathe out and gently twist a little more.
- Great! Now release your arms and come to sit cross-legged in Easy Pose to hear what happens next.

Next: Cleopatra the Cobra (Cobra Pose)

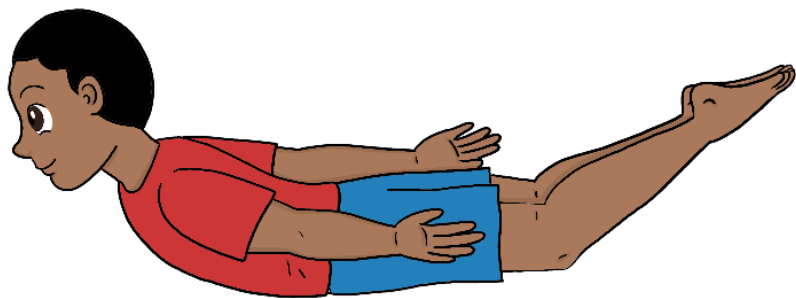


## 10. Cleopatra the Cobra (Cobra Pose)

## 10. Cleopatra the Cobra (Cobra Pose)

- To be Cleopatra the cobra, lie on your tummy with your legs stretched out straight behind you.
- Spread your hands flat on the floor next to your shoulders, hugging your elbows into your body.
- Have strong legs by pressing your legs and the tops of your feet into the floor.
- As you breathe in push through your hands and gently lift your head, shoulders and chest off the ground, straightening your arms just as much as is comfortable for you.
- Take a deep breath in and when you breathe out, hiss like a snake.
- Take another deep breath in and see how long you can you hiss out for.
- Great! Now slowly lower yourself back down and come to sit cross-legged in Easy Pose to hear what happens next.

Next: The Crocodiles (Locust Pose)

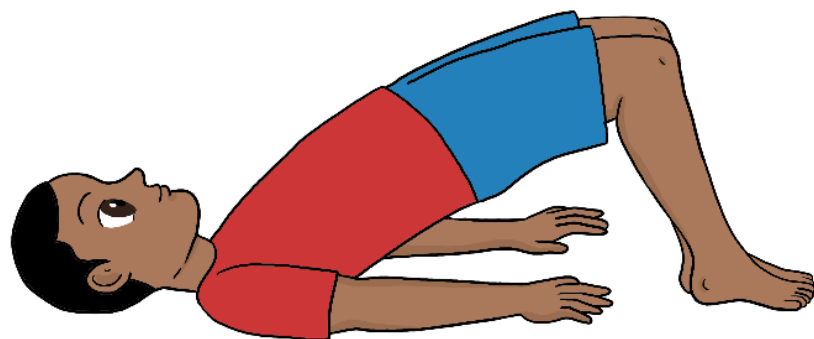


## 11. The Crocodiles (Locust Pose)

## 11. The Crocodiles (Locust Pose)

- To be a crocodile, lie on your tummy, with your legs together and your arms by your sides, palms facing up with your fingers pointing towards your toes. Let your forehead rest on the ground.
- Take a deep breath in and as you breathe out, slowly lift your head, chest, arms and legs up so that only your tummy is still touching the ground.
- Look forward, squeeze your legs together and reach your fingers towards your toes as you imagine being a strong crocodile lurking in the river just waiting to catch an animal that comes to drink.
- When you are ready, lower your body and relax your head on one ear.

Next: First Bridge (Bridge Pose)



## 12. First Bridge (Bridge Pose)

## 12. First Bridge (Bridge Pose)

- To be a strong bridge for all the animals to safely cross the river, lie on your back with your arms at your sides and your hands flat on the ground.
- Bend your knees to bring your heels as close to your bottom as possible, keeping your feet straight and hip-width apart.
- Press your feet, arms and hands into the ground as you lift your hips up towards the sky into a strong bridge.
- Imagine Cleopatra the cobra, Chelsea the Cheetah and Fiona the frog all crossing over your bridge.
- Now take a deep breath in and as you breathe out, slowly lower yourself down to the ground and come to sit cross-legged in Easy Pose for the next part of the story.

Next: Georgina the giraffe (Extended Mountain Pose)



### 13. Georgina the Giraffe (Extended Mountain Pose)

### 13. Georgina the Giraffe (Extended Mountain Pose)

- To be Georgina the giraffe, begin by standing tall in Mountain Pose with your feet hip-width apart and your arms at your sides, palms facing forward.
- Roll your shoulders down away from your ears.
- Rock forward and back on your feet and then be still and feel your weight spread evenly across both your feet.
- Draw your belly in and tuck your tail bone under.
- As you breathe in deeply, sweep your arms out to the sides and bring your hands together above your head.
- Straighten your arms to be a long giraffe neck and make a giraffe head with your hands.
- Imagine you are eating the delicious leaves of an Acacia tree as you lean a little to the left and then a little to the right.
- Now stand up straight, take a deep breath in and as you breathe out, release your arms back to your sides returning to Mountain Pose.
- Then come to sit cross-legged in Easy Pose for the adventure to continue.

Next: Zelda the Zebra (Horse Pose)

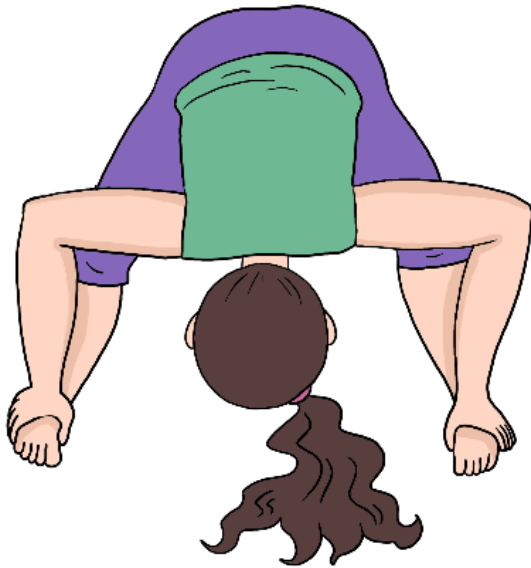


## 14. Zelda the Zebra (Horse Pose)

## 14. Zelda the Zebra (Horse Pose)

- To be Zelda the zebra, begin by standing tall in Mountain Pose.
- Now step your feet slightly wider than hip width apart, with your toes pointing outwards.
- As you breathe in, reach your arms overhead bringing your hands together above your head.
- As you breathe out, bend your knees over your toes and pull your hands down to the top of your head to be your zebra's mane.
- Imagine munching on lovely fresh green grass as your friend Georgina the giraffe has a drink of water.
- Now straighten your legs and return to Mountain Pose.

Next: Georgina the giraffe (Wide-Legged Forward Fold)

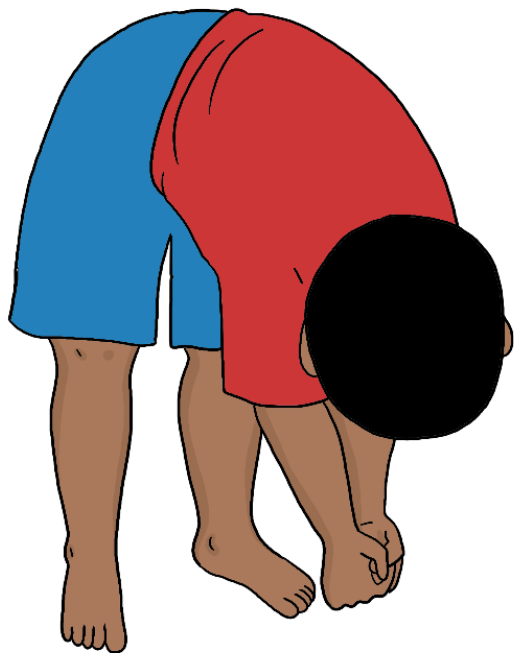


## 15. Georgina Drinking (Wide-Legged Forward Fold)

## 15. Georgina the Giraffe Drinking (Wide-Legged Forward Fold)

- To be Georgina the giraffe drinking from the river, begin by standing tall in Mountain Pose.
- Now step your feet wide apart again but this time keeping your toes pointing forward.
- Place your hands on your hips and take a deep breath in as you stand up tall and as you breathe out, fold forward from your hips, relaxing your neck and head to hang down and bringing your hands to your feet.
- Now make a giraffe head by bringing your hands together.
- While you are drinking you need to be on the lookout for predators that may want to eat you so look past your left leg and look past your right leg to see that you are safe and don't forget to look out for those crocodiles too!
- Have one last big sip of water then place your hands on your hips and come back up to Mountain Pose.
- Now come to sit cross-legged in Easy Pose as we adventure on in the story.

Next: Georgina the giraffe (Wide-Legged Forward Fold)



## 16. Eddy the Elephant (Standing Forward Fold)

## 16. Eddy the Elephant (Standing Forward Fold)

- To be Eddy the elephant, begin by standing tall in Mountain Pose with your feet hip-width apart and your arms at your sides.
- As you breathe in, sweep your arms out to the sides bringing your hands together above your head.
- As you breathe out, swan dive down as you bend forward at the hips and let your head and arms hang towards the ground.
- Clasp your hands together to make Eddy the elephant's trunk. Can you make a figure of eight from side to side with your hanging trunk like Eddy?
- When you are ready to come up, release your hands so that they are hanging over your toes and slowly roll up, returning to Mountain Pose.
- Then come to sit cross-legged in Easy Pose to hear what happens next.

Next: Leonard the Lion (Lion's Breath)





## 17. Leonard the Lion (Lion's Breath)

## 17. Leonard the Lion (Lion's Breath)

- To be Leonard the Lion, begin in Hero Pose by sitting on the heels of your feet, with your knees together and facing forward.
- Place your hands on your knees and spread your fingers as wide as you can into your mighty lion paws.
- Listen first to the instructions.
- You are going to take a deep breath in through your nose and feel yourself growing bigger and when you breathe out, roar loudly like a lion with your eyes and mouth wide open and stick your tongue out.
- Imagine with each roar that you let go of anything you don't want to think or feel anymore.
- Now take a deep breath in and give a mighty, load roar!
- Excellent! Give one more powerful roar letting it all out.
- Now come to sit cross-legged in Easy Pose and notice how you feel. We're coming to the end of our adventure soon so let's see what happens next.

Next: Bobo the Baboon (Half Lotus Pose)



## 18. Bobo the Baboon (Half Lotus Pose)

## 18. Bobo the Baboon (Half Lotus Pose)

- To be Bobo the baboon, sit up straight in Easy Pose and roll your shoulders back and down.
- Imagine sitting in the shade of the Marula Trees with some paper thorns in your feet.
- Use your hands to bring your right foot on top of your left thigh to pull the thorns out of your right foot.
- When you're done, change sides and bring your left foot to rest on your right thigh to pull those thorns out... Ah, much better!
- Now bring your thumbs and index fingers together resting on your knees and take a deep breath in and out as you smell the Earth and trees all around you.

Next: Marula Trees (Tree Pose)

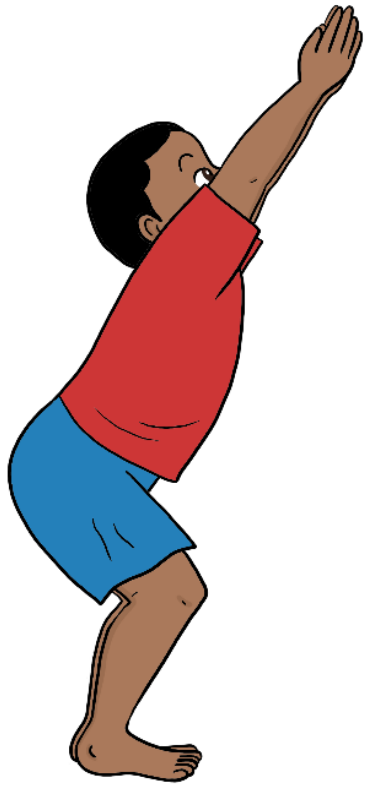


## 19. The Marula Trees (Tree Pose)

## 19. The Marula Trees (Tree Pose)

- To be a Marula Tree begin by standing tall in Mountain Pose with your feet hip-width apart and your arms at your sides.
- Now shift your weight to your right foot and lift your left foot. There are three places you can choose to place your left foot: against your right ankle with your toes on the ground supporting you or on your right calf or lift it all the way up to your inner right thigh with your toes pointing to the ground. It's better not to place your foot against your knee or you may hurt it.
- To help you balance, focus on a spot in front of you that doesn't move.
- Bring your hands into prayer position at your chest.
- Take a deep breath in and as you breathe out raise your hands up to the sky to become your tree branches.
- Wiggle your fingers as the wind blows your leaves.
- Take another deep breath in and as you breathe out, lower your left leg and your arms and return back to Mountain Pose.
- Now do it by shifting your weight to your left foot and lifting your right foot.
- Then come to sit cross-legged in Easy Pose for the end of the story.

Next: The Tourists (Chair Pose)

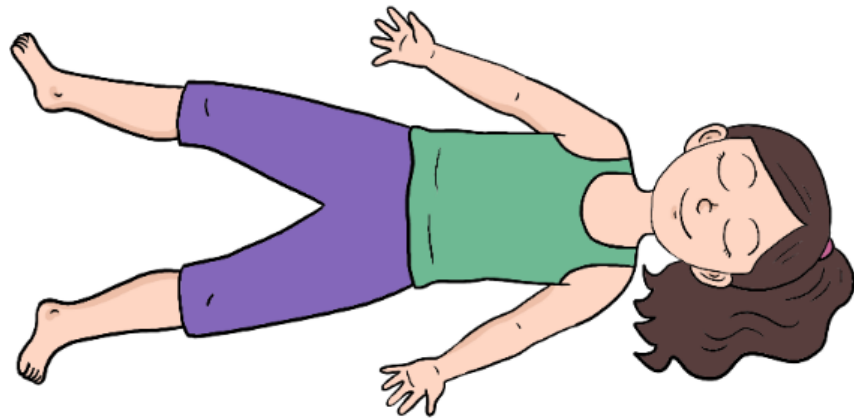


## 20. The Tourists (Chair Pose)

## 20. The Tourists (Chair Pose)

- To be a tourist on your African safari begin by standing tall in Mountain Pose.
- Breathe in and lift your arms up straight next to your ears, with your palms facing each other.
- As you breathe out, bend your knees and imagine sitting back in your seat on the safari vehicle.
- As you breathe in again, lift and lengthen through your arms and as you breathe out, sit a little deeper into your seat.
- Now make your fingers into binoculars and bring them to your eyes to see what wild animals you can spot.
- When you are finished with your game drive straighten your legs and release your arms to your sides, returning to Mountain Pose.
- And now you are ready to join all the animals for their late afternoon rest in the light of the setting sun.
- Lie down on your back and prepare yourself to relax and listen.

Next: The Animals Resting (Savasana): Read the Guided Meditation



## 21. The Animals Resting (Savasana)

## 21. The Animals Resting (Savasana)

- Now read the Guided Meditation.