






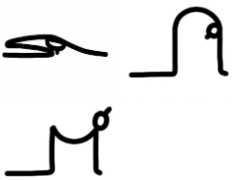
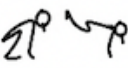


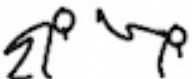







LUNAR NEW YEAR





-Yoga story-





<p>Namaste</p> 	<p>We begin seated with crossed legs and we say the magical yoga word to start the session. After 3 we say “Namaste”</p>
<p>Easy pose twist Parivrtta sukhasana</p> 	<p>Once upon a time there was the Jade Emperor in China. He wakes up slowly. He stretches (We raise our arms to the sky and look behind us, our hand on the knee opposite the other behind the buttocks then the same on the other side)</p>
<p>Getting into mountain pose tadasana</p> 	<p>The emperor wants to measure time using a calendar; he decides to organize a race by crossing a river. The first 12 animals to cross the finish line have a year in the calendar. (we get up very slowly to get on the starting line counting up to 12 by unrolling the legs and the column, ending by raising the head)</p>
<p>Sun Salutation</p>	<p>The animals are all on the starting line, we are preparing to leave. (We</p>

	<p>raise our arms to the sky then we come to touch our feet, we launch a stretched leg at the back, then the second in plank position before bringing back the first leg).</p>
<p>Mouse Balasana</p> 	<p>Among the animals are the rat and the cat. (Rat position: you sit on your feet, arms outstretched in front.) The 2 know that without help they will not be able to cross the river.</p>
<p>Cat Viralana</p> 	<p>He is friends with the cat. (Position of the cat: we get on all 4 and we round our back). He asks the ox if he and the rat can cross on its back.</p>
<p>Ox viralanasa</p> 	<p>The ox is nice (Position of the ox: we dig the back) He accepts and the rat and the cat cross with the ox</p>
<p>Rat/cat/ox</p> 	<p>But in the middle of the river the rat (rat position) pushes the cat into the river (cat position) remaining alone on the back of the ox (ox position).</p>
<p>Rabbit jump</p>	<p>Just before exiting the river, the rat jumps off the back of the ox and</p>

	<p>arrives at the feet of the emperor in first position. (We stand on our toes, knees bent and we jump with our feet together).</p> <p>The ox jumps right after the rat and takes second place.</p>
<p>Tiger Vyaghrasana</p> 	<p>In third position, the tiger crosses the river with difficulty. (Tiger position: on all fours, raise one straight leg, then change sides).</p>
<p>Rabbit savankasana</p>  <p>Rabbit jump</p> 	<p>The emperor then sees the rabbit arrive (Position of the rabbit: we get into a ball, sitting on our heels with our hands intertwined behind our backs, we raise our arms to make ears). The rabbit quickly crosses the river, jumping from stone to stone. (we jump). The rabbit is 4th.</p>
<p>Dragon pranayama</p> 	<p>The dragon comes right after. (Position of the dragon: seated on the heels, we interlace our fingers and raise our elbows towards the sky then we lower our elbows while opening your mouth wide as if to spit fire), the emperor asks the dragon what took him so long, he could have flown, but he stopped to help the other animals.</p>

<p>Snake Bhujangassana</p> 	<p>The horse and the snake are shoulder to shoulder but at the last moment the snake (Snake position: lying on the stomach, stand up on the elbows, shoulders away from the ears) the snake wraps itself around the horse's leg and makes him stumble. The snake gets 6th place.</p>
<p>Horse Utkata konasana</p> 	<p>The horse recovers but arrives too late. (Horse stance: standing legs apart, feet facing out, knees bent, hands together. One heel can be lifted one after the other, maybe both at the same time). The horse takes 7th place.</p>
<p>Boat Navasana</p> 	<p>Three animals are about to arrive. Rooster, monkey and goat can't swim so they teamed up to build a raft. (Boat position: seated on the buttocks with bent knees, lift one leg then the other, one arm then the other and balance.)</p>
<p>Goat Ardha matsyendrasana</p> 	<p>The 3 friends arrive at the same time with the emperor. The emperor is impressed. He gives the goat the 8th place. (Goat position: on the buttocks, one leg extended the other bent, we bend the opposite elbow and come to</p>

	wedge it outside the bent knee, the other hand is behind the buttocks and we look far behind.)
Monkey 	Then he gives 9th place to the monkey. (Position of the monkey: standing arms and legs apart, we bend and we jump).
Rooster 	The emperor grants the 10th place to the rooster (position of the rooster: squatting on tiptoes, elbows bent).
Downward facing dog Adho Mukha Vrhasana 	There are 2 places left in the calendar. The dog comes in 11th place. (Position of the dog: on all fours, lift your buttocks, back straight). The emperor asks the dog what took him so long, he who is a good swimmer. The water was so good that the dog took the opportunity to take a bath.
Pig apanasana 	Finally the pig takes the 12th and last place. (Position of the pig, sitting bent knees, we encircle our legs with our arms to give ourselves a big hug then we roll, to have our backs on the ground). The pig took its time as it rolled around in the mud.
Rat Ox Tiger Rabbit Dragon Snake	The 12 places are now taken. The calendar is complete. 1st the rat (rat position), 2nd the ox (ox position). 3rd

<p>Horse Goat Monkey Rooster Dog Pig</p> 	<p>the tiger (tiger position), 4th the rabbit (rabbit position), 5th the dragon (dragon position), 6th the snake (snake position), 7th the horse (horse position), 8th the goat (position of the goat), 9th the monkey (position of the monkey), 10th the rooster, (position of the rooster), 11th the dog (position of the dog), 12th the pig (position of the pig).</p>
<p>Savasana</p> 	<p>After this race all the animals are very tired. (You can stay in this position or extend your arms and legs and close your eyes).</p>
<p>Savasana</p>  <p>Namaste</p> 	<p><i>Resting time: You can put on some calm music or meditate or Yoga Nidra. At the end of relaxation, we slowly move again and come back to the Namaste position to end the session.</i></p>