














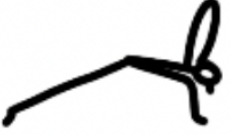

THE LION AND THE RAT

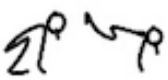





-Yoga story-











<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>Child Balasana</p> 	<p>The rat is very shy, at the slightest noise he rolls into a ball. (Like the rat, legs under our bottom, we lean forward, arms straight in front of us.)</p>
<p>Lion Simhasana</p> 	<p>The lion rules the whole kingdom, fearing no one. (On our knees, we open our mouth wide and stick our tongue out.)</p>
<p>Snake Bhujangasana</p> 	<p>The rat spends his time hiding. One time, a snake passed by him. (Position of the snake, lying on our stomach, we stand up on our elbows.) Once at his level, the rat got scared.</p>
<p>Child Balasana</p> 	<p>Right away, he curled up to hide. He did not see that the serpent was smiling at him.</p>

<p>Eagle Garudasana</p> 	<p>Once an eagle flew over him. (Position of the standing eagle, one leg is crossed over the other and one crosses the arms.) The eagle flew over him a first time then a second time, trying to say hello to him.</p>
<p>Child Balasana</p> 	<p>But the rat took shelter in a mouse hole and closed his eyes.</p>
<p>Spider</p> 	<p>But even when he comes across a spider he is afraid. (Squatting spider position, arms behind feet.) Even though the spider is much smaller than the rat and is just quietly weaving its web.</p>
<p>Child Balasana</p> 	<p>The rat curls up in a bush.</p>
<p>Happy baby Ananda balasana</p> 	<p>All the animals in the kingdom laugh at the little rat. They roll on the ground when they see him. (on our back we grab our feet.)</p>
<p>Warrior 1 Virabhadrasana I</p> 	<p>So that one day he decides to be brave and presents himself to the king. (In warrior stance, arms in the air with the front leg bent and the</p>

	back leg straight, as if ready to fight someone much stronger than him.)
<p>Warrior 2 Virabhadrasana II</p> 	He is proud and powerful. (We open our arms wide and we look straight ahead with pride.) He wants to earn the king's respect.
<p>Reversed warrior Viparita Virabhadrasana</p> 	He stretches even further. (Chin up, back arm on back leg.)
<p>Humble warrior Baddha Virabhadrasana</p> 	He shows himself humble in respect to the king by leaning forward, still as brave as ever convincing himself that nothing is going to happen to him. (We put our hands together behind our back and bend forward keeping the front leg bent and the back leg straight.)
<p>Chair Utkatasana</p> 	The lion is seated on his throne. (Position of the chair, we bend the knees bottom back as if we wanted to sit down.) The lion observes him, amused. The lion is very hungry but is impressed by the courage of the rat. He tells him that to reward him for his bravery he will let him live.

<p>Rabbits jump</p> 	<p>The rat jumps for joy. (hands on the floor we jump raising our bottom's up.) The rat tells himself that he will never live in fear again.</p>
<p>Ragdoll Uttanasana</p> 	<p>He thanks the king and leans forward in respect. (Legs slightly apart, we bend forward.)</p>
<p>Downard facing dog Adho Mukha</p> 	<p>A few days later the lion is walking in his kingdom. (On all fours, bottom up in the air.)</p>
<p>3 legged dog Eka adho mukha</p> 	<p>But at one point he gets his leg caught in a trap, a rope that tightens around his leg. (We raise one leg.) The second leg is also trapped (We raise the second leg.)</p>
<p>Tree Vrksasana</p> 	<p>The trap is attached to a tree. (Position of the tree, standing on one leg, putting one foot over the other.) Immediately the lion is lifted from the ground, stuck in a net in the void.</p>
<p>Bicycle</p> 	<p>First of all he tries to struggle using all his strength. (Back on the ground, we raise our legs and spin like on a bike.)</p>

<p>Crane Krounchasana</p> 	<p>He pulls from all sides hoping to get out of this mess. (We stand up, take one foot in our hands and try to extend our leg to one side then the other.)</p>
<p>Telephone Dandasana</p> 	<p>He tries to call all his friends to come and help him. (To pick up the phone with outstretched legs, we bend our knees and bring our feet closer to our ear.) But everyone has better things to do or they are too afraid of the lion's bad temper. As a last resort he calls the little rat who has come so valiantly to present himself before him.</p>
<p>Running</p>	<p>The rat is coming as fast as he can. (we run.)</p>
<p>Crocodile Makarasana</p> 	<p>He begins to gnaw the rope. (Lying on our side, arms stretched above our head, we open and close like a chewing mouth.) After a long time, the net cracks and the lion is freed.</p>
<p>Star Utthita tadasana</p> 	<p>The lion is free, the rat is proud. (We are standing, low and legs apart.)</p>

<p>Trophy Viranasana</p> 	<p>The lion gives the rat a trophy in front of all the inhabitants of the kingdom. (Sitting on our feet we raise our arms high like a trophy.) The lion tells the other animals how brave his friend has been and that it's not the size that matters, we always need a smaller one than self.</p>
<p>Savasana</p> 	<p>That evening the little rat went to bed smiling. A heart proud of having helped his new friend, of having overcome his fear, leaving room for courage.</p>
<p>Savasana</p>  <p>Namaste</p> 	<p><i>Resting time: You can put 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>