
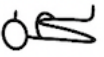
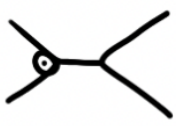















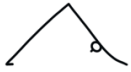




THE THREE LITTLE PIGS  
-Yoga Story-






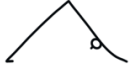





<p>Namaste</p> 	<p><i>We begin seated with crossed legs and we say the magical yoga word to start the session. After 3 we say «Namaste»</i></p>
<p>Pig</p>  <p>Savasana</p> 	<p>Once upon a time there were 3 little pigs. (Pig pose: lying down, we bring our knees to our chest and we give ourself a big hug, we can rock from one side to the other). They grew bigger, bigger, bigger until they were old enough to leave home. (We stretch our arms and legs to be the longest possible).</p>
<p>Sandwich Paschimottanasana</p> 	<p>Their mother prepares them to leave home. She makes the sandwiches. (Sitting with legs straight, back straight) She takes the ingredients and puts them in the sandwich, we turn on one side then the other to grab the food) then she closes the sandwich (We lean forward to try to touch our feet while keeping our back straight, we can bend our knees.).</p>

<p>Hug</p> 	<p>The pigs give their mother a big hug. (Sitting, we bring our knees to our chest and hug)</p>
<p>Ragdoll Uttanasana</p> 	<p>They put the sandwiches and a few things in their bag. (Standing, we lean forward with our back straight to try to touch our feet; we can bend our knees.)</p>
<p>Boat Navasana</p> 	<p>They take the boat to settle in a new city. (We do the boat, sitting on our bottom, knees bent, feet on the ground, hands behind our bottom, we raise one foot, then the other then one arm and the second and we balance on our bottom.)</p>
<p>Tree Vrkasana</p> 	<p>They settle at the edge of a forest. (We do the trees of the forest: standing on one leg we raise the other leg and place the foot on top of the other or against the ankle or at the very top of the thigh but not against the knee).</p>
<p>Star</p> 	<p>Everyone builds their own house. NifNif the first pig, builds his house out of straw. (Legs and arms wide like a star.)</p>
<p>Wind</p> 	<p>The house is not at all solid; it threatens to fly away at any moment. (We lean to</p>

	one side balancing one foot then the other.)
Happy baby Ananda balasana 	Nifnif's house was completed very quickly. Lazy, Nifnif has plenty of time to relax on the sofa. (Lying on our back, we grab our feet with our hands).
Plank Phalakasana 	Nouf nouf decides to build his house out of wood. He takes wooden sticks. (Plank pose, place our weight on our feet and elbows and hold ourself straight).
Wide angle Prasarita padottanasana 	Then he takes a hammer and nails the boards. (We use the hammer, legs apart, hands intertwined behind the back and we lean forward). The house is a little more solid than the straw house but it remains fragile.
Happy baby Ananda balasana 	Noufnouf's house was completed quickly. Lazy, Noufnouf has time to relax on the sofa. (Lying on our back, we grab our feet with our hands).
Pyramid Parsvottanasana  House	Nafnaf builds his house out of bricks. He takes his time. He uses tools. He makes the tiled roof. (We do the roof, one leg in front, one in the back and we lean over, back straight on the front leg). The house is very solid. (We do the

	<p>house pose standing with legs apart, arms above the head).</p>
<p>Downward facing dog Adho Mukha Svanasana</p>  <p>Eka pada adho mukha svanasana</p> 	<p>The wolf is coming. (Wolf pose, hands and feet on the ground, raise our bottom, back straight.) He walks with soft steps. (We lift one leg, bend our knee and roll the hip to gently place the foot on the ground then we do the same with the other leg.)</p>
<p>Easy pose</p> 	<p>He stands in front of the straw house and asks to enter but the pig refuses. He blows on the house. But as the wolf does yoga he uses the magic breath of yoga. (We take a deep breath through our nose and exhale through our mouth for as long as possible). The house is flying away.</p>
<p>Bike</p> 	<p>Nifnif runs as quickly as possible to his brother Noufnouf. (We roll on our back and pedal in the air with our legs as quickly as possible.)</p>
<p>Door parighasana</p> 	<p>Noufnouf is ready to welcome Nifnif, he opens the door. (Door pose: on our knees, we extend one leg to the side and we lean on the outstretched leg with our hands on the leg and the other</p>

	arm in the air.) He closes the door at the wolf's nose.
<p>Downward facing dog Adho Mukha Svanasana</p>  <p>Yoga squat Malasana</p> 	<p>The wolf runs after him. (Wolf pose, then we bend our knees and jump to land with our feet apart on either side of our hands. Then we raise our hands to place them against each other). The pigs won't let him in again so he blows on the wooden house. (We take a deep breath and then exhale, placing our hands on the ground with our backs rounded.) The house flies away.</p>
<p>Bike</p> 	<p>Nifnif and Noufnouf run towards their brother Nafnaf's house. (Lying on our backs again we pedal in the air).</p>
<p>Door parighasana</p> 	<p>Nafnaf is ready to welcome Nifnif and Noufnouf. He opens the door (Door pose on the other leg.) and closes it at the wolf's nose.</p>
<p>Cauldron baddha konasana</p> 	<p>Nafnaf was preparing soup in a pot. He made a fire in the fireplace. (Sitting feet together with knees apart to make the pot, and turning to stir.)</p>
<p>Climbing</p> 	<p>The wolf, seeing the chimney, climbs a ladder to sneak into the house. (We</p>

	pretend to climb by bending one knee then the other.)
Downward facing dog Adho Mukha Svanasana  Yoga squat Malasana 	The wolf falls into the pot and gets burned. He jumps out of the chimney and runs away. (From the wolf pose, jump, spreading our legs so that our feet land on either side of our hands).
Dancer Natarajasana 	The 3 little pigs dance with joy. (Dancer's pose, standing on one leg, we bend the other leg and grab our ankle, raise the other arm and lean forward, moving our foot away from our bottom.)
Hug Apanasana 	Relieved, the 3 brothers hug each other. (Sitting on our bottom, we bend our knees, with our feet on the ground, we grab our knees.)
Savasana 	Tired but happy, the pigs lie down, legs and arms spread, and close their eyes to rest (and we do the same).
Savasana  Namaste	<i>Resting time: You can put on some calm music or meditate or Yoga Nidra. At the end of relaxation, we slowly move</i>



*again and come back to the Namaste position to end the session.*