








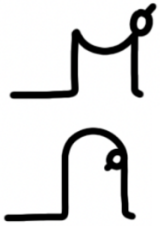

THE HARE AND THE TORTOISE


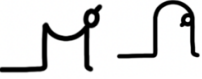



-Yoga story-

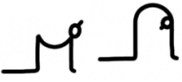
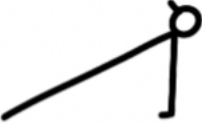
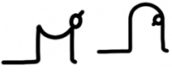

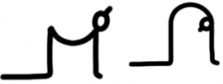










<p>Namaste</p> 	<p>We begin seated with crossed legs and we say the magical yoga word to start the session. After 3 we say «Namaste»</p>
<p>Hare Savankasana</p> 	<p>The hare is a very fast animal. (We do the position of the hare sitting on our feet, leaning our head forward, we interlace our fingers behind our back and raise our arms in the air like ears.) This hare is even faster than the others. He always wins every race and thinks he always will.</p>
<p>Tortoise Supta kurma asana</p> 	<p>The tortoise is very slow. (We do the position of the tortoise. We sit on our bottom with our legs apart and we try to put our arms outstretched below our legs. Our legs make the shell of the tortoise.) The little tortoise is slow but she thinks she can teach the hare a lesson. So she bets him she can win a race against him.</p>
<p>Happy baby Ananda Balasana</p> 	<p>The hare laughs at the tortoise. (To mock we lie on our backs, legs bent we grab our feet.) You are crazy, tortoise, I am so</p>

	<p>fast and you are so slow, you have no chance! The hare accepts this easy bet.</p>
<p>Tree Vrksasana</p> 	<p>The hare and the tortoise find a tree as a starting point. (Position of the tree: standing, we put one foot on top of the other or against the ankle or at the top of the thigh then we raise our arms to make the branches.) The last tree at the end of the path which will be the finish line.</p>
<p>Sun salutation Mountain Ragdoll Runner's lunge Warrior 1 Warrior 2 Runner's lunge Ragdoll Montaign</p> 	<p>The Hare and the Tortoise get on the starting line, in position. (We stand with our arms straight above our heads.) The tortoise is ready, she is focused. She launches the start: On your marks, get (We lean forward to touch our ankles or maybe our feet, we can bend our knees) Set! (Hands on the ground, we step back with one leg and bend the knee in front, we raise our arms up in the air, then we open our arms wide and turn to the side.) Go! (Hands on the ground we bring back the back leg and we stand. The hands try to touch the sky then we go back down the arms along the body.) The tortoise sets off but the hare takes his time. He lets the tortoise get ahead and just begins to prepare to leave.</p>

	<p>(We change leg.)</p> <p>He gets into position. On your marks, get (We lean forward to touch our ankles or maybe our feet, we can bend our knees)</p> <p>Set! (Hands on the ground, we step back one leg and bend the knee in front, and we raise our arms in the air, then we open our arms wide and turn to the side.)</p> <p>Go! » (Hands on the ground we bring back the back leg and we recover slowly. The hands try to touch the sky then we go back down the arms along the body.)</p> <p>The hare starts walking slowly.</p>
<p>Cat/cow Viralasana</p> 	<p>The tortoise moves slowly but she never stops. (We get on all fours and move forward like a tortoise, arch your back and look up, then round your back and look at the ground. Repeat several times.)</p> <p>One, two, one two, one, two! »</p>
<p>Butterfly Baddha konasana</p> 	<p>Meanwhile the hare wants to tire the tortoise. He follows a butterfly. (Butterfly position we sit, we bend our legs so that the feet touch. We can even raise and lower the knees like the wings of the butterfly.)</p>
<p>Flower Garbha pindhasana</p>	<p>The butterfly lands on a flower, the hare is in the middle of a field of flowers. (We</p>

	<p>do the flower position, raise our feet and slide our arms from below.)</p>
<p>Cat/cow Viralasana</p> 	<p>The tortoise is still doing her best. She walks saying: One, two, one, two to give herself courage.</p>
<p>Archer Dandasana</p> 	<p>During this time the hare calls his friends. (Sitting with outstretched legs, we grab a foot and bring it to our ear as if it was a phone.) "Hello my friend, I'm in the middle of a race against the tortoise, she thinks she can win but she doesn't have a chance". The hare hangs up. (We gently put our foot back on the ground.) The hare is hungry, he calls to order something to eat. (We grab the other foot and bring it to our ear.) "Hello I would like to order a pizza with extra carrots please". Then the hare hangs up.</p>
<p>Cat/cow Viralasana</p> 	<p>The tortoise continues to move forward. She will call her friends later to tell them that she has beaten the hare.</p>
<p>Sleeping vinshu Anantasana</p> 	<p>The delivery guy brings the pizza and the hare starts eating it. (Lying on your side we raise and lower our top leg like a big chewing mouth.) The hare has already eaten half the pizza. (We turn to the other side) The hare eats the other half.</p>

<p>Cat/cow Viralasana</p> 	<p>The tortoise continues to move forward. She is also hungry but she has no time to eat. One, two, one, two, one, two. »</p>
<p>Reversed plank Purvottanasana</p> 	<p>At the same time, the hare stops in a park. He sees a slide. (Let's do the slide. Sitting with straight legs, hands behind our buttocks, we lift our bottom until we are aligned from head to toes, we look up.) The hare is having a lot of fun.</p>
<p>Cat/cow Viralasana</p> 	<p>The tortoise does not have time to have fun, she continues to move forward. "One, two, one, two, one, two. "</p>
<p>Boat Navasana</p> 	<p>After all these adventures, the hare stops to take a nap. He sits in a comfortable hammock. (Let's do the hammock. Sitting with bent knees, feet on the ground, hands behind our bottom, we lift one leg then the other, one hand then the other leg and we balance on our bottom.)</p>
<p>Cat/cow Viralasana</p> 	<p>The tortoise continues to move forward. She is very tired but she wants to win the race. "One, two, one, two, one, two. "</p>
<p>Bridge Setu bandhasana</p> 	<p>The tortoise sees the bridge. She's almost there. (Bridge pose: lying on our back, we bring our feet closer to our bottom and raise our bottom, arms on the ground.) Now the tortoise can cross the bridge.</p>

<p>Bicycle</p> 	<p>The hare wakes up and sees that the tortoise has almost reached the tree. He runs as fast as possible. (Lying down, we raise our legs and pedal.)</p>
<p>Candle Sarvangasana</p> 	<p>The tortoise sees the hare approaching very fast. She extends her neck as much as possible. (Candle pose: we lift our legs. If we are comfortable, we lift our bottom and place our hands in support under our bottom). The tortoise stretches, stretches, stretches, it is about to touch the tree.</p>
<p>Tree Vrksasana</p> 	<p>(Tree pose: we try to lift the other leg the same way we did for the first tree.) The tortoise wins!</p>
<p>Hero's Virasana</p> 	<p>The hare arrives just behind but it is too late. The Tortoise wins the trophy. (Let's do the trophy, sitting on our feet we raise our arms high.)</p>
<p>Savasana</p> 	<p>The tortoise can finally rest and have a well-deserved nap. (Savasana: we lie on the ground with arms and legs apart and we close our eyes).</p>
<p>Savasana 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>

