


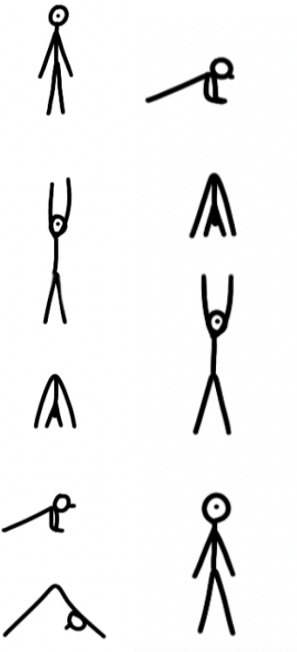




THE CICADA AND THE ANT





-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>Grasshopper Shalabasana</p> 	<p>This is the story of a cicada (cicada pose : lying on our stomach, one leg is bent and the other leg is placed straight, resting on the lifted foot) the cicada likes to sing, it lives from day to day .</p>
<p>Goddess Utkata konasana</p> 	<p>But it's also the story of an ant (ant pose: legs apart, feet turned outward, knees bent, arms above the head, elbows bent). The ant, she thinks about the future, she works a lot.</p>
<p>Sun salutation Surya namascar</p>	<p>It's summer! The sun rises, the cicada takes his time to stretch. (arms towards the sky as if to greet the sun. Then he comes to touch his toes and extends one leg back, then the second. Bent the elbows before raising the torso then raising the buttocks then bringing one leg</p>






	<p>forward, then the second before raising the arms once again to the sky to greet the sun. Then again starting with the other leg at the back.)</p>
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<p>Tree Vrkhasana</p> 	<p>It's summer ! and in summer the fruit trees are covered with fruit. La Cigale is spoiled for choice when it comes to its meals. (Tree pose: one foot over the other or against the ankle or at the very top of the thigh avoiding the knee) The cicada will pick an apple from the tree, the highest of the tree. (Can you raise your arms to the sky to catch the apple?) In the tree next door (change of leg) she picks a pear.</p>
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<p>Goddess Utkata konasana</p> 	<p>Meanwhile the worker ant carries 1000 times its weight! (Legs apart, feet turned outwards and knees bent, arms raised to carry the ant's food)</p>
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<p>Spider</p> 	<p>When it is not eating the cicada sings for its friends the small animals. She first goes to see her friend the spider. (Squatting, the arms come to rest behind the feet.) She sings so well that the little spider begins to dance.</p>
<p>Goddess Utkata konasana</p> 	<p>The ant (ant pose) walks past the cicada and looks up at the sky. “pfft”</p>
<p>Butterfly Baddha konasana</p> 	<p>As she is not working, the little cicada then goes to visit her friend the butterfly. (Sitting on the buttocks, feet together, knees apart) The butterfly loves to listen to the cicada sing. At the end of the performance she applauds. (We applaud with her, shaking our knees from bottom to top.)</p>
<p>Flower Vikasita kamalāsana</p> 	<p>She even gives him flowers! (We raise our knees, and we pass our arms below) Wow what a scent! the cicada is delighted.</p>
<p>Goddess Utkata konasana</p>	<p>The ant (ant pose) really wants to join the concert but she has too much work.</p>

	
<p>Frog Malasana</p> 	<p>The cicada still does not think of stocking up for the winter, instead he goes to see his friend the frog. (Sit squatting legs apart feet outwards, hands against each other the elbows come to help spread the knees). The frog does his stretches in rhythm to the song of the cicada.</p>
<p>Goddess Utkata konasana</p> 	<p>The ant (ant pose) is tired but it knows what is important. She will have plenty of time to have fun during the winter!</p>
<p>Sandwich Pachimottanasana</p> 	<p>The ant is preparing sandwiches that she will freeze for the winter! (Sitting on our bottom, legs in front of you, knees slightly bent) She puts lots of good stuff in her sandwich. (we come to touch her knees or maybe her ankles or her toes.) The ant searches for food behind it on one side then on the other to add it to its sandwich.</p>

<p>Rainbow Camatkaranasana</p> 	<p>During this time, the cicada takes advantage of the last beautiful days of summer, a magnificent rainbow illuminates this day. (On one knee extend the other leg and stretch the arm like a bow then do the same with the other leg.)</p>
<p>Tree Vrkhasana</p> 	<p>It's autumn, food is getting rare. The cicada looks in the trees for something to eat but finds nothing. (In tree pose, we raise our hands high to try to find fruit).</p>
<p>Goddess Utkata konasana</p> 	<p>During this time the ant (ant pose) collects its last food for the winter. She puts the food in the cupboards. (Bend one leg and extend the other, bust forward).</p>
<p>Wind</p> 	<p>It's getting cold, the wind is blowing hard for the poor cicada who has no shelter. (Standing legs apart, arms swing from left to right).</p>
<p>Figure 4 Eka pada utkatasana</p> 	<p>The cicada is cold. (We bend one leg over the other thigh and bend the leg leaning forward). The cicada bends down and curls up to keep warm. She then bends the other leg. (Repeat with the other leg)</p>

<p>Reclined pigeon Supta kapotasana</p> 	<p>The cicada can't get warm. She lies down on the ground and resumes her position. (You bend your knee then bring your ankle to your knee and put your hands behind your leg.)</p>
<p>Door Parighasana</p> 	<p>The grasshopper sees smoke rising from the ant's house. The grasshopper will knock on the ant's door. (Door pose: sitting on one knee, the other leg is extended). The ant opens the door, it is so hot inside.</p>
<p>Table Ardha Purvottanasana</p> 	<p>The grasshopper looks over the ant and sees that on the table is a real feast. (We get into the table pose, feet and hands on the ground, we lift our bottom.)</p>
<p>Sandwich Paschimottanasana</p> 	<p>On the table is a sandwich that smells delicious. (Sitting on the ground with straight legs, knees slightly bent, lean forward with straight back).</p>
<p>Shoulderstand Sarvanganasana</p> 	<p>The room is heated by candles, there are lighted candles all over the room. (shoulderstand pose: Lying on the ground we raise our legs in the air and if we are used to doing</p>

	<p>this position we lift our buttocks by placing our hands behind our backs to support us).</p>
<p>Door Parighasana</p> 	<p>Unfortunately the ant is not lending, this is its least defect. She is still standing near the door. What did you do in hot weather? she said to this borrower. You were singing ? I am very happy, and dance well now! and the ant takes the door (Door pose on the other leg) and it slams the door in the face of the cicada.</p>
<p>Dancer Natarajasana</p>  <p>Stork Saaras Pakshiasana</p> 	<p>The cicada is trying to dance to keep warm. (Standing on one leg we bring the foot of the other leg towards our buttocks we grab the foot with our hand then we bring the foot back gently stretching the leg) But she is too cold. (We bring the knee against the chest.) She changes sides, she dances then tries to warm up by holding her knee against her abdomen but nothing helps, she doesn't warm up.</p>
<p>Child Balasana</p> 	<p>So as a last resort it is held in a ball to keep the little heat. (Child pose)</p>

<p>Savasana</p> 	<p>While the cicada freezes to death outside, the ant has finished eating. Satisfied, she lies down to take a nap.</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>