
















THE BIG TURNIP


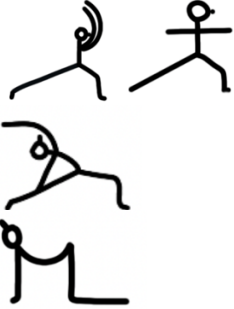


-Yoga story-

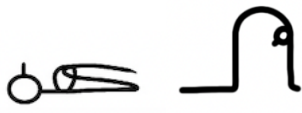






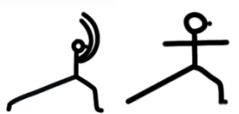
<p>Namaste</p> 	<p>We begin seated with crossed legs and we say the magical yoga word to start the session. After 3 we say « Namaste »</p>
<p>house Utiita tadasana</p> 	<p>Once upon a time, in Russia, two farmers lived in an Isba, a wooden house (House pose: standing with legs apart, arms raised above the head, hands together).</p>
<p>warrior 1 Virabhadrasana I</p> 	<p>There is the farmer (Warrior 1 pose: standing one leg back, the front leg is bent and the back leg stretched, the arms are raised above the head).</p>
<p>Warrior 2 Virabhadrasana II</p> 	<p>And his wife (Warrior 2 pose: we open your arms wide, turn your foot outward and look straight ahead).</p>
<p>Reversed warrior Viparita Virabhadrasana</p> 	<p>The couple has a granddaughter. (From warrior 2 we lean back gently, placing the hand on the same side as the back leg and pressing on the leg).</p>
<p>Bow Dhaburasana</p>	<p>This is the season to sow the seeds that will produce beautiful vegetables.</p>

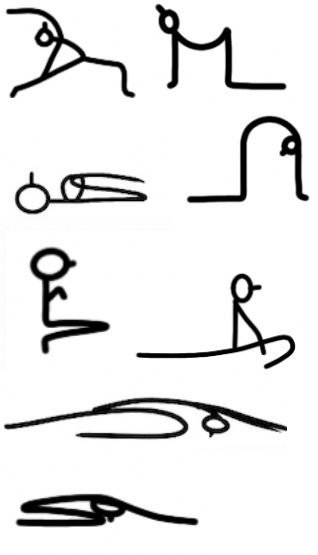



	<p>The family puts all the seeds in a large basket. (basket/bow pose: We lie on our stomach then we bend our knees and try to catch our ankles. If you are comfortable like this you can slowly come and stretch your legs while keeping your hands on your ankles).</p>
<p>Ragdoll Uttanasana</p> 	<p>The whole family sows the seeds and packs the soil (Ragdoll pose: We stand with feet hips distance apart, bend forward with our back straight, put our hands on the ground and bend our knees as much as necessary). The family sows bean, carrot and turnip seeds.</p>
<p>Tresor Kurmasana</p>  <p>Butterfly Baddha konasana</p>  <p>Flower Garbha pindhasana</p> 	<p>Vegetables grow (We sit on our buttocks, knees bent, feet one against the other and we bend forward, the forehead as close as possible to the feet) The seed will gradually germinate and create roots, then a stem will grow (we stand up slowly) and finally leaves and flowers will appear (flower pose, we pass the arms under the legs, we raise the legs and we hold in balance).</p>
<p>Ragdoll Uttanasana</p> 	<p>The vegetables are now ready to be harvested (Ragdoll pose: Standing with feet at hips distance apart, bend</p>

	<p>forward keeping your back straight, put your hands on the ground and bend your knees as much as necessary).</p>
<p>Bow Dhaburasana</p> 	<p>The farmer, his wife and their grand daughter put all the vegetables in the basket. (basket/bow pose: we lie on our stomach then we bend our knees and try to catch our ankles, if we are comfortable like this we can slowly come and stretch our legs while keeping our hands on our ankles).</p>
<p>Warrior 1 Humble Warrior</p> 	<p>But when the farmer (warrior 1 pose) arrives at the last turnip, he can't uproot it. He pulls with all his strength (Humble warrior: hands are interlaced behind the back and the chest is bent forward against the bent front leg) but the turnip does not move.</p>
<p>Warrior 1 Warrior 2</p> 	<p>So he calls his wife for help. The farmer (warrior 1) and his wife (warrior 2) pull with all their strength on the turnip. But the turnip still does not move.</p>
<p>Warrior 1 Warrior 2 Reversed Warrior</p> 	<p>Then they call the grand daughter. The farmer (warrior 1), his wife (warrior 2) and the grand daughter (humble warrior) pull with all their strength on</p>

	<p>the turnip. But the turnip still does not move.</p>
<p>Warrior 1 Warrior 2 Reversed Warrior cow bitilasana</p> 	<p>Then the girl calls the cow for help. The farmer (warrior 1), his wife (warrior 2), the little girl (humble warrior) and the cow (cow pose: on all fours, we dig in the back and look up to the sky) pull with all their strength on the turnip. But the turnip still does not move.</p>
<p>Warrior 1 Warrior 2 Reversed Warrior cow pig apanasana</p> 	<p>Then the girl calls the cow for help. The farmer (warrior 1), his wife (warrior 2), the little girl (humble warrior), the cow (cow pose) and the two pigs (pig pose: we sit down and roll on our back, knees brought to our chest like the pig rolling in the mud) pull with all their strength on the turnip. But the turnip still does not move.</p>
<p>Warrior 1 Warrior 2 Reversed Warrior cow pig cat marjaryasana</p> 	<p>Then the 2 pigs call the 3 cats for help. The farmer (warrior 1), his wife (warrior 2), the little girl (humble warrior), the cow (cow's pose), the 2 pigs (pig's pose) and the 3 cats (cat's pose: on all fours we arch our back and look down at the ground.) pull</p>

	<p>with all their strength on the turnip. But the turnip still does not move.</p>
<p>Warrior 1 Warrior 2 Reversed Warrior cow pig cat Hen padangushthasana</p> 	<p>Then the 3 cats call the 4 hens for help. Then the 2 pigs call the 3 cats for help. The farmer (warrior 1), his wife (warrior 2), the little girl (humble warrior), the cow (cow's pose), the 2 pigs (pig's pose), the 3 cats (cat's pose) and the 4 hens (hen's pose /kangaroo: we crouch on our tiptoes with our arms folded on the sides to pretend they are wings) pull on the turnip. But the turnip still does not move.</p>
<p>Warrior 1 Warrior 2 Reversed Warrior cow pig cat Hen Goose eka pada rajakapotasana</p> 	<p>Then the 4 hens call the 5 geese for help. The farmer (warrior 1), his wife (warrior 2), the little girl (humble warrior), the cow (cow's pose), the 2 pigs (pig's pose), the 3 cats (cat's pose), the 4 hens (hen's pose) and the 5 geese (goose/pigeon pose: we put both hands on the ground we bend the front leg and comes to sit on the buttocks, the other leg at the back is straight) pull with all their strength on the turnip. But the turnip still does not move.</p>

	
<p>Warrior 1 Warrior 2 Reversed Warrior cow pig cat Hen Goose /pigeon canary/pigeon endormi eka pada rajakapotasana</p> 	<p>Then the 5 geese call the 6 canaries for help. The farmer (warrior 1), his wife (warrior 2), the little girl (humble warrior), the cow (cow's pose), the 2 pigs (pig's pose), the 3 cats (cat's pose), the 4 hens (hen's pose), the 5 geese (goose/pigeon pose) and the 6 canary (canary/sleeping pigeon pose: from the position of the pigeon, we bend forward) pull with all their strength on the turnip. But the turnip still does not move.</p>
<p>Guerrier 1 Guerrier 2 Guerrier inversé Vache Cochon Chat poule oie/pigeon canaris/pigeon endormi mouse balasana</p> 	<p>As nothing works, the woman goes to look for the little mouse in the house to help them. The farmer (warrior 1), his wife (warrior 2), the little girl (humble warrior), the cow (cow's pose), the 2 pigs (pig's pose), the 3 cats (cat's pose), the 4 hens (hen's pose), the 5 geese (goose/pigeon pose) and the 6 canary (canary/sleeping pigeon pose) and the small mouse (Mouse</p>

	<p>pose: sitting on its heels one leans forward the chest against the thighs, the arms in front) pull with all their forces on the turnip. And paf! the turnip finally comes out of the ground.</p>
<p>Savasana</p> 	<p>All the animals fall backwards. All are very tired. (Savasana: we lie on the ground with arms and legs apart and we close our eyes). All share a good turnip soup before going to sleep full.</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>