










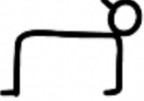
GOLDILOCKS AND THE TREE BEARS








-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>Bear Merudandasana</p> 	<p>Once upon a time there was a family of bears. There is Papa Bear who is very tall. (Bear pose: on our bottoms, we grab our feet with our hands and we open wide.)</p>
<p>Butterfly Baddha konasana</p> 	<p>There is mama bear, who is medium size. (Sit feet together, knees apart.)</p>
<p>Cow's head Gomukhasana</p> 	<p>There is baby bear who is very small. (We cross our legs until our feet are as close as possible to our bottoms.)</p>
<p>Easy pose with a twist</p> 	<p>One beautiful morning mama bear is preparing soup for the family. She adds the ingredients. she needs potatoes. She looks behind her. (Seated cross-legged, with your back straight, we put our</p>

	<p>hands on the side) She also needs carrots (we turn to the other side) she puts them in the pan and she mixes. She lets the soup cook and goes to take care of baby bear.</p>
<p>Happy baby Ananda balasana</p> 	<p>Meanwhile Papa takes care of baby bear. He is playing nicely in his bed. (Position of the happy baby: lying on our back we bend our knees and we grab our feet.)</p>
<p>Rock the baby Hindolasana</p> 	<p>He gently picks up baby bear and cradles him. (Position of rocking the baby: seated we take our leg into our arms and we swing from right to left.) He sings him a song. (We change legs.)</p>
<p>Woodcutter Wide legged forward bend Prasarita</p> 	<p>After, Papa Bear goes in the garden to chop wood. (Woodcutter position: standing, legs apart, holding hands and leaning forward as if chopping wood.) Papa Bear wants to make a fire tonight.</p>
<p>House</p> 	<p>When he's finished, he goes back into the house. (Position of the house, we raise our arms above our heads to make a roof.) The soup is ready but it is too hot, so mama bear suggests that her family go for a walk in the forest.</p>

<p>Bear walks</p> 	<p>Here is papa bear, mama bear and baby bear walking in the forest. (Legs apart hands on the ankles we move forward by raising one leg after the other.)</p>
<p>Tree Vrksasana</p> 	<p>At the same time, a little girl walks among the trees. (Position of the tree: you put one foot on top of the other or in the hollow of your thigh.) The little girl, with blonde curly hair, named Goldilocks, follows the smoke she sees in the sky.</p>
<p>House</p> 	<p>The smoke leads her to a house from which escapes a delicious smell of food.</p>
<p>Door Parighasana</p> 	<p>Goldilocks tries to get in through the front door. (Position of the door: on one knee, the other leg outstretched, one arm is raised.) The door opens, Goldilocks enters the house.</p>
<p>Reversed table Ardha Purvottanasana</p> 	<p>In the middle of the room is a large table. (Inverted table position: bottom and feet on the ground, hands back and buttocks lifted.)</p>
<p>Bow Dhanurasana</p>	<p>On this table are 3 bowls. (Let's do a bowls we grab our ankles and if we can</p>

	<p>we take our knees off the ground.) First she tastes the soup in the large bowl but it is too hot. Then in the medium bowl but it is too salty and finally in the very small bowl. She loves it and eat it all.</p>
<p>Chair Utkatasana</p> 	<p>Goldilocks goes to sit in the living room to read a book. There are 3 chairs. (Position of the chair: standing, knees bent, buttocks behind, arms forward as if to sit down.) She first tries to climb onto the highest chair, but it is much too high.</p>
<p>Figure 4 eka pada utkatasana</p> 	<p>Then she tries to climb on the medium chair but she is wobbly. (We raise one leg and bend it over the other.) One of the legs of the chair is broken.</p>
<p>Chair Utkatasana</p>  <p>Boat Navasana</p> 	<p>Then she tries the very small chair she remains seated for a few seconds but it is too heavy and the chair breaks. (We bend the knees until the buttocks touch the ground and we raise the legs, we hold in balance.) Goldilocks finds herself sitting on the buttocks, legs in the air.</p>
<p>Climbing</p>	<p>After these adventures Goldilocks decides to go upstairs.</p>

	
<p>Door Parighasana</p> 	<p>She pushes a door. (Position of the door: we open the door on the other side.) She is in a room in which there are 3 beds.</p>
<p>Table Bharmanasana</p> 	<p>First there is a king-size bed. (We get down on all fours.) Goldilocks lies down in it, but it's too hard.</p>
<p>Cat Cow Viralsana</p>  <p>Rabbit jump</p> 	<p>Then she lies down in the medium bed but it is too soft. (We make the hollow back then the round back.) She took the opportunity to have fun and jump on it. (Hands on the ground, we jump by raising our feet.)</p>
<p>Table Savasana</p> 	<p>She then tries the little bed, it was perfect. And she fell asleep.</p>
<p>Bear Walk</p> 	<p>Meanwhile the 3 bears were coming home. (Legs apart we grab his feet.)</p>
<p>Bow Dhanurasana</p> 	<p>They enter the dining room see the bowls. (We make very hollow bowls again.) The bears each settle down in front of their own.</p>

<p>Bear Merudandasana</p> 	<p>Papa Bear says, "Someone tasted my soup."</p>
<p>Butterfly Baddha konasana</p> 	<p>Mom says, "Someone tasted my soup."</p>
<p>Cow's head Gomukhasana</p> 	<p>Baby bear says "Someone tasted my soup and ate it all"!</p>
<p>Chair Utkatasana</p> 	<p>Then they go into the living room. Everyone sits in front of their chair. (Chair pose)</p>
<p>Bear Merudandasana</p> 	<p>Papa Bear says, someone sat in my chair. »</p>
<p>Butterfly Baddha konasana</p> 	<p>Mama Bear says, someone sat in my chair. »</p>
<p>Cow's head Gomukhasana</p> 	<p>Baby Bear says, someone sat on my chair and broke it. »</p>

<p>Climbing</p> 	<p>The 3 bears climb upstairs and enter the bedroom.</p>
<p>Table Bharmanasana</p> 	<p>Each bear stands in front of his bed.</p>
<p>Bear Merudandasana</p> 	<p>Papa bear says "someone came into my bed".</p>
<p>Butterfly Baddha konasana</p> 	<p>Mama bear says "someone came to my bed".</p>
<p>Cow's head Gomukhasana</p> 	<p>Baby bear says "Someone came to my bed and fell asleep in it".</p>
<p>Rabbit jump</p> 	<p>Goldilocks opens her eyes and is very scared, she jumps out the window and runs.</p>
<p>Savasana</p> 	<p>When she's far enough away to catch her breath. She lies down and closes her eyes.</p>
<p>Savasana 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</i></p>



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