






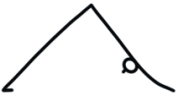








# THE FOX AND THE CROW










-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>Tree Vrksasana</p> 	<p>A Crow, is perched on branch of a tree. Can you do the branch he's on? (Bend one leg, put your foot at your ankle or above the knee but not on the knee. Then you do the same on the other side.)</p>
<p>Warrior 3 Virabhadrasana 3</p> 	<p>From the top of his tree, he smells a very delicious smell and flies away to follow the smell. Here we go, we fly away with the crow. (Lean forward while fixing your gaze on a still object, extend your leg behind you. You can spread your wings or keep them close to the body.)</p>
<p>Reversed table Ardha purvottanasana</p> 	<p>The Crow approaches a park and sees a picnic table. (Table position: Sitting on the ground, hands back, we raise our bottoms.)</p>

<p>Bow Dhanurasana</p> 	<p>On this table is a big round piece of cheese. (Lying on our stomach, we bend our knees and try to grab our ankles. We can stay there or try to lift our thighs off the floor.) yum, how good does it smell!</p>
<p>warrior 3 Virabhadrasana 3</p> 	<p>The Crow flies away with his precious cheese. (We fly raising the other leg up.)</p>
<p>Tree Vrksasana</p> 	<p>The crow returns to the tree. (Tree position) But look who followed the crow? It's the Fox!</p>
<p>Downward facing dog Adho Mukha</p> 	<p>A fox walks into the forest. (We get on all fours and lift our bottom high in the sky.)</p>
<p>3 legged dog Eka pada adho mukha</p> 	<p>Slowly, on tiptoes, the fox approaches. (Raise one leg as slowly as possible, bend the leg and roll the hip to gently put the foot back on the ground then do the same with the other leg.)</p>
<p>Kangarou</p> 	<p>He stops just below the tree on which the crow is standing, looking innocent. (We squat on tiptoe.) The fox thinks.</p>

	How can he steal that stupid crow's cheese?
<p>Galand Malasana</p> 	<p>The crow suspects nothing. (Feet turned outward, we squat.)</p> <p>He enjoys the smell of cheese and prolongs the pleasure before eating it.</p>
<p>Crow Bakasana</p> 	<p>The crow hears a noise. He leans forward to see what's going on. (Crow pose: we place our hands on the floor, fingers spread apart, we look straight ahead and place our knees behind our elbows. We bend even more and try to lift a foot from the floor, then the other and maybe even both?)</p>
<p>Breathing</p> 	<p>The very smart fox, begins to compliment the crow but the crow doesn't want to hear anything. Let's hum to cover the words of the Fox? (We put our hands over our ears and we hum, it resonates from within.)</p>
<p>Bat Prasarita</p> 	<p>But at one point the crow thought he heard the fox say he was beautiful, so he unclogs his ears and leans forward to listen to what the fox says. We lean as low as possible. (We spread our legs, feet parallel, so they face the same</p>

	direction then we lean forward, with a straight back.)
<p>Star Uthitta Tadasana</p> 	<p>The Fox says that the crow's feathers are very beautiful but that his voice is certainly not as beautiful. The crow opens his wings (Very slowly We straighten up, arms up.) He opens his beak wide and start singing and he drops the cheese.</p>
<p>Ragdoll Uttanasana</p> 	<p>The Fox bends down to grab the cheese. (Legs slightly apart, we lean forward and hold our elbows with our opposite hands.) He holds the cheese tight in his arms.</p>
<p>Happy baby Ananda balasana</p> 	<p>The Fox can't get over having flattered the Crow so much that he dropped his cheese. He mocks and laughs at the crow's stupidity. (Lying on the ground, we bring our legs against us and grab our feet with our hands, and swing from side to side.)</p>
<p>Child/Mouse Balasana</p> 	<p>The crow finds himself ashamed and confused, he curls up to hide his shame. (We sit on our feet and lean our head forward, arms in front of us).</p>

<p>Savasana</p> 	<p>The Fox ran off with the cheese and ate it all. Now he is resting satisfied. (Savasana: we lie on the ground with arms and legs apart and we close our eyes).</p>
<p>Savasana</p>  <p>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 again and come back to the Namaste position to end the session.</i></p>