


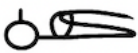



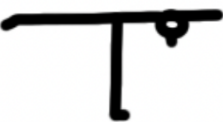












FUNNY NOSE





-Yoga story-



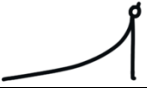


<p>Namaste</p> 	<p>We begin seated with crossed legs and we say the magical yoga word to start the session. After 3 we say « Namaste »</p>
<p>Platypus /upward facing dog Urdhva Mukha</p> 	<p>It's the story of a platypus who couldn't find his place anywhere because he doesn't look like any other animal. (Platypus pose: upward facing dog: pressing on the hands and feet, lower the bottom without the knees touching the ground, arms outstretched, head high).</p>
<p>Happy baby Ananda balasana</p> 	<p>All the other animals make fun of his appearance. (Happy baby position: Lying on our back, bringing our knees towards us, grabbing our feet with our hands.)</p>
<p>Pig Apanasana</p> 	<p>The boar rolling around in the mud (Pig pose: we lie down with our legs bent and wrap our arms around our legs as if to hug ourself) "He is ridiculous with his big beak."</p>




<p>Monkey Utthita tadasana</p> 	<p>Then it's the monkey's turn to laugh (Monkey pose: arms and legs apart, we jump.) "He's laying eggs".</p>
<p>Stork Saaras Pakshi Asana</p> 	<p>Then the storks join the group (Stork pose: standing, we raise one leg with bent knee, arms raised to the sky) Other animals compare the platypus to a duck. But a stork says "if it's a duck where are its feathers? " Then a second stork arrives (we do the stork on the other leg) The eagle adds "if it's a bird where are his wings, he can't fly? »</p>
<p>Lunge with open heart</p> 	<p>At these words, the monkey pushes the platypus to check if it can fly (Lunge pose: standing with one leg bent in front, we put a leg behind stretched on tiptoes. We open the chest arms outstretched lean slightly back then lean slightly forward, arms forward then same thing on the other side). He pushes the platypus.</p>
<p>Warrior 3 Virabhadrasana 3</p>  <p>Standing split Urdhva Prasarita Ekapadasana</p>	<p>The platypus does not know how to fly, it is gliding (Warrior position 3: standing, lean forward one outstretched leg rises at the back arms along the body then gently put the hands on the ground, the lifted</p>

	<p>leg goes up more, then we do the same with the other leg.) He falls straight into the water and disappears.</p>
<p>Swimming Salabhasana</p> 	<p>Fortunately, failing to fly, the platypus can swim! (Swimmer pose: lying on our stomach, arms above our head, slightly raising arms and legs and doing kicking movements).</p>
<p>Shark Salabhasana</p> 	<p>A shark (Shark pose: we interlace our hands behind our back and raise our arms to make the shark's fin) Passers by looked at the strange animal and wondered why a fish had a beak?</p>
<p>Fish Matsyasana</p> 	<p>Then the fishes (Fish pose: we turn over on our back, we come to straighten up slightly on our elbows, hands under our bottom, head slightly back) The fishes look at him carefully, why does he have fur and no scales?</p>
<p>Happy baby Ananda balasana</p> 	<p>As it finally surfaced, the other animals continued to mock the platypus nastily. (Happy baby pose, we laugh again).</p>
<p>Child Balasana</p> 	<p>The platypus no longer dares to leave his home, he hides. (Child's pose: we</p>

	curl up hidden in a burrow the platypus has dug.)
Crab/ revolved table Ardha purvottanasana 	The platypus comes out at night to feed on crabs. (Crab pose: sitting hands behind our bottom, feet flat, knees bent, we raise our bottom and we move sideways like a crab.)
Ragdoll Uttanasana 	The poor platypus can't take it anymore, he decides to leave. He is packing his suitcase (Ragdoll pose: stretched or slightly bent legs, we lean forward and try to touch our knees, legs, ankles or put our hands on the floor) The platypus puts all his things in a small bundle.
Boat Navasana 	The platypus embarks on a long journey, he first takes a boat (Boat pose: seated, hands behind our bottom, feet on the ground we first raise one hand, then the other, then one leg then the second and we keep our balance.)
Train 	When he arrives on land and takes a train to get to the airport. (Train pose: Sitting with straight legs, we put our hands on our knees, legs, ankles or grab our feet.)

<p>Plane Vasisthasana</p> 	<p>Arrived at the airport he asks for a plane ticket for the end of the world. (Plane pose: standing side plank we put one foot in front of us on the floor for stability). He stops halfway and takes a second plane (Plane pose on the other side).</p>
<p>Kangaroo</p> 	<p>The platypus lands. Everything is different here. He sees a funny giant hare. (Kangaroo pose: We squat and balance on tiptoes, arms bent in front of us). Excuse me he said to the kangaroo where am I? "You are in Australia, mate!" The kangaroo replies.</p>
<p>Platypus /upward facing dog Urdhva Mukha</p> 	<p>The platypus insists (We do the platypus again: upward facing dog.) Don't you think I'm weird with my big duck beak?</p>
<p>Koala Eagle Garudasana</p> 	<p>The kangaroo replies "No. Have you ever seen the koala's nose?" (Koala pose: standing, we bend our knees and cross one leg over the other, then pass one arm under the other). The koala spends its time clinging to a tree. He too has a big nose, he looks like a clown.</p>
<p>Platypus /upward facing dog Urdhva Mukha</p>	<p>Then the platypus says (We get into the platypus pose again.) "I am a</p>

	<p>mammal and yet I came out of an egg!”</p>
<p>Echidna/puppy Uttana shishosana</p> 	<p>Then the kangaroo answers “yes just like the echidna! (Position of the puppy: On our knees, we raise our bottom, arms stretched out in front of us.) The echidna is a mammal which resembles the hedgehog and unlike the hedgehog it lays eggs.</p>
<p>Platypus /upward facing dog Urdhva Mukha</p> 	<p>Then the platypus says, (platypus pose) “But when you lay eggs you’re a bird and you can fly!” »</p>
<p>Emu/flamingo</p> 	<p>The kangaroo replies: “Not always, look at the emu!” (Position of the emu: standing, we bend one leg, the heel comes to touch our bottom and we grab our foot, the other arm is stretched above our head.) The emu looks like an ostrich, he’s a big bird, he lays eggs, he has feathers but he doesn’t fly.</p>
<p>Koala Echidna Emu Kangaroo</p> 	<p>The platypus recapitulates (we do the animals again but with the other leg). “a koala with a clown’s nose (koala pose), the echidna that lays eggs (echidna pose), the emu that can’t fly (emu pose), and a kangaroo that looks like a giant hare (kangaroo</p>

	pose.) No doubt, this country is made for me!
<p>Savasana</p> 	<p>Happy, the platypus can go to bed (We lie down gently legs and arms apart.) Later the platypus met humans and found them very strange too: they run on 2 legs like the emu but do not have wings, jump like kangaroos but have no tail, look like monkeys but have no hair. We are all different but we all have our place.</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 pose to end the session.</i></p>