












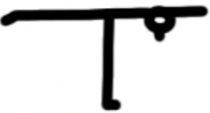

# ZIGOMAR'S AFRICA






-Yoga story-






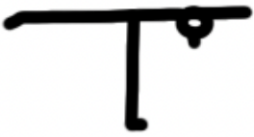




<p>Namaste</p> 	<p>We begin seated with crossed legs and we say the magical yoga word to start the session. After 3 we say « Namaste »</p>
<p>Mouse Balasana</p> 	<p>This is the story of Pipioli the little mouse. (Mouse pose: sitting on the feet, in a ball with the arms forward).</p>
<p>Ragdoll Uttanasana</p> 	<p>Pipioli helps his friend Ginette pack her bags. Tomorrow she migrates to Africa for the winter. (Ragdoll pose: standing with straight or slightly bent legs, straight back, leaning forward and trying to touch ankles, feet or the floor.)</p>
<p>Butterfly Baddha konasana</p> 	<p>Pipioli asks her why Ginette has to go to Africa in the winter? Ginette explains that this is where she must go to find insects to eat. His favorites are butterflies (Butterfly pose: sitting feet together, knees apart)</p>
<p>Warrior 3</p>	<p>Pipioli wants to leave with her. They try to fly away together. (Standing,</p>

<p>Virabhadrasana III</p> 	<p>lean forward, raising one leg at the back, arms along the body.)</p>
<p>Standing split Urdhva Prasarita Ekapadasana</p> 	<p>They are too heavy and lean forward in freefall. (We stay in the pose and lean more forward with our hands forward, we try to touch the ground with the support leg stretched or bent) Ginette recommends that he goes see another bird.</p>
<p>Stork Saaras Pakshi Asana</p> 	<p>Maybe the stork? (Stork pose: standing, raise one leg with bent knee, arms raised to the sky). No, storks eat mice.</p>
<p>Eagle Garudasana</p> 	<p>Maybe eagles? No, they also eat mice. (Eagle Pose: Standing, bend your knees and cross one leg over the other, then put one arm under the other.)</p>
<p>Crow Bakasana</p> 	<p>Maybe the crow? (Pose of the crow: squatting, hands on the ground we look far ahead or we hold our knees against our elbows. We stay like this</p>

	<p>or we lift one foot, then the other and maybe both.)</p> <p>He is too busy looking at himself in the reflection of the water.</p>
<p>Bird benvasana</p> 	<p>So Pipioli goes to see his friend the blackbird Zigomar. (Bird pose: on the knees, extend one leg, spread the arms and lean forward). Zigomar is a funny bird. He asks him if he can take him to Africa, Zigomar accepts.</p>
<p>Frog Malasana</p> 	<p>Their friend the frog (frog pose: squatting, spread your legs, hands against each other). Passed by and also wants to discover Africa so it is at 3 that they leave.</p>
<p>Warrior 3 Virabhadrasana III</p> 	<p>Finally they fly away. (Warrior 3 again)</p> <p>The friends are high in the sky when they cross wild geese go in the other direction. (Warrior 3 in the other direction, change of the pose of the arms)</p>
<p>Elephant's trunk</p> 	<p>The friends think they are finally arriving in Africa. Zigomar says: look at an elephant (Elephant pose: sitting on the buttocks with outstretched legs, we raise one leg with a bent knee and pass it behind our arm.)</p>

<p>Walrus bhujangasana II</p> 	<p>Pipioli and the frog look and say “We didn’t see it like that” the animal looks more like a walrus. (Lying on your stomach, raise your arms, elbows slightly bent)</p>
<p>Monkey</p> 	<p>Then Zigomar said “Look, monkeys!” » (We jump like monkeys legs and arms apart)</p>
<p>Penguin warrior 2 Virabhadrasana II</p> 	<p>Pipioli and the frog look and say “We didn’t see it like that” the animal looks more like a penguin (walking like a penguin then warrior 2 legs and arms apart front knee bent back leg straight)</p>
<p>Crocodile</p> 	<p>Then Zigomar says: “watch out for the crocodiles.” (Crocodile pose: lying on your side, arms above your head, open and close your arms.)</p>
<p>Grasshopper</p> 	<p>Pipioli and the frog look and say “we didn’t see it like that” the animal looks more like a seal. (Pose of the cicada: lying on your back, you lift your leg and put it on the foot of the leg on the ground.)</p>
<p>Hippopotamus (Invented pose)</p>	<p>Zigomar continues to advance and says “look at a hippopotamus” (Hippopotamus pose: on 4 legs, knees</p>

	<p>further apart than the width of the pelvis, possibility of standing on the elbows, fists closed against each other to make the mouth of the hippopotamus.)</p>
<p>Caribou Dear ardha matsyendrasana</p> 	<p>Pipioli and the frog look and say 'we didn't see it like that' the animal looks more like a moose. (deer pose: seated with straight legs, bend one leg, bend the opposite arm and rest your elbow against the outside of the bent knee, then have your back straight and turn as much as possible towards the back by looking behind his shoulder then we do the same thing on the other side)</p>
<p>Lion Simhasana</p> 	<p>Pipioli and the frog have serious doubts when Zigomar shouts: "Attention, a lion" (Lion pose: on the knees we will open our mouths wide and roar while sticking our tongues out.)</p>
<p>Bear Merudandasana</p> 	<p>Pipioli and the frog look and say 'we didn't see it like that' the animal looks more like a polar bear (Bear pose, sitting on the buttocks we grab his heels with his hands then we raise</p>

	one leg then we balance and raise the second leg).
Warrior 3 Virabhadrasana III 	So, a bit confused, the 3 friends go home. (We fly away again).
Chair Utkatasana 	Once back home everyone sits around the table. (Chair pose: standing, bend your knees, buttocks behind, arms forward as if you wanted to sit down.) The 3 friends tell Pipioli's mother that in Africa it's so cold that it's like being in North Pole.
Savasana 	After eating, Pipioli is tired and goes to bed. (From the pose of the chair we lower until the buttocks touch the ground then we lie down slowly.)
Savasana  Namaste 	<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>