



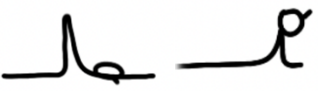



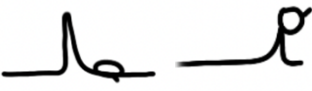
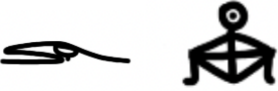

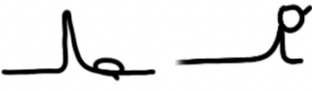
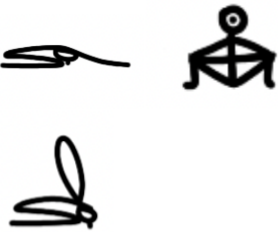
THE MITTEN

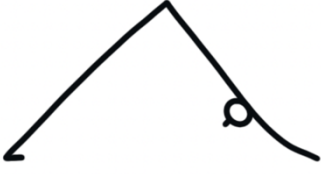
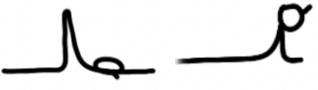


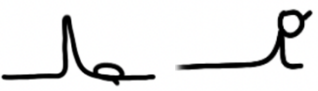
-Yoga story-



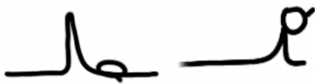




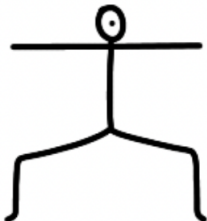

<p>Namaste</p> 	<p><i>We begin seated with crossed legs and we say the magical yoga word to start the session. After 3 we say “Namaste”</i></p>
<p>Tree Vrkasana</p> 	<p>Our story happens, once upon a time, in the winter, in the forest. Let's make the forest. (Tree position: one foot is placed on top of the other or at ankle level or at the very top of the thigh.)</p>
<p>Lumberjack Prasarita padottanasana</p> 	<p>On this freezing day, a lumberjack goes to cut wood to heat his house. Let's cut the wood. (Lumberjack position: We spread our legs, we interlace our hands behind our back and we lean forward, our hands make the axe ready to cut the trees.)</p>
<p>Wind in the tree</p>	<p>It was very windy that day. The wind blew through the branches of the trees. (We stand up with open arms and turn to one side, then the other.)</p>

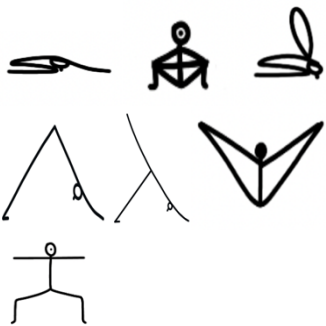




	The woodcutter took off his mittens to cut the trees.
Snow fall	The woodcutter had taken off his mittens to cut the trees, one of mitten blew away with the force of the wind. The mitten lands further away, the snow falls. (We sit on our feet and use our hands to make snowflakes fall on our face.)
Mouse Balasana 	Suddenly a little mouse comes out from behind a tree and approaches the mitten. (Position of the mouse: we sit on our feet.) She is very cold and she is going to snuggle up warmly in the mitten.
Puppy Uttana shishosana Sphinx bhujangasana 	She slips into the mitten (On the knees, we raise the buttocks, arms stretched in front of us then we slide our chest close to the ground to enter the mitten).
Frog Malasana 	The mouse warms up in the mitten when it hears a frog. (Frog position: squatting, feet turned outwards) Is anyone there it's cold? The mouse replies, you are welcome .
Puppy Uttana shishosana Sphinx bhujangasana	She slips into the mitten (On the knees, we raise the buttocks, arms

	<p>stretched in front of us then we slide the chest close to the ground to enter the mitten).</p>
<p>Mouse Frog</p> 	<p>In the mitten there is now a mouse (mouse pose) and a frog (frog pose).</p>
<p>Hare Savankasana</p> 	<p>The frog and the mouse warm up when they hear a hare. (Hare pose: seated on your feet, lean forward, interlace your fingers behind your back and raise your arms to make ears) Is anyone there it's cold? The mouse replies, you are welcome .</p>
<p>Puppy Uttana shishosana Sphinx bhujangasana</p> 	<p>He slips into the mitten (On the knees, we raise the buttocks, arms outstretched in front of us then we slide the chest close to the ground to enter the mitten).</p>
<p>Mouse Frog Hare</p> 	<p>In the mitten there is now a mouse (mouse pose), a frog (frog pose) and a hare (hare pose).</p>
<p>Downward dog Adho mukha</p>	<p>Hare, frog and mouse warm up when they hear a fox (Downward facing dog pose: hands and feet on</p>

	<p>the ground, buttocks in the air.) Is anyone there it's cold? The mouse replies, we're going to hang out, you're welcome .</p>
<p>Puppy Uttana shishosana Sphinx bhujangasana</p> 	<p>It slips into the mitten (On the knees, we raise the buttocks, arms outstretched in front of us then we slide the chest close to the ground to enter the mitten).</p>
<p>Mouse Frog Hare Downward dog</p> 	<p>In the mitten there is now a mouse (mouse pose), a frog (frog pose), a hare (hare pose) and a fox (downward facing dog pose).</p>
<p>3 legged dog Eka pada adho mukha</p> 	<p>Fox, hare, frog and mouse warm up when they hear a wolf. (Pose of the dog on 3 legs: hands and feet on the ground, buttocks in the air, we raise one leg like the tail of the wolf.) Is anyone there it's cold? The mouse replies, we are already cramped but you are welcome .</p>
<p>Puppy Uttana shishosana Sphinx bhujangasana</p> 	<p>It slips into the mitten (On the knees, we raise the buttocks, arms outstretched in front of us then we</p>

	<p>slide the chest close to the ground to enter the mitten).</p>
<p>Mouse Frog Hare Downward dog 3 legged dog</p> 	<p>Cramped in the mitten there is now a mouse (mouse pose), a frog (frog pose), a hare (hare pose), a fox (downward dog pose) and a wolf (3 legged dog pose).</p>
<p>Bear Muradandasana</p> 	<p>Wolf, fox, hare, frog and mouse warm up when they hear a bear (bear pose: seated on the buttocks, grab his feet with his hands and raise his feet and spread his legs). " Is there someone? it's cold the mouse replies : Oh no! we are full! ". "The bear insists, please little mouse I'm cold! The mouse eventually agrees.</p>
<p>Puppy Uttana shishosana Sphinx bhujangasana</p> 	<p>He slips into the mitten. (On the knees, we raise the buttocks, arms stretched in front of us then we slide the chest close to the ground to enter the mitten.)</p>
<p>Mouse Frog Hare Downward dog 3 legged dog Bear</p>	<p>The mitten is full to bursting. There is now a mouse (mouse pose), a frog (frog pose), a hare (hare pose), a fox (downward facing dog</p>

	<p>pose), a wolf (3 legged dog pose) and a bear.</p>
<p>Eagle Garudasana</p> 	<p>The mitten is so stretched to the maximum that the inhabitants of the mitten are all very cramped. Everyone gets confused. (You get tangled standing up, you lift one leg and pass it over the supporting leg then you raise your arms and pass one arm under the other).</p>
<p>Goddess Utkata konasana</p> 	<p>Without a sound a little ant snuck into the mitten. (We do the ant, standing, legs apart, feet turned outwards, we bend the knees). Then the little ant squirms to make room for itself. (We go up on our tiptoes).</p>
<p>Star Utthita tadasana</p> 	<p>Then the mitten explodes! (Stretching the legs, stretching the arms.)</p>
<p>Goddess Bear 3 legged dog Downward dog Hare Frog Mouse</p>	<p>Then The ant, the bear, the wolf, the fox, the hare, the frog and the mouse find themselves scattered in the snow.</p>

	
<p>Ragdoll Uttanasana</p> 	<p>At the same time the woodcutter returns, he bends down to pick up the pieces of his poor shredded mitten. (We sit with our legs stretched out, and we lean forward with our back straight, we come to touch our knees, shins, ankles or feet).</p>
<p>Savasana</p> 	<p>He goes home and, tired from chopping wood and cold from not having put on his mitten, falls asleep by the fire. (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 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>