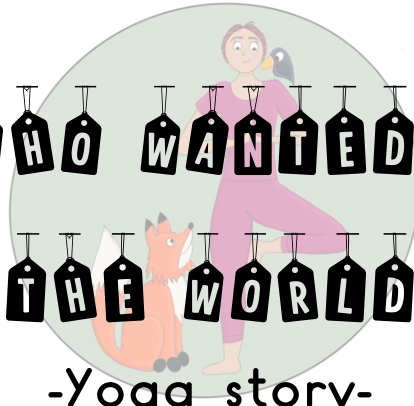
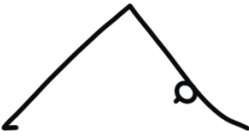









THE WOLF WHO WANTED TO TRAVEL





THE WORLD



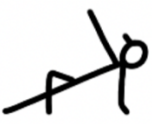



-Yoga story-













<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>Downward facing dog Adho Mukha</p> 	<p>Once upon a time there was a wolf called "Wolf". He was bored in his forest. (let's do the wolf: on all fours we raise our knees to have our bottom as high as possible.)</p>
<p>Train</p> 	<p>To stop being bored, he came up with the idea of going on a trip. He takes the train to Paris (Train pose: Sitting with our legs straight, we put our hands on our knees, our legs, our ankles or we grab our feet.)</p>
<p>House</p> 	<p>Arrived in Paris he decides to visit the Eiffel Tower (Let's do the tower, legs apart, hands stretched above the head.)</p>
<p>Pigeon Eka pada rajakapotasana</p>	<p>Once arrived at the top of the tower, pigeons laugh at him. (Pigeon pose:</p>





	<p>sitting front leg bent, back leg straight, you can put a brick or a pillow under your bottom), a second pigeon laughs and tells him to go back to his forest. (We do the pigeon on the other side).</p>
<p>Train</p> 	<p>Wolf decides to visit another country, England. For that he takes the train via the tunnel under the sea. (Train pose)</p>
<p>Warrior 1 Warrior 2 Virabhadrasana</p> 	<p>Once in England, he goes to London, to Buckingham Palace. In front of the gates are guards who protect the queen. (Warrior 1 pose, back leg straight, front leg bent, we raise our arms straight above our head then warrior 2 pose: we open wide, arms horizontal. A second guard arrives we do warrior 1 and 2 on the other side).</p>
<p>Chair Utkatasana</p> 	<p>Wolf sneaks in anyway to say hello to the queen and together they drink tea in very comfortable armchairs. (Chair pose: standing, knees bent, bottom back, arms outstretched above our head).</p>
<p>Train</p> 	<p>It's time to leave for another country in Europe, Italy. We take the train again (Train pose) we go through the</p>





	<p>tunnel and cross France to arrive in Italy, in the city of Venice.</p>
<p>Boat Navasana</p> 	<p>Venice is a city on water, Wolf takes a gondola, it's a small boat (Boat pose: seated, hands behind the bottom, knees bent, one leg is lifted, then the other, then one arm, then the other arm). But without the love of his life, Wolf is bored in this romantic city.</p>
<p>Plane Vasisthasana</p> 	<p>So he flew to a new continent: Africa. He takes the plane (Plane pose, standing on our knees, we stretch one leg to the side and place the opposite hand on the floor) Wolf arrives in Egypt.</p>
<p>Pyramide Trikonasana</p> 	<p>In Egypt there are pyramids (Pyramid pose: standing, legs wide, arms straight one stretches as much as possible on one side and when one cannot go any further, one lowers the arm towards the leg).</p>
<p>Crocodile Makarasana</p> 	<p>There are also crocodiles! (Crocodile pose: lying on the side, arm above our head, we open the upper arm wide like the mouth of a crocodile, we open and we close), Then a second crocodile approaches (We make the pose on the other side.)</p>

<p>Train</p> 	<p>After so many adventures Wolf takes the train to another African country, Kenya. (Train pose)</p>
<p>Lion Simhasana</p> 	<p>In Kenya there is the savannah, a desert. In the savannah there are many wild animals. There are lions. (Lion pose: on our knees we open our mouths wide and roar while sticking our tongues out.) But seeing Wolf the lions run away with fear.</p>
<p>Plane Vasisthasana</p> 	<p>Wolf then takes the plane to Madagascar island. (Plane pose).</p>
<p>Swimming</p> 	<p>In Madagascar the water is beautiful. Wolf decides to go swimming. (Swimming pose: we lie on our belly, arms and legs straight and we beat our arms and legs).</p>
<p>Requin Salabhasana</p> 	<p>Suddenly a shark approaches. (Shark pose: we lay on our belly with our legs straight, we interlace our hands behind our back and then we raise our arms to make the fin of a shark.)</p>
<p>Swimming</p> 	<p>Frightened Wolf swims even faster. (Swimmer pose).</p>

<p>Plane Vasisthasana</p> 	<p>Wolf decides it's time to leave Africa to go to a new continent: Asia. He takes the plane (Plane pose).</p>
<p>Pyramid Trikonasana</p> 	<p>He first arrives in Nepal. In Nepal there is the largest mountain in the world: the Himalayas (to make the mountain let's do the pyramid pose again on the other side).</p>
<p>Goddess Utkata konasana</p> 	<p>At the top of the mountain Wolf meets Lady Yeti (To do the Yeti we stand with our legs wide, feet turned outwards and we bend our knees, our arms are wide open, elbows bent). Miss Yeti finds Wolf to her liking but Wolf does not feel the same and fly to China.</p>
<p>Train</p> 	<p>Wolf takes the train to China. (Train pose)</p>
<p>Plank</p> 	<p>Arrived in China, Wolf visits the great wall. (To make the wall we do plank pose on our elbows and we raise our bottom to be horizontal)</p>
<p>Bear Merudandasana</p>	<p>Right in the middle of the wall, Wolf meets a panda. The panda is part of the bear family (Bear pose: sitting on</p>

	<p>our bottom we grab our heels with our hands then we lift one leg then we balance and we lift the second leg). The panda offers to share a bowl of rice with him.</p>
<p>Plane Vasisthasana</p> 	<p>Satisfied Wolf flies to a new continent and goes to Australia! (plane pose)</p>
<p>Warrior 2 Warrior 3 Virabhadrasana</p> 	<p>Wolf arrives in Sydney, Australia and takes the opportunity to surf (Warrior 2 pose: legs apart, front leg bent, back leg straight, arms straight.) Wolf is so confident that he does acrobatic tricks. (Tighten the front leg, lean forward while raising our back leg, arms along the body or stretched above our head, then we do the same with the other leg).</p>
<p>Plane Vasisthasana</p> 	<p>After a bad wave, Wolf decides to fly to a new continent: America. He takes the plane (Plane pose) for South America, in Brazil, in the city of Rio.</p>
<p>Dancer Natarajasana</p> 	<p>In Rio there is the Carnival, Wolf loves to dance (Dancer's pose; standing, we bend one leg and grab our foot, we can lift the other arm and then gradually extend our leg and lift it</p>

	further and further off our bottom, higher and higher then we do the same thing on the other side).
Train 	After having danced for a long time, Wolf leaves to discover North America. He goes by train (Train pose) to the United States, to New York.
Chandel Sarvangasana 	In New York there are tall buildings called skyscrapers (Let's make the tallest buildings possible, lying on our back, legs raised and straight, we can stay like that or lift our bottom and place our hands on our lower back to make an even taller building).
Train 	Last country, Wolf stays in America and goes North by train to Canada, to Quebec. (Train pose).
Deer Ardha Matsyendrasana 	Arrived in Quebec Wolf meets a Caribou (deer pose, sitting with straight legs, we bend one leg, we bend the opposite arm and just rest our elbow against the outside of the bent knee then with our back straight we turn around backwards as much as possible, looking behind our shoulder, then do the same on the other side).
Plane Vasisthasana 	Wolf takes the plane one last time (Plane pose) to return to France.

	
<p>Savasana</p> 	<p>After traveling around the world, Wolf is tired and decides to take a nap. Us too. Lie down arms and legs apart, eyes closed.</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>