

What is Yoga Story

**Meditation/Peace/Oy My Back/Pretzel/Flowers/Butterfly/Lion/Arrow/Bow
Cat/Dog/Dolphin/Tree/Eagle/Movin' n' Groovin'/Friends/Warrior**

Once upon a time, Deepak the Yogi was sitting around **MEDITATING** like he did every day for hours and hours and hours! One day he noticed his back hurt him... "**OY MY BACK**" ... he remembered the **PRETZEL** he ate yesterday and tried to turn his body into a **PRETZEL**... twisting from one side to another. (Chocolate covered/salt/mustard etc.) Wow did that feel good. Then he looked around from under his **BODHI TREE** and he saw other animals **MOVING and GROOVING** and he thought: "If I move my body like them, maybe I won't be so stiff". So he pretended he was soaring like an **EAGLE**... he arched and rounded his spine like a **CAT**... he barked and moved like a **DOG**... he jumped up and down like a **DOLPHIN**...

"WOW" he said... my back is feeling really great now. I am going to have a great **MEDITATION** and then I will become the most **PEACEFUL** person on the planet.

Just then a ferocious **LION** showed up... and after he roared at Deepak, he seemed to look a bit more relaxed so Deepak roared with the **LION**... and they became great **FRIENDS**.

He was so relaxed he had time to look around and smell the **FLOWERS**, and watch the **BUTTERFLIES**. Then a fierce **WARRIOR** came out of the woods. He had a **BOW** and an **ARROW**. Deepak and the **LION** scared him away. Now Deepak knew he would have the best **MEDITATION** ever. He was so relaxed that he laid down... **SG**.