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.