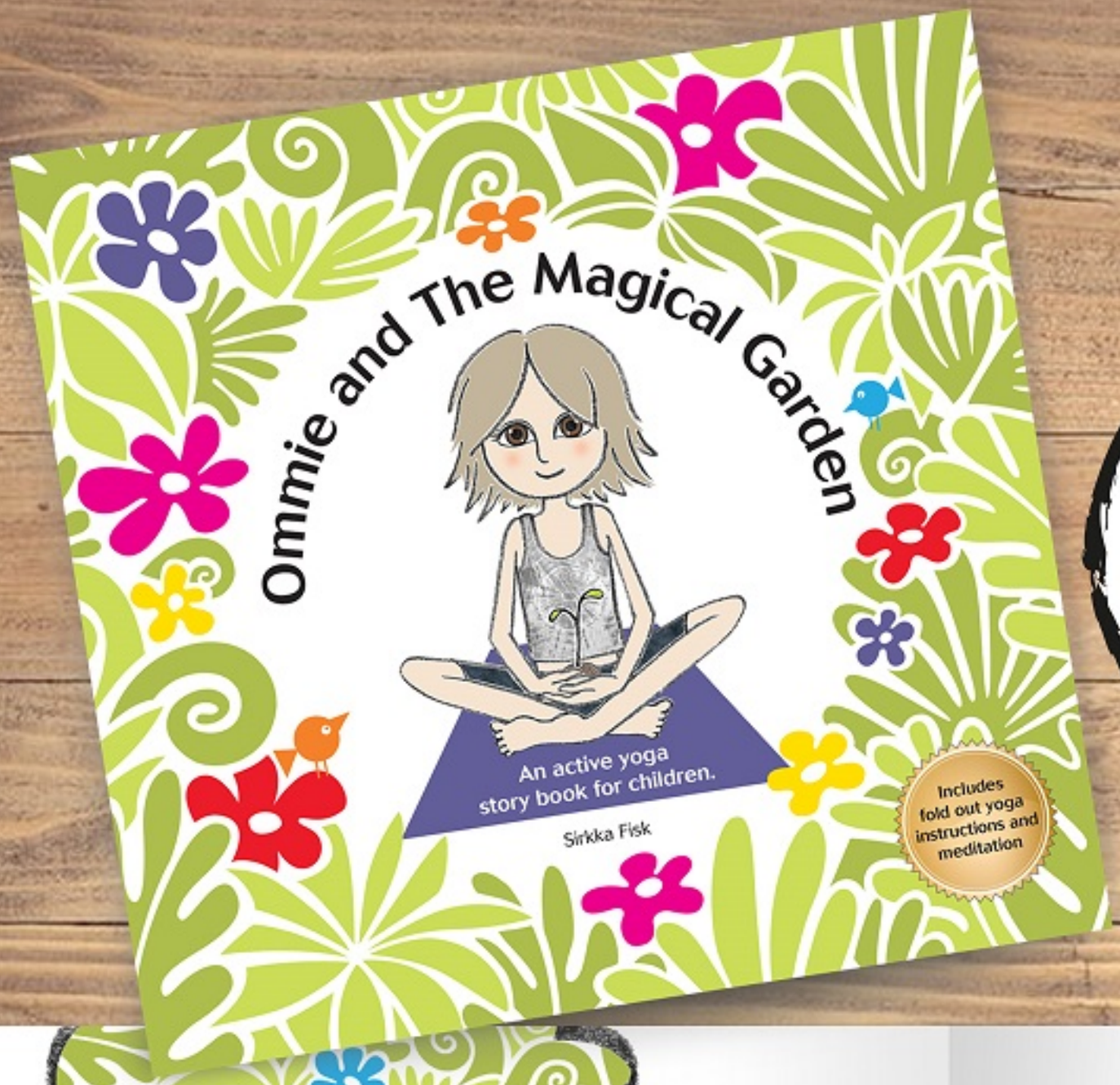
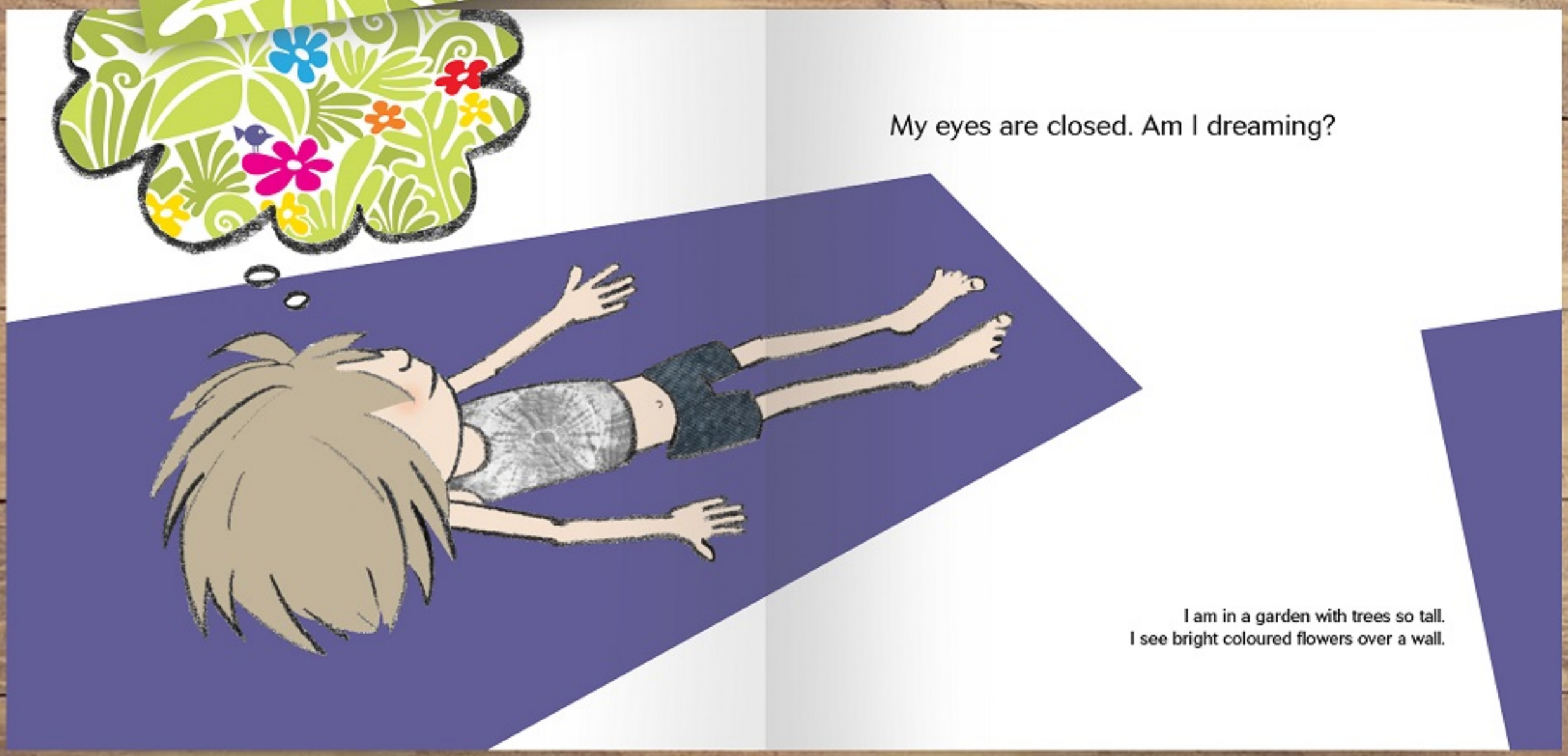


Ommie dreams of a garden with ‘trees so tall, and bright flowers over a wall’...



What will Ommie find in the magical garden?



Can you spot the animals?

Ommie meets fun animals one by one in the garden...



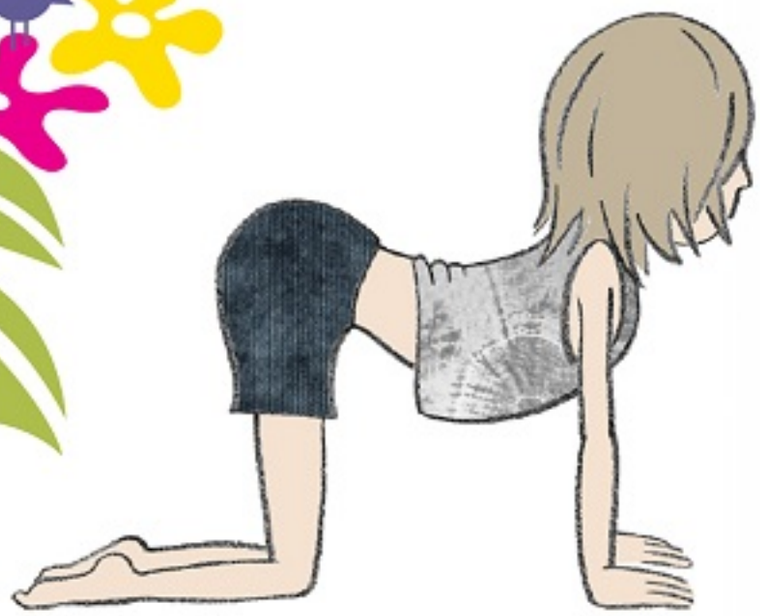


"Not mine to own, I am passing through too.
I am a dog and love to play; then lie down for a nap and have a good snore.
And after a doze I stretch and stretch, from my waggling tail to furry paw."

Yoga can help:

- kids experience a positive inner strength
- improve your mood and sense of calm
- children's body awareness

"Hello. Is this your magical garden?"

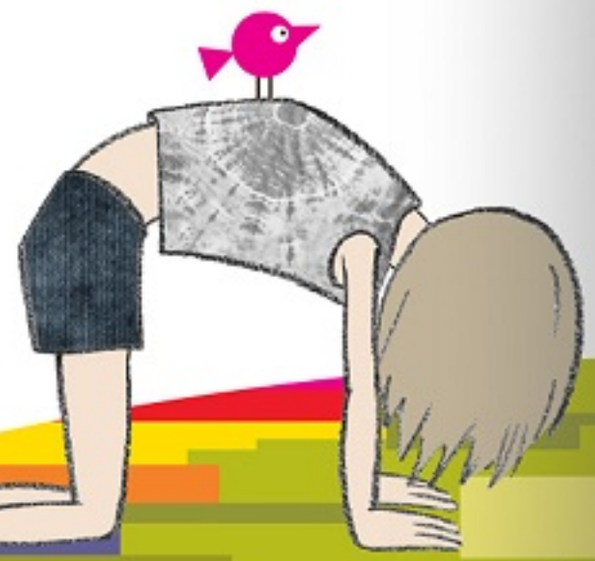


"Not mine to own, I am passing through too.

I am a cow and stand on all fours,
I give lots of milk, but I always have more."



Easy to copy yoga poses for the whole family!



"Not mine to own, I am passing through too.

I am a pussy cat, shiny and black, I curl my tail and arch my back."



Beautiful illustrated story and fun rhymes

"Hello. Is th

"Not mine to own, I am passing through too.
I am a grey dormouse, as small as can be,
and I rest quietly, so no one can see."

"Hello. Is this your magical garden?"

"Not mine to own, I am passing through too. I am a hedgehog.
I curl up in a ball, spiky and round.
I roll in the leaves and blend in with the ground."

Easy to copy yoga poses!

Yoga can help improve your focus and posture



I stand still.

The animals are gone.
The trees stand silent and tall not moving at all.

I stand on my toes, reaching up high.
As I look around, I see my friends are near.
This magical garden is not mine or theirs.
This magical garden is for everyone;
smiling under



Above me, a rainbow shines bright in the sky.
And as one big family, we all belong here!
This magical garden is ours to share.
and we pass through it together,
the sun.

An imaginative story about looking after the world together

Includes:
A positive affirmation rainbow meditation...

Now I lie very still and I close my eyes.



I am feeling happy and peaceful inside.

Try this rainbow meditation straight after yoga.

I imagine a beautiful rainbow in the sky.

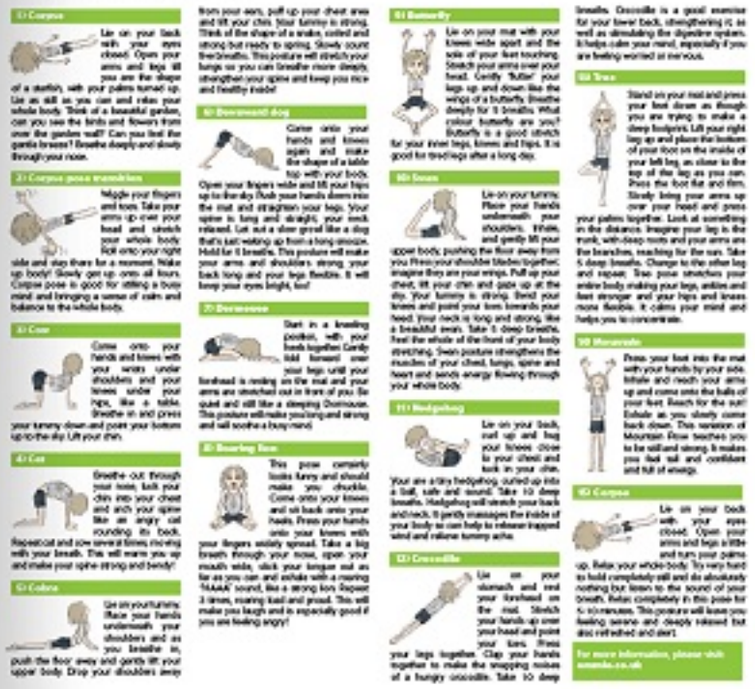
As I look at its bright colours, they start flowing down to me.

I breathe in and fill my body with red, I breathe out red, I feel strong.
I breathe in and fill my body with orange, I breathe out orange, I feel calm.
I breathe in and fill my body with yellow, I breathe out yellow, I feel joyful.
I breathe in and fill my body with green, I breathe out green, I feel kindness.
I breathe in and fill my body with blue, I breathe out blue, I feel confident.
I breathe in and fill my body with indigo, I breathe out indigo, I feel peaceful.
I breathe in and fill my body with violet, I breathe out violet, I feel safe.

Now, all the colours of the rainbow are moving around me in a circle,
I am feeling safe and happy.

When I am ready, I wriggle my fingers and toes,
I open my eyes and slowly sit up.

Page by page yoga pose instructions:



...and page by page yoga pose benefits and instructions