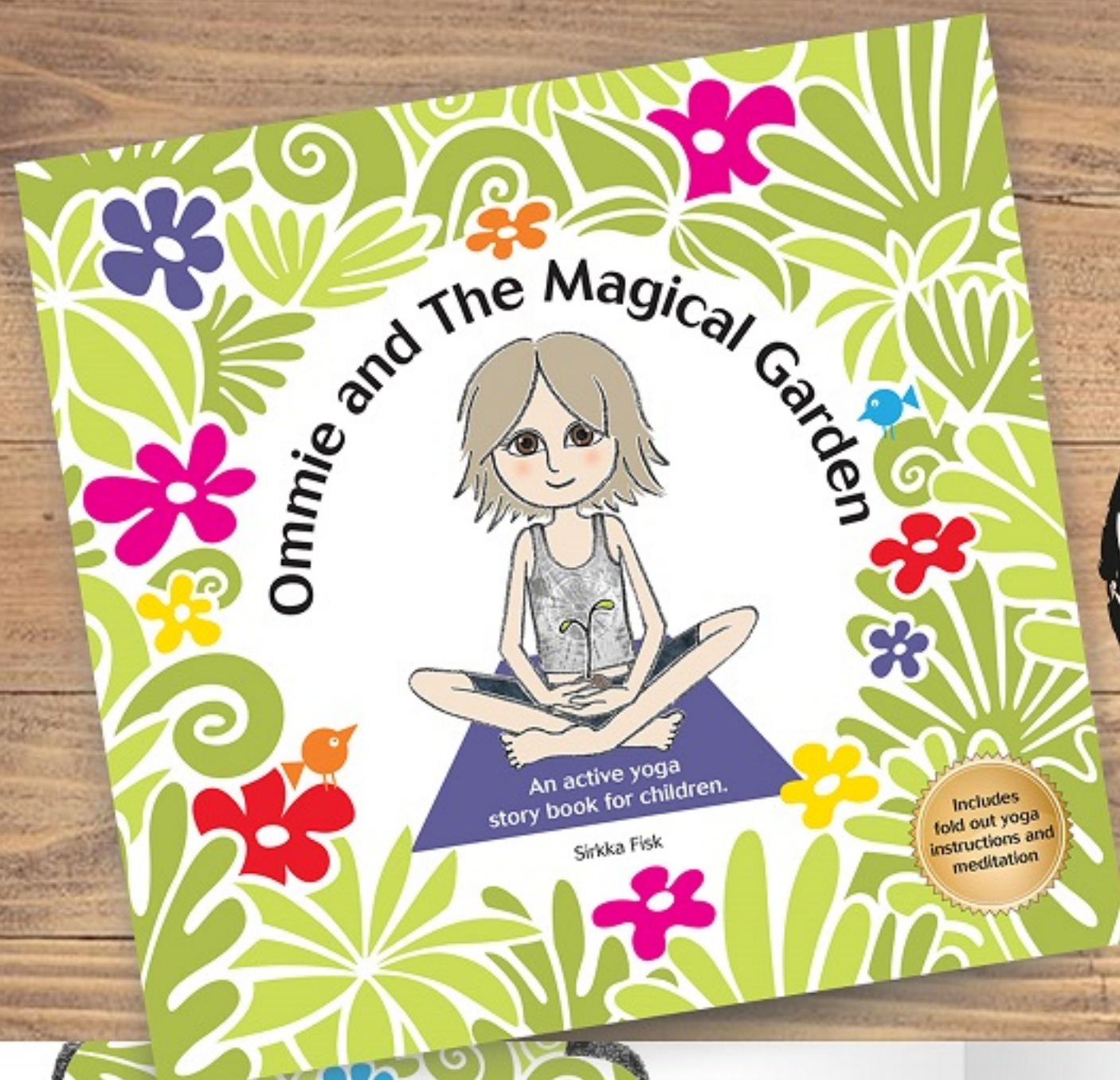
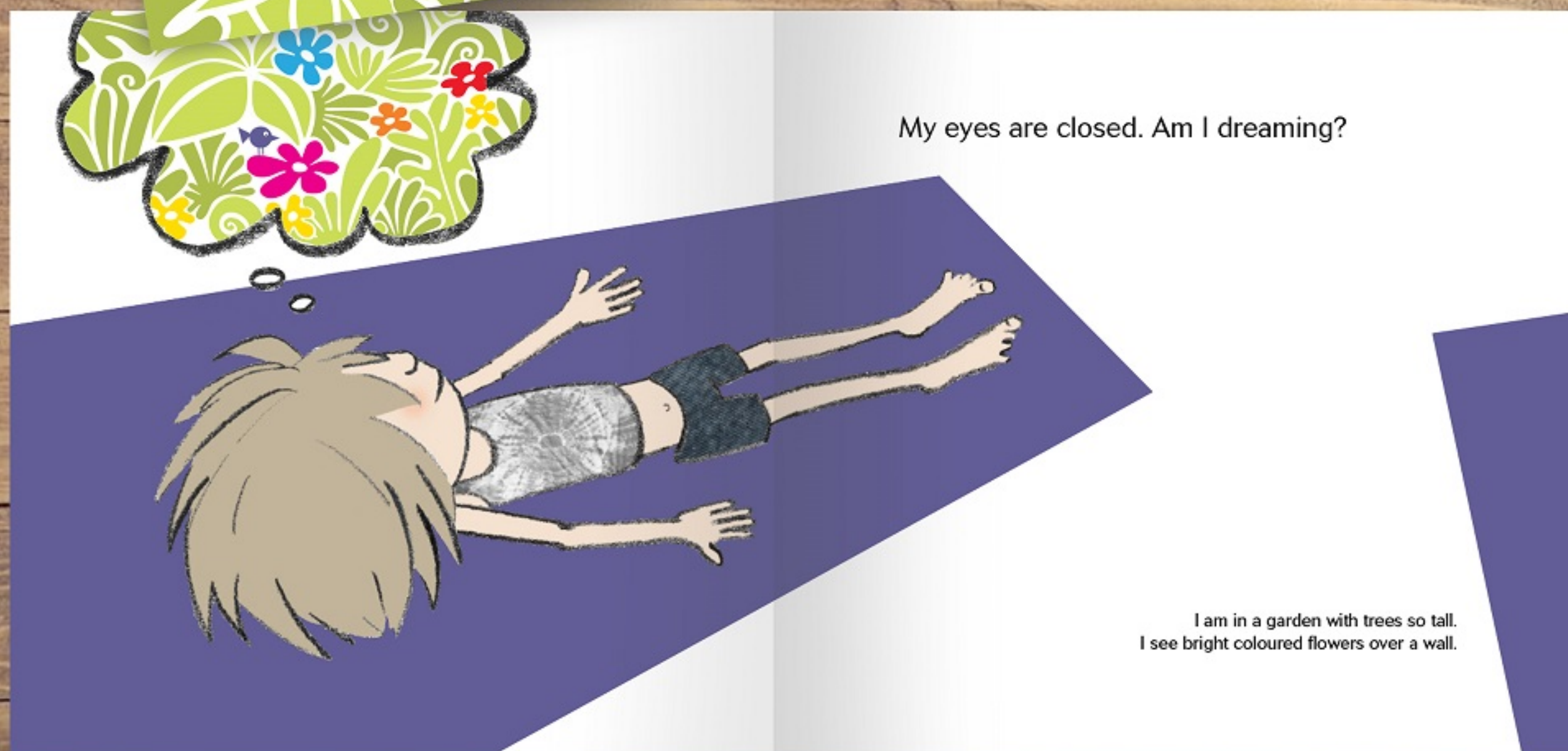




Ommie
dreams of a garden
with 'trees so tall,
and bright flowers
over a wall'...





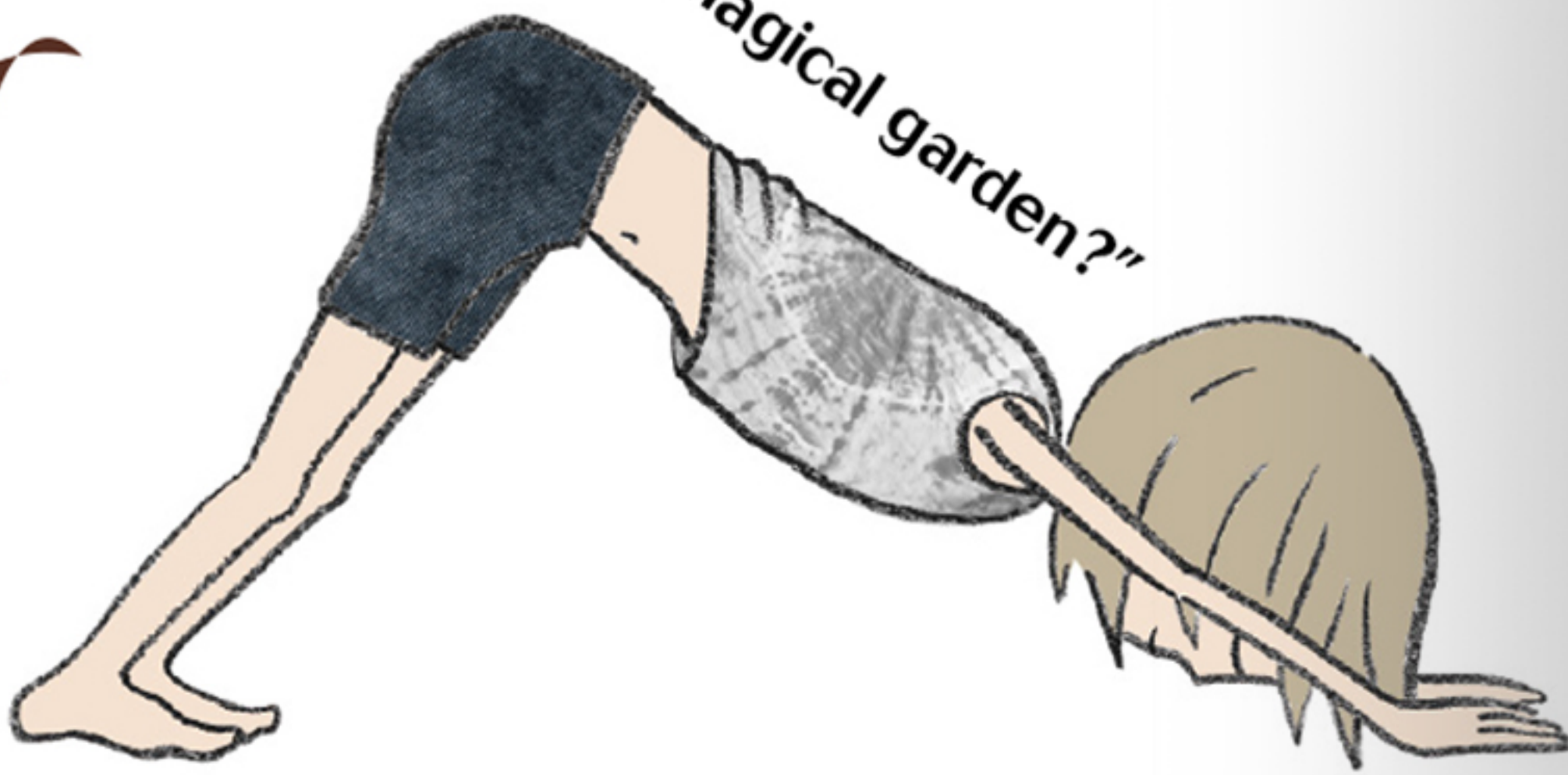
What will
Ommie find in
the magical
garden?

I take deep breaths, **1**, and **2**, and **3**,
Is there anyone here, other than me?

Can you spot the animals?

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

"Hello. Is this your magical garden?"

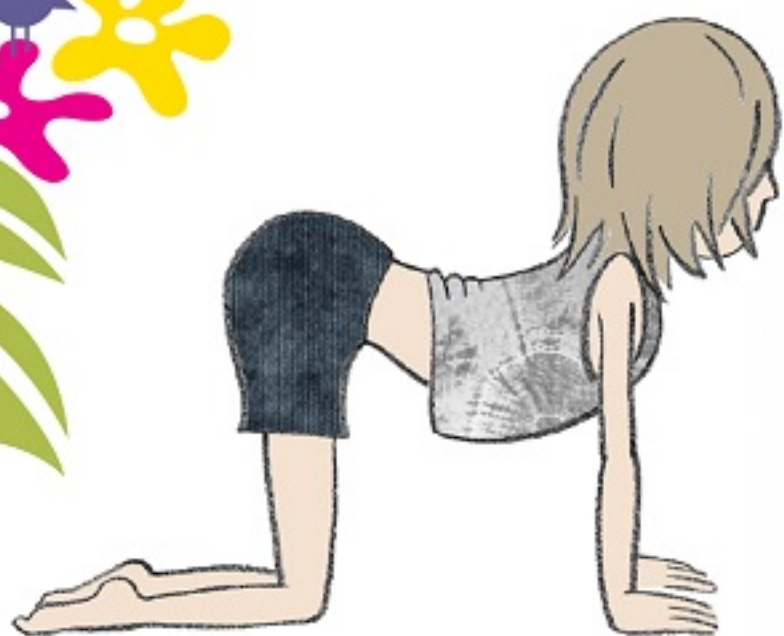


"Not mine to own, I am passing through too.
I am a dog and love to play; then lie down for a nap and have a good snore.
And after a doze I stretch and stretch, from my wagging tail to furry paw."

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?"

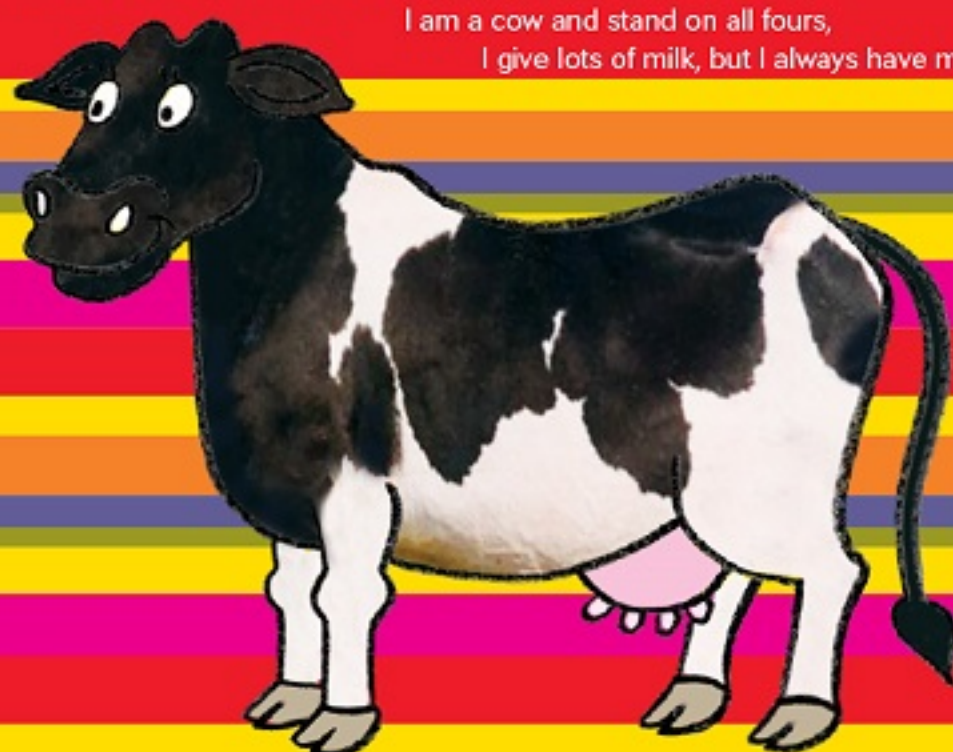


Easy to
copy yoga poses
for the whole
family!



"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."



"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 this

"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?"

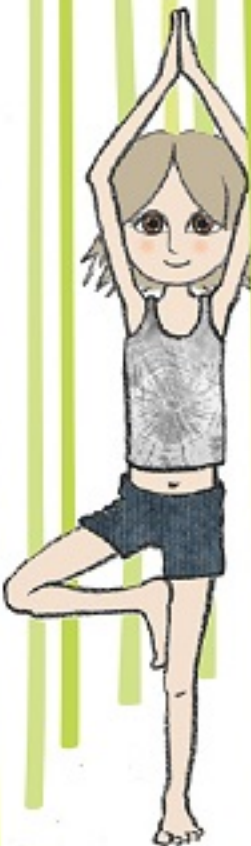


"Not mine to own, I am passing through too. I am a hedgehog.
I curl up in a ball, spiky and round."



"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 kind.
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 wiggle my fingers and toes,
I open my eyes and slowly sit up.

Page by page yoga pose instructions:

1-1 Corpse

Lie on your back with your arms and legs straight. Breathe in and fill your body with red, I breathe out red, I feel strong.

2-2 Corpse pose variations

Help your fingers and toes. Take your arms up over your head and stretch your whole body. Breathe in and fill your body with green, I breathe out green, I feel kind.

3-3 Cow

Come onto your hands and knees with your wrists under your shoulders and your knees under your hips. Breathe in and fill your body with blue, I breathe out blue, I feel confident.

4-4 Cat

Breathe out through your nose, lift your chin into your chest and arch your spine like an angry cat rounding its back. Repeat and you will feel more relaxed.

5-5 Cobra

On your tummy, place your hands under your shoulders and as you breathe in, push the floor away and gently lift your upper body. Drop your shoulders away

from your ears, pull up your chest area and lift your chin. Your lumbar is strong. Think of the shape of a snake, coiled and strong but ready to spring. Slowly count backwards. This pose will stretch your lungs so you can breathe more deeply, strengthen your spine and keep you nice and healthy inside!

6-6 Downward dog

Come onto your hands and knees again and make the shape of a table top with your body. Open your fingers wide and fill your legs up to the ankles. Push your feet down into the mat and straighten your legs. Your spine is long and straight, your neck relaxed. Let out a slow groan like a dog that's just waking up from a long sleep.

7-7 Downward

Start in a kneeling position, with your hands together. Gently lift forward over your legs and your arms are stretched out in front of you. Be quiet and still like a sleeping dragon. This pose will make you feel strong and will soothe a busy mind.

8-8 Sleeping lion

This pose correctly looks funny and should make you chuckle. Come onto your knees and sit back onto your heels. Press your hands onto your knees with your fingers widely spread. Take a big breath through your nose, open your mouth wide, stick your tongue out as far as you can and make a 'roar' sound. This will make you laugh and is especially good if you are feeling angry!

9-9 Butterfly

Lie on your mat with your knees wide apart and the soles of your feet touching. Stretch your arms over your head. Gently 'butterfly' your legs up and down like the wings of a butterfly. Breathe deeply for 5 breaths. What colour butterfly are you? Butterfly is a good stretch for your inner legs, knees and hips. It is good for toddlers after a long day.

10-10 Down

Lie on your tummy. Place your hands underneath your shoulders. Breathe in and fill your body with orange, I breathe out orange, I feel calm.

11-11 Head down

Upper body, pushing the floor away from you. Press your shoulder blades together. Imagine they are your wings. Pull up your chest, lift your chin and gaze up at the sky. Your lumbar is strong. Bend your knees and point your toes towards your head. Your neck is long and strong, like a beautiful swan. Take 5 deep breaths. Feel the whole of the front of your body stretching. Swan posture strengthens the muscles of your chest, lungs, spine and heart and sends energy flowing through your whole body.

12-12 Head up

Lie on your back, feet up and hug your knees close to your chest and back in your arms. You are a happy baby, curled up into a ball, safe and sound. Take 10 deep breaths. Head up will stretch your back and neck. It gently massages the inside of your body so can help to release trapped wind and relieve tummy aches.

13-13 Downside

Lie on your stomach and rest your forehead on the mat. Stretch your hands up over your head and point your toes. Press your legs together. Clap your hands together to make the snapping noise of a hungry crocodile. Take 10 deep

14-14 Butterfly

Butterfly is a good stretch for your inner legs, knees and hips. It is good for toddlers after a long day.

15-15 Down

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...and page
by page yoga
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instructions