

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



My eyes are closed. Am I dreaming?

I am in a garden with trees so tall.  
I see bright coloured 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?

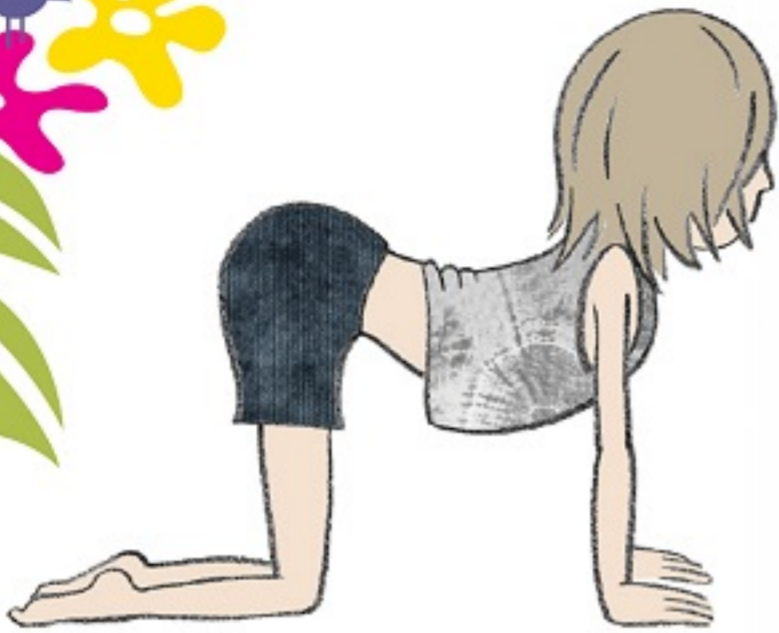
Ommie meets  
fun animals  
one by one in  
the garden...



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!

A girl with brown hair, wearing a grey tank top and dark shorts, is performing a yoga tree pose (Vrikshasana) in a forest. She is standing on her left leg with her right leg raised and foot on her left thigh. Her hands are pressed together in a prayer position above her head. The background consists of stylized green trees with white outlines and vertical green stripes.

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.

A girl with brown hair, wearing a grey tank top and dark shorts, stands with her arms raised in a lush garden. The garden is filled with various plants, flowers, and animals like a frog, a mouse, and a bird. A large rainbow arches over the scene. The background features stylized green trees and vertical green stripes.

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:

**1) Cow Face**  
Lie on your back with your arms and legs straight. Lift your arms and legs up. Use as much of your arms and legs as you can. Breathe in and hold for 10 seconds. Breathe out and slowly lower your arms and legs. Repeat 3 times.

**2) Corpse pose variations**  
Lift your fingers and toes. Take your arms up over your head and stretch your whole body. Hold for 10 seconds. Breathe in and hold for 10 seconds. Breathe out and slowly lower your arms and legs. Repeat 3 times.

**3) Cat**  
Come onto your hands and knees with your wrists under your shoulders and your knees under your hips. Breathe in and press your tummy down and your bottom up to the sky. Lift your chin.

**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 press your spine up and make your spine strong and bendy!

**5) Cobra**  
On your tummy, raise your hands underneath your shoulders and as you breathe in, push the floor away and point all your upper body. Drop your shoulders away from your ears, pull up your chest area and lift your chin. Your tummy 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) Downward Dog**  
Come onto your hands and knees, make the shape of a table top with your body. Open your fingers wide and lift your hips up to stretch your hands 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 session. Hold for 10 seconds. This posture will make your arms and shoulders strong, your back long and your legs flexible. It will keep your eyes bright too!

**7) Downward Dog**  
Start in a kneeling position, with your hands together. Gently lift yourself over your legs and your arms are stretched out in front of you. Be quiet and still like a sleeping Downward Dog. The posture will make your shoulders strong and will soothe a busy mind.

**8) Bowing Dog**  
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 exhale with a moaning "AAAH" sound, like a strong lion. Repeat 3 times, making loud and proud. This will make you laugh and is especially good if you are feeling angry!

**9) Butterfly**  
Lie on your mat with your knees wide apart and the sole of your feet touching. Stretch your arms over your head. Gently "tuck" your legs up and down like the wings of a butterfly. Breathe deeply for 10 seconds. What colour butterfly are you? Butterfly is a good stretch for your feet, knees and hips. It is good for toddlers after a long day.

**10) Swan**  
Lie on your tummy. Place your hands underneath your shoulders. When you breathe in, lift your head and gently lift your upper body. Push the floor away from you. Your tummy is strong. Bend your knees and point your toes towards your head. Your neck is long and strong, like a beautiful swan. Take 10 deep breaths. Feel the shape of the head of your body stretching. Swan posture strengthens the muscles of your chest, lungs, spine and heart and sends energy flowing through your whole body.

**11) Mountain**  
Lie on your back, feet up and hug your knees close to your chest and back in your arms. Your arms are happy, curled up into a ball, safe and sound. Take 10 deep breaths. Helping will stretch your back and neck. It gently massages the inside of your body to help you to relax, release stress and relieve tummy aches.

**12) Crocodile**  
Lie on your stomach and rest your forehead on the mat. Stretch your hands up over your head and point your arms from your legs together. Clap your hands together to make the snapping noise of a hungry crocodile. Take 10 deep breaths. Crocodile is a great exercise for your lower back, strengthening it as well as stimulating the digestive system. It helps calm your mind, especially if you are feeling worried or nervous.

**13) Tree**  
Stand on your feet and press your feet down as though you are standing on a branch. Lift your right leg up and place the bottom of your foot on the inside of your left leg, as close to the leg of the leg as you can. Press the foot flat and firm. Slowly bring your arms up over your head and press your palms together. Look at something in the distance. Imagine your leg in the mat, with deep roots and your arms are the branches, reaching for the sun. Take 5 deep breaths. Change to the other leg and repeat. See your stretch your whole body making your legs, ankles and feet stronger and your hips and knees more flexible. It calms your mind and helps you to concentrate.

**14) Mountain**  
Place your feet into the mat with your hands by your sides. Inhale and reach your arms up and come onto the balls of your feet. Reach for the sun! Exhale as you slowly come back down. This version of Mountain pose teaches you to be still and strong. It makes you feel tall and confident and full of energy.

**15) Cow Face**  
Lie on your back with your eyes closed. Open your arms and legs a little and turn your palms up. Relax your whole body. To vary your hold completely still and do absolutely nothing but listen to the sound of your breath. Relax completely in this pose for 5 to 10 minutes. This pose will leave you feeling serene and deeply relaxed but also refreshed and alert!

For more information, please visit [www.yogafirst.co.uk](http://www.yogafirst.co.uk)

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