

STORY

of a tiny seed



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of a tiny seed



- 1** Down in the earth, so snug and so small,
A little seed sleeps, no worries at all.
The warm sun whispers, "It's time to wake!"
The tiny seed stretches, ready to partake.

CHILD'S POSE

- 2** First, a sprout, so green and so new,
It reaches up high to feel the sky's blue.

MOUNTAIN

- 3** Rain gently falls, a soft pitter-patter,
Helping the sprout grow taller and brighter.

FORWARD FOLD

- 4** "I'm growing! I'm blooming!" the little sprout
sings,
As petals unfold like butterfly wings.

FLOWER POSE



1

CHILD'S POSE





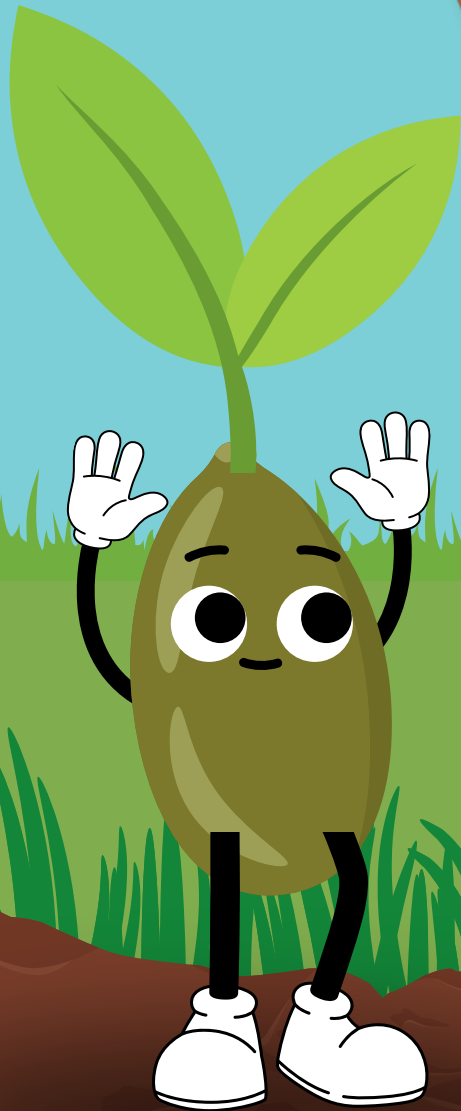
CHILD'S POSE

1. Kneel down.
2. Tuck your legs under you and rest your belly on them.
3. Stretch your arms forward or let them rest by your sides.
4. Let your head relax on the ground.
5. Take slow, quiet belly breaths.

Be a tiny seed resting in the garden.

2

MOUNTAIN POSE





MOUNTAIN POSE

1. Stand tall with your feet on the ground.
2. Press your feet down and feel strong.
3. Lift your chest and reach the top of your head to the sky.
4. Take a big breath in and out.

Be a tall, steady mountain reaching for the sun.

3

FORWARD FOLD





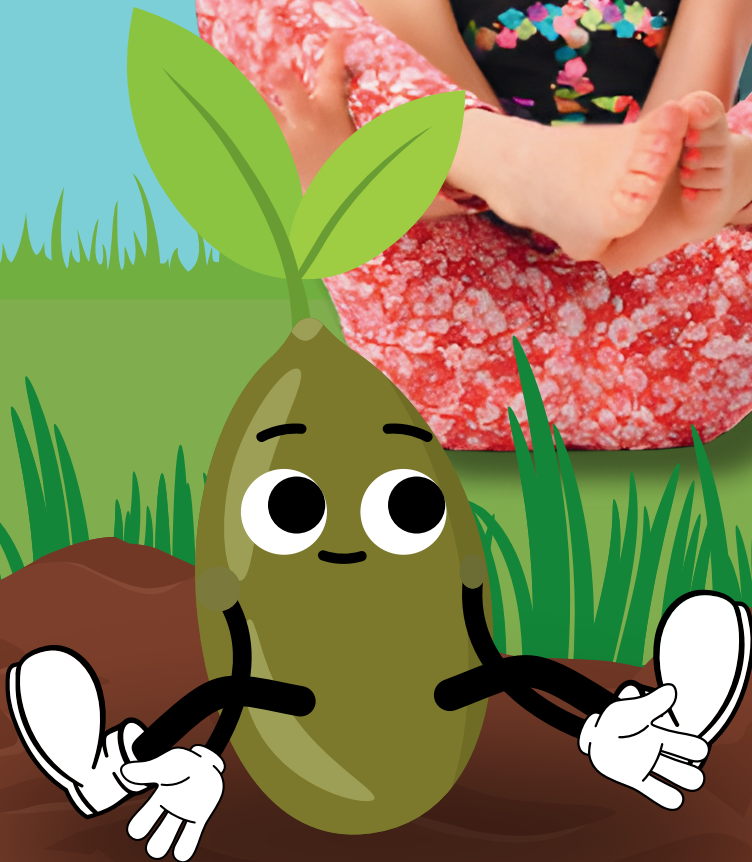
FORWARD FOLD

1. Stand tall and take a deep breath in.
2. Breathe out and fold forward, reaching for your toes.
3. Let your head and arms hang down.
4. Feel your back stretch and your body relax.

*Be the gentle rain falling to water
the seed.*

4

FLOWER POSE





FLOWER POSE

1. Sit down and bring the bottoms of your feet to touch.
2. Slide your forearms under your legs.
3. Hold your ankles or feet.
4. Sit up tall and lift your heart.

Be like a flower opening to the warm sun.