

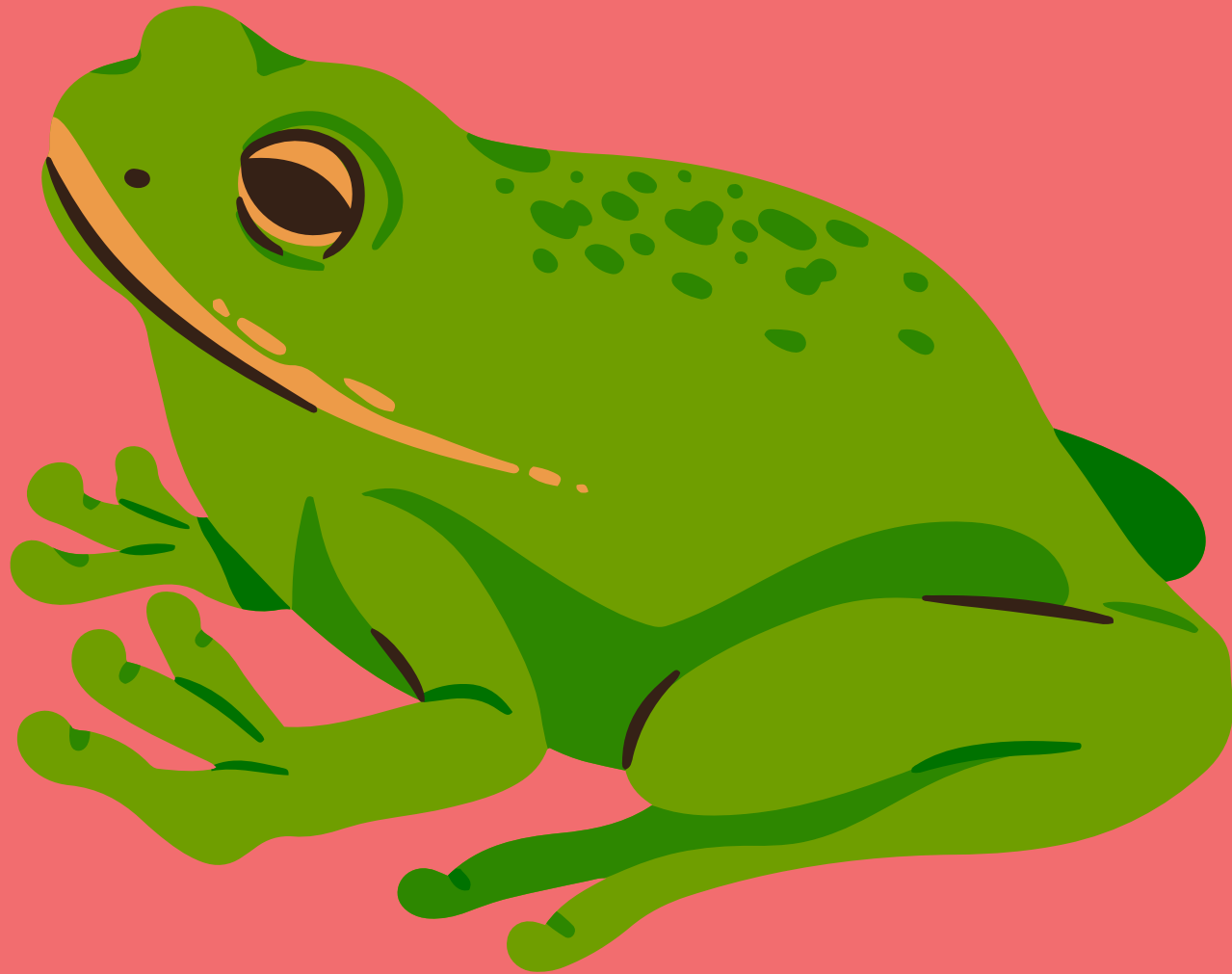
A YOGA MOVEMENT STORY...

Stretching in Nature





On our island, the animals love to start their day with yoga. Each morning, they gather by the shore and in the forest to stretch and play.

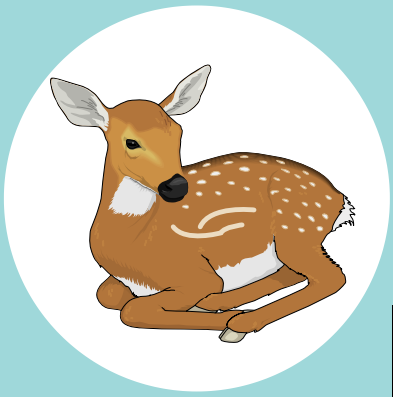


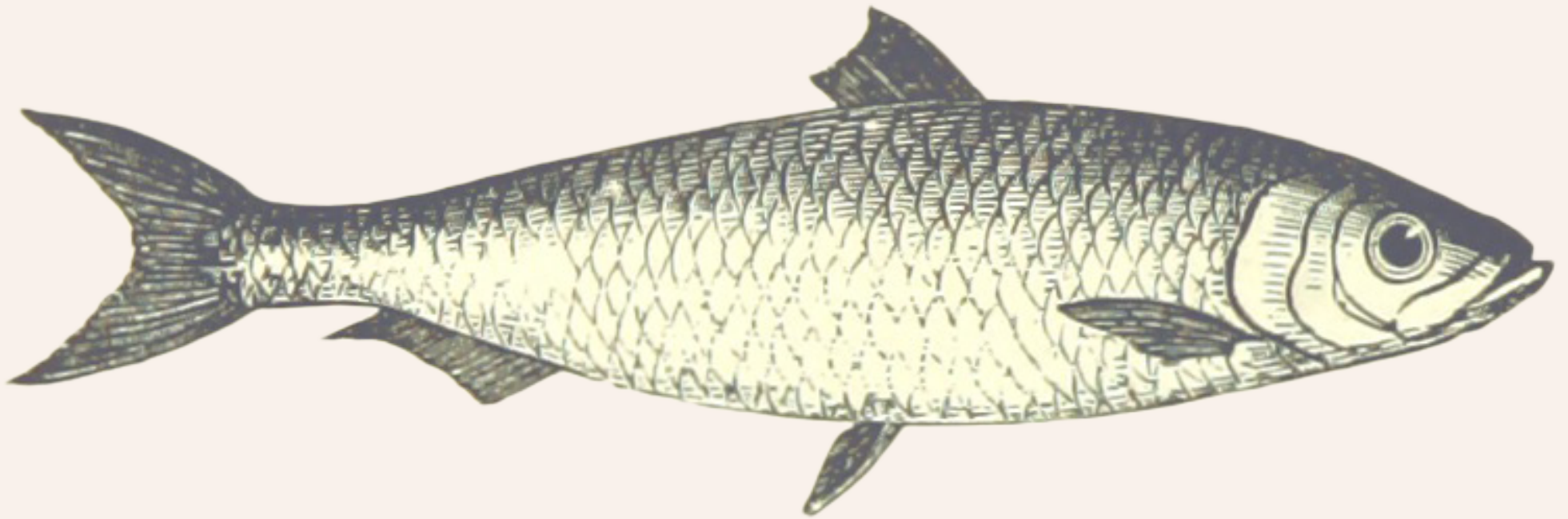
Freddy the Frog was hopping around a pond. He saw a dragonfly and jumped up to catch it, doing the Frog Pose.



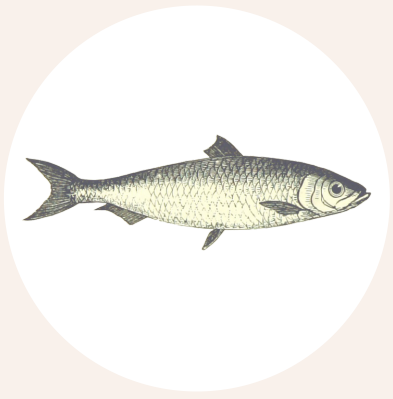


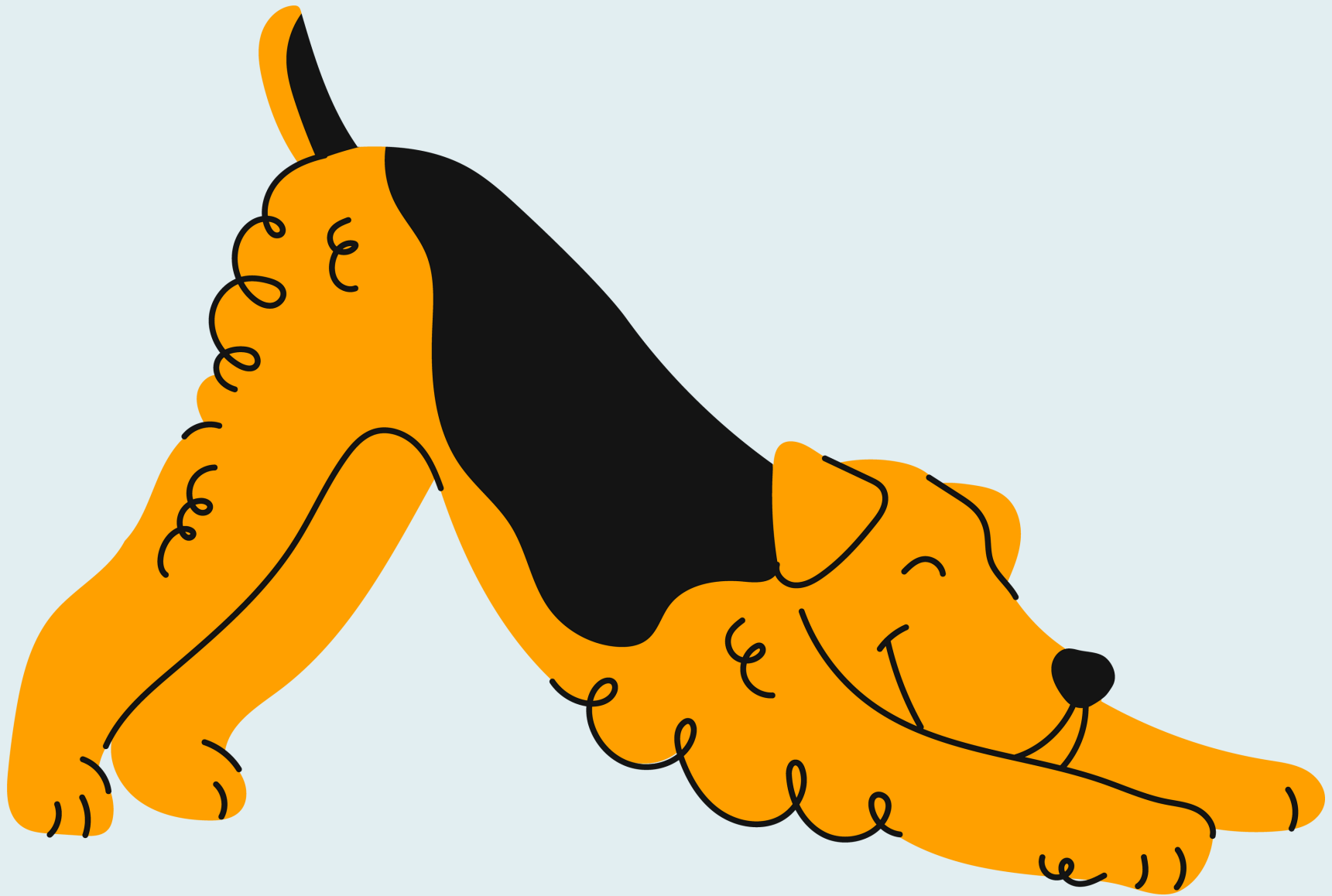
In the forest, a gentle deer named Daisy was munching on leaves from a tall tree. Daisy stretched her neck up high to reach the tastiest leaves, doing the Deer Pose.



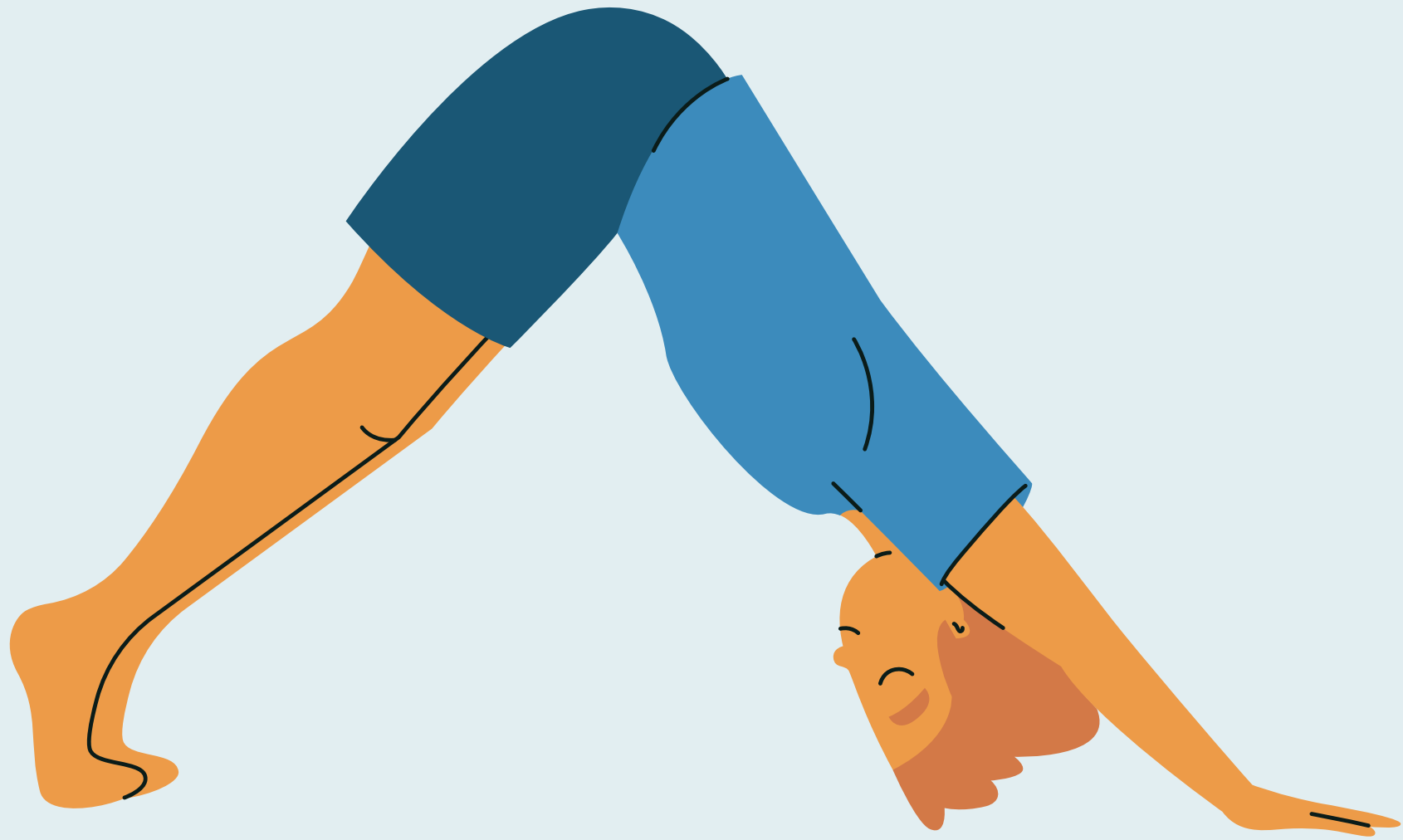


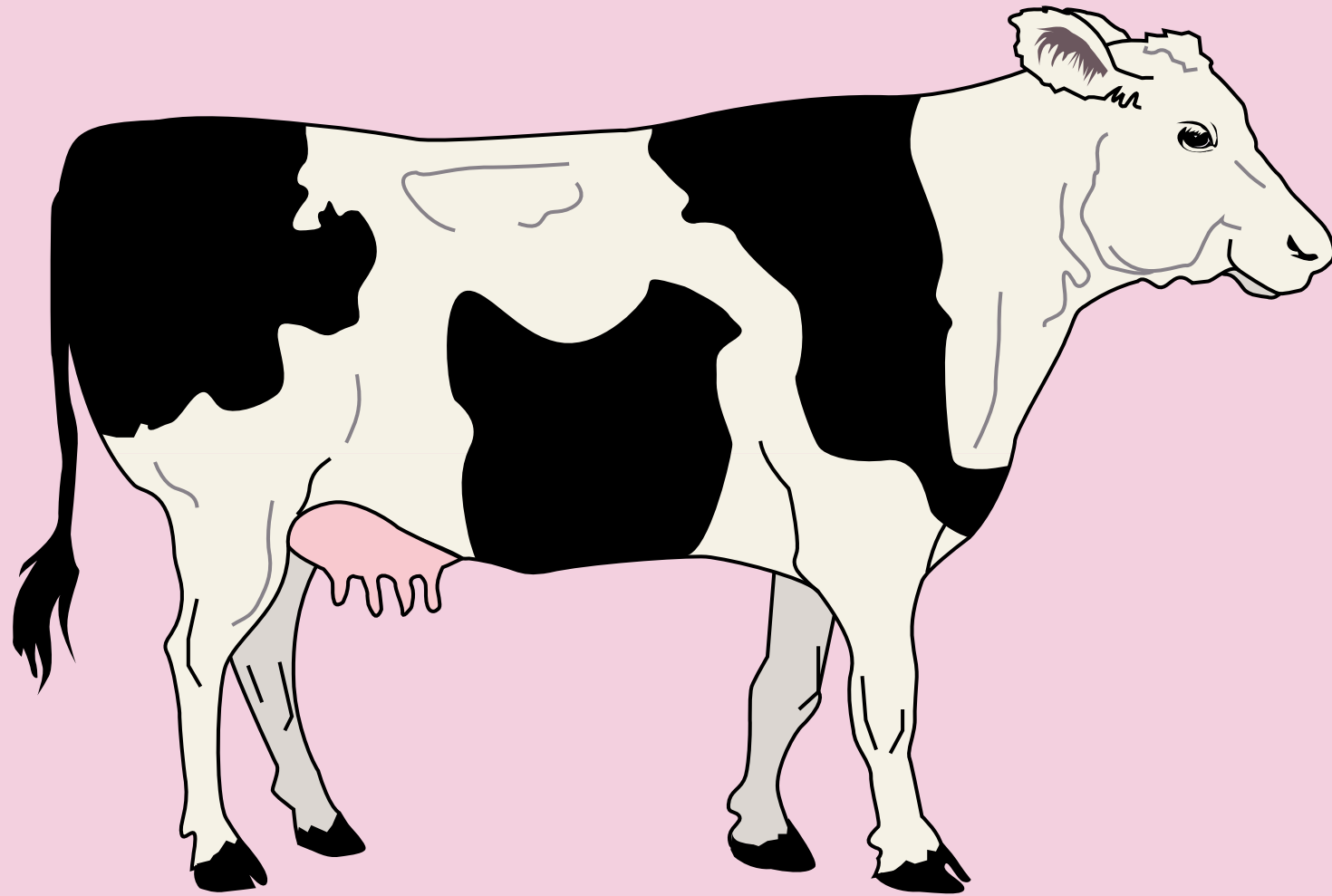
In the clear waters, a gliding fish named Finn was swimming gracefully. Finn moved smoothly through the water, doing the Fish Pose.



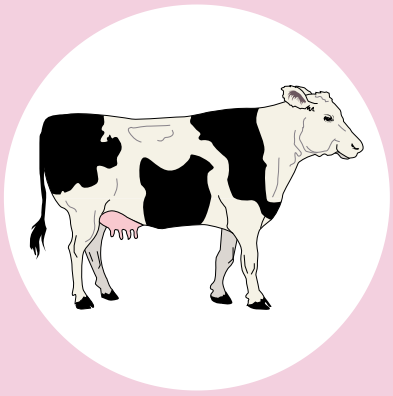


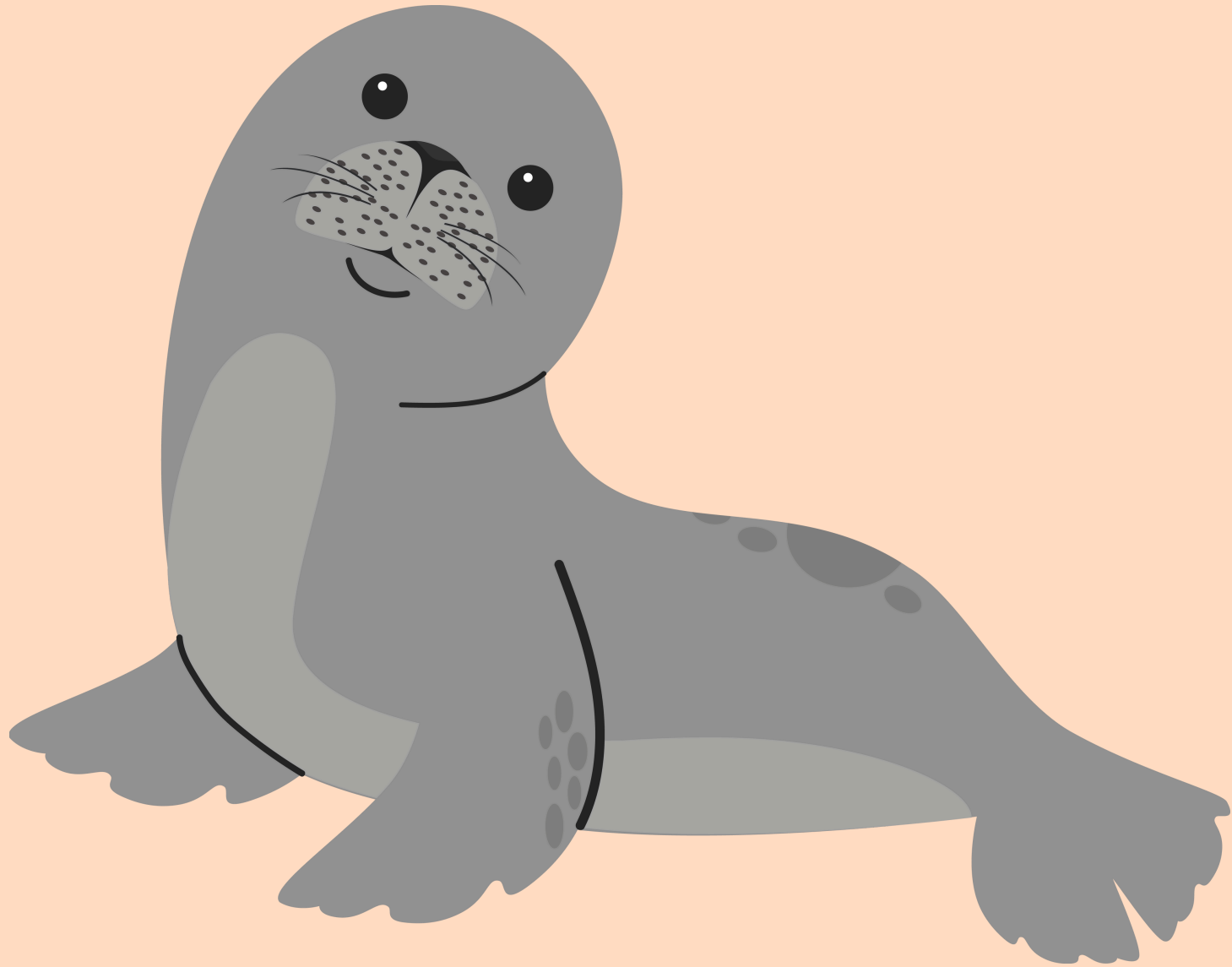
On the beach, a playful dog named Danny was digging in the sand. Danny stretched their body, doing the Downward-Facing Dog Pose.





In a meadow, a relaxed cow named Clara was grazing on the grass. Clara gently swayed her back, doing the Cow Pose.



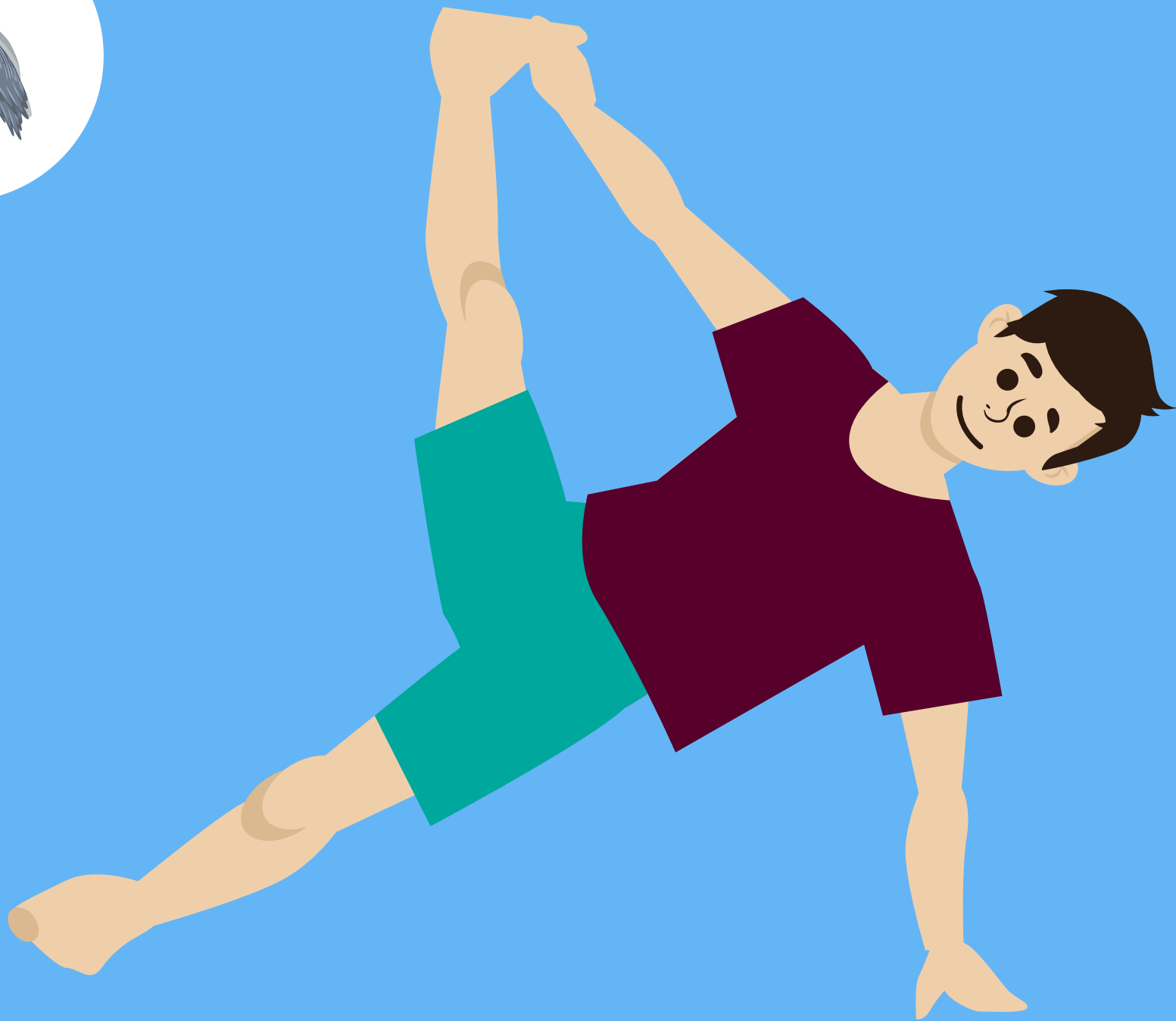


By the rocky shore, a playful seal named Sammy was splashing in the water. Sammy saw a fish and bent down low to play, doing the Seal Pose.





By the edge of the pond, a graceful heron named Holly was standing still, watching for fish. Holly balanced on one leg, doing the Heron Pose.





In a cozy corner of the forest, a stretching cat named Coco was waking up from a nap. Coco arched her back and stretched, doing the Cat Pose.





High above the trees, a soaring eagle named Eddie was gliding through the sky. Eddie spread his wings wide, doing the Eagle Pose.





As the sun began to set, the animals gathered together once more. They took a deep breath and smiled, feeling calm and happy after their yoga. They knew that no matter what happened on their island, they could always find peace with their yoga poses.