

How you can use this book for Kids Yoga

Dear Parents and Yoga teachers,

You have a unique book in your hands. The book tells a story of Ninja Rai and his adventures. It is suitable for children between 4-9 years of age; at that age many children tend to like ninjas. The book offers an action-packed story about the power of friendship. It can serve as an easy reading book, to or by your children.

What makes this book unique is that you can also use it as a yoga guide, to introduce yoga to children in a playful way.

The story of Ninja Rai has emerged during yoga classes I taught to my son and his friends. I invented the characters and the plot to get children's attention and to teach them yoga basics.

Each of the characters in the book has a yoga pose to represent them. The characters and the corresponding yoga poses are introduced in the earlier part of the book one by one, so that children get familiar with each one.

Whenever the name of a character is printed in bold, you can invite children to do the corresponding yoga pose. That way, they participate in the story by doing the yoga poses. After all, children love to be active!

To make it easier, each page depicts yoga poses that represent characters on that page.

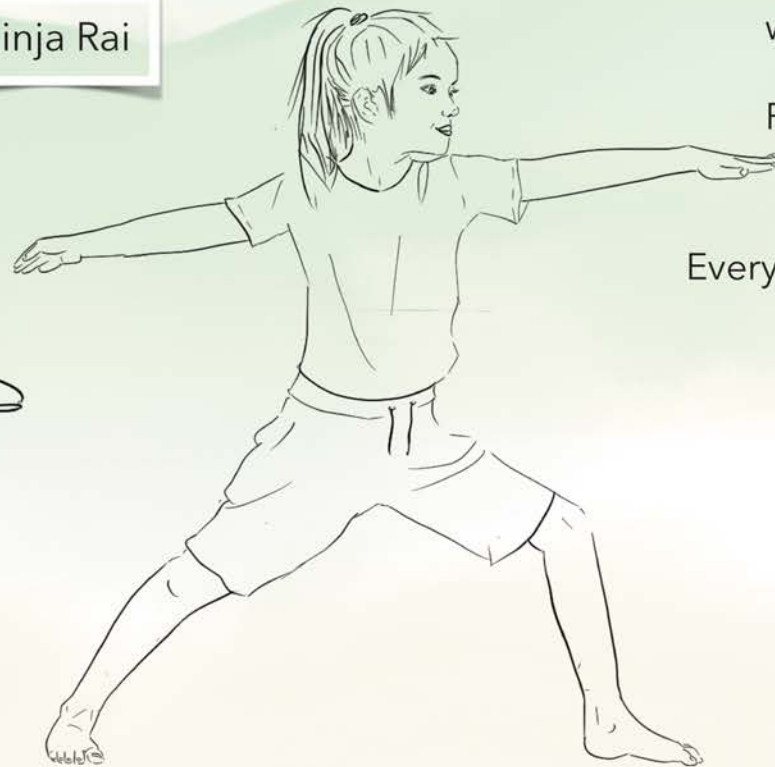
You can use your imagination to deviate from the story depending on your audience, and either tell the children when to do each pose or get them to listen intently for the characters names and do the pose themselves. Let your creativity flow freely!

Thank You and Enjoy!

Ninja Rai and his friends



Ninja Rai



Once upon a time in Japan there lived a ninja called Rai. He lived long ago, in a time when there were no mobile phones, and when dragons existed.

Ninja Rai lived in a little house in the woods, not far from the mountains.

Rai was a strong young man, with a powerful mind and a warm heart.

Every time he met someone, he liked to take this position to greet them.



Monkey Aapai and blind Drakai

A few days later, **Ninja Rai** went deep into the woods to collect some food. He was all by himself, without his favorite dog.

Drakai, still angry from the previous encounter, saw **Ninja Rai** going into the woods by himself and he thought, "this is my chance, Rai is all alone! I'm gonna get him!"

He forgot that Rai was friends with all animals...

Drakai followed **Ninja Rai** into the woods silently, and when they were deep inside, **Drakai** screamed loudly and jumped at Rai from behind. **Ninja Rai** did not expect it and could not escape.



Drakai grabbed **Ninja Rai** with his claw and reached to throw Rai to the ground. At that very moment **Aapai** appeared from the woods and jumped on the head of the dragon. With both her hands she covered dragon's eyes so he could not see! **Drakai** began to panic and accidentally hit his head against a tree and let Rai go!

Ninja Rai ran away and, once he was out of sight, **Aapai** jumped off the dragon's head and disappeared into the woods.

Drakai retreated and flew back to the mountains, defeated again.

Ninja Rai went to see his friend **Aapai** that night and thanked her with a big bowl of bananas. Rai felt very grateful.



Princess Lily developing her Superpowers

Princess Lily was not allowed to leave the palace. She felt captive. One day she decided she didn't want to wait any more for **Ninja Rai** to save her by fighting the dragon. She wanted to learn to defend herself from **Drakai** on her own!

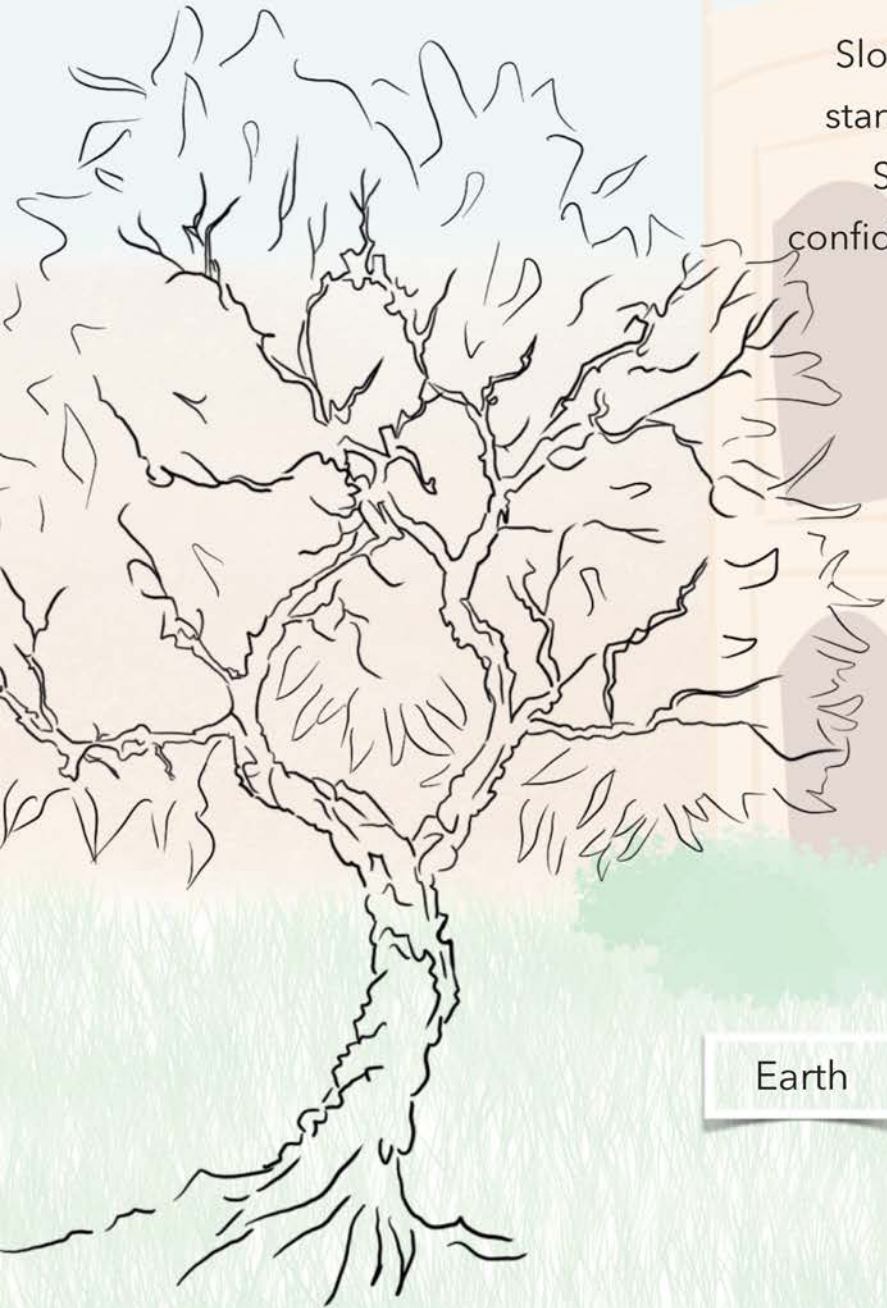
It seems she was growing to be not only beautiful and sweet, but also quite tough. Secretly, **Princess Lily** had started her own Ninja Yoga training! And she was getting this training from none other than her own father! As a matter of fact, her father used to be a super Ninja Yogi called **Master Zen**. Even though he was older, **Master Zen** was still very strong and a master of most of the Ninja Yoga skills.

Master Zen



Princess Lily trained every day to become a ninja. She trained for hours with **Master Zen**.

Slowly Lily was becoming stronger, more skillful and had even started to develop her own Superpowers. If you remember, the Superpowers of **Ninja Rai** were talking to animals and his confidence. Everyone has Superpowers, sometimes we just need to discover them.



Earth



Princess Lily discovered her Superpowers in Nature's 4 elements - Earth, Air, Fire and Water.

She felt the **Earth** Superpower when she was playing in the garden or walking barefoot. She felt strong, supported, and balanced, just like a tree.





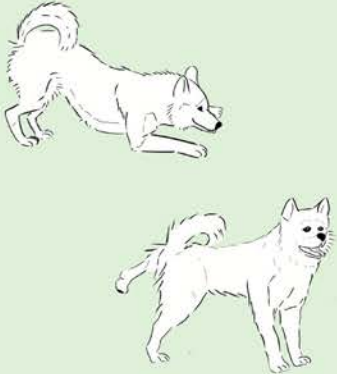

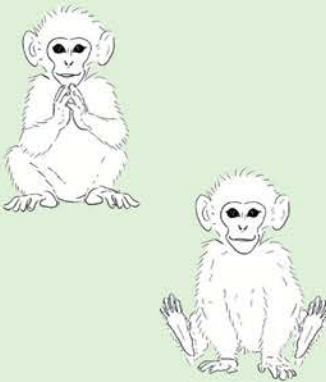

This first Ninja Yoga Story, Ninja Rai and Drakai, provides a great basis for the main part of the class where you gradually introduce yoga poses to the children and practice with them.

As you get more experienced and your confidence grows, you can deviate from this story. Invite children to participate and be part of the creation. Use their interests to create sidetracks or new stories all together. For instance, you can invent new friends for Ninja Rai, or add more family members. This way you make it interactive and fun for everyone.

You can also use the Ninja Yoga Story in other parts of the class. You could call certain breathing techniques a 'ninja-breathing' or describe how ninjas learn to sit still and meditate to practice their focus.

The most important is: let go of any expectation from the kids, go with the flow and enjoy the experience together!

Overview of Yoga poses in this book

Name	Character	Picture of the pose	Description	Sanskrit
Ninja Rai			Warrior 2	Virabhadrasana II
Woufai			Downward facing Dog One-legged Dog	Adho mukha svanasana Eka pada adho mukha svanasana
Aapai			Squat Shoulder pressing	Malasana Bhujapidasana