



Most people don't know that deep in the jungle,
Yogi pandas learn to stretch their comfort zones,
flowing with both their bodies and minds
to bravely face all of life's unknowns.

Little Panda waits to try new things,
loves *structure* and schedules galore,
daily activities at the very same time,
feeling soothed when he knows what's in store.



Little Panda's Grandpand is quite the opposite.
He wakes up each day without plans,
letting his heart decide in the moment
to see where his *inner compass* lands.

