

The Eagle and The Mouse

Yoga Story Episode 5



The Eagle and The Mouse
episode 5



BIG QUESTIONS FOR LITTLE HUMANS
DRAGONBUNNYBOOKS.COM 

The Eagle and the Mouse Yoga Stories episode 5

Once Upon a Time in a far away land there was a great majestic eagle named Eleanor and a tiny little mouse named Monty. The land where they lived was very cold and harsh. It was windy, rainy, snowy and cruel. Survival was hard. There was very little friendship and kindness was rare. Animals and humans kept to themselves and did what they had to do just to get by.

There was an enormous mountain on this land. This is where Eleanor the Eagle would spend much of her time, surveying the sky. One ordinary day, she was at the top of a pine tree quietly watching when she heard a strange and unfamiliar sound. It sounded like a soft whimper.

Eleanor was confused. She thought she recognized the sound but she wasn't sure. Is that what crying sounds like? She listened even more closely.

Way down at the bottom of the forest floor there was a small mouse who was sobbing, cold and lonely. The ground was damp and Monty was feeling desperately sad.

Just then something happened that had never happened before, Eleanor took off in flight and made her way to Monty. Now, you may know that Eagles eat mice and other rodents but this is where the story gets interesting. Eleanor the majestic Eagle had a new, warm feeling in her heart. She flew down and gently placed her enormous wing over Monty to shelter and comfort him. He stopped crying and nestled into Eleanor's warm under wing.

For the first time in history, an eagle and a mouse became friends. Their lives were changed forever.

The end

Yoga poses to practice

Mountain

Eagle

Mouse

For reference, you may view the yoga story [here](#)