

# How To Be a River

Yoga Stories  
Episode 1



A series that helps to explore big questions for little humans.  
We encourage creative self expression and self reflection through yoga poses to support well being  
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**BIG QUESTIONS FOR LITTLE HUMANS**  
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## Yoga Story Episode 1. How to be a River ([Yoga class also available on YouTube](#))

Once there was a river named Rhianna that flowed for miles down mountains, through streams and valleys, in dense forests and sometimes even underground through parks, towns and cities. It flowed on and on for years and years all night and all day unceasingly. Water and bubbles sometimes rushing over rocks and other times trickling slowly making their way through tight crevices but always, always on the move.

One day after many years of watching the river flow, a big boulder named Billy got jealous. The large grey rock started wondering *"why does the river get to flow? Why am I stuck here in one spot day after day? I want to feel what it's like to flow like the river."*

So Billy the determined, sturdy boulder rolled its way inch by inch toward the river. Finally, early on a Fall morning, deep in the woods Billy arrived at his destination. He found his way into the water snuggled safely between the river banks. Once settled in the water, Billy breathed a great breath of relief.

*"Ahhhhhh..... I've arrived!"*

And Billy waited to be carried by the river, to flow  
Billy waited  
And waited  
And soon started to get concerned

*"Why aren't I flowing like the river? What's happening?"*

Billy started to feel stressed and frustrated. *"Why am I lodged here after all my hard work?"*

Worse still the river started to pool because Billy the boulder was blocking its flow.

*"Oh no! Now I have created a damn and will prevent the water from flowing. I've ruined everything!"* Billy started to cry great tears of salty liquid.

Now what Billy didn't realize was that Rhianna the River had been flowing since the beginning of time and knew a thing or two about getting around. Water is wise and will always find its way. Sometimes it pools but it can't be stopped not even by a boulder.

Billy's tears were pouring now, certain that the river had been interrupted forever when a strange and wonderful thing started happening. Rhianna began to make her way around Billy and slowly started to flow again. Billy's tears made their way down the river too.

Suddenly, Billy felt free. The feeling of the flow of water rushing over the smooth boulder felt like home. He felt his tears make their way too!

Billy felt peace

Billy felt joy

Billy felt love

The rush of the river filled Billy with gratitude.

Rhianna the River taught Billy the Boulder how to flow.

The River is wise....

Yoga Poses to Practice:

River Pose / Forward Bend (standing and seated)

Mountain pose (one legged mountain)

Rock Pose (child's pose)

Rolling Rock (watch the [Youtube video](#) for reference)