

Snail & Rabbit

Yoga Story Episode 8



BIG QUESTIONS FOR LITTLE HUMANS
DRAGONBUNNYBOOKS.COM 

Snail & Rabbit

Yoga Story Episode 8

Once upon a time there was a Snail and a Rabbit who lived in the forest far away. The Snail was named Sally and she liked to take things very slow. She moved slowly, she ate slowly, she breathed slowly and she enjoyed several slow naps every single day. Her next door neighbor was named Robbie the Rabbit and you guessed it, Robbie was the opposite of Sally! Robbie was always in a rush and liked to move very quickly!

One fine day Sally was slowly making her way along the trail in the forest when Robbie came up behind and said loudly

“Move out of the way, Snail! I’m in a rush! I need to get by! I have important things to do!”

Sally slowly turned around and looked at Robbie and asked “What’s the big rush?”

“I’m Robbie the Rabbit and I’m just always in a rush!”

“Have you ever tried slowing down? It can be fun! Would you like to play with me?”

Robbie did like having fun and was usually so busy moving fast that she didn’t have time to play.

“OK” she agreed.

Sally and Robbie made their way down the trail together. They moved so slowly that they were able to notice things that Robbie had never noticed before. First they saw a bug lying on its back who needed some help to get back up on its feet. Then they watched a flower slowly open its petals. They looked up to the trees and watched the wind sway the branches gently.

Everything looked more beautiful and there were so many new details. Sally was right, thought Robbie, slow can be fun!

Reflection Question: Have ever tried slowing down? Or do you always like to be in a rush?

Yoga poses to practice

Slow cobra

Slow forward bend

Fast forward bend

Mountain pose

Dead bug

Tree pose

BIG QUESTIONS FOR LITTLE HUMANS

DRAGONBUNNYBOOKS.COM 