

Jungle Yoga Story

Tarzan's Lost Marshmallows

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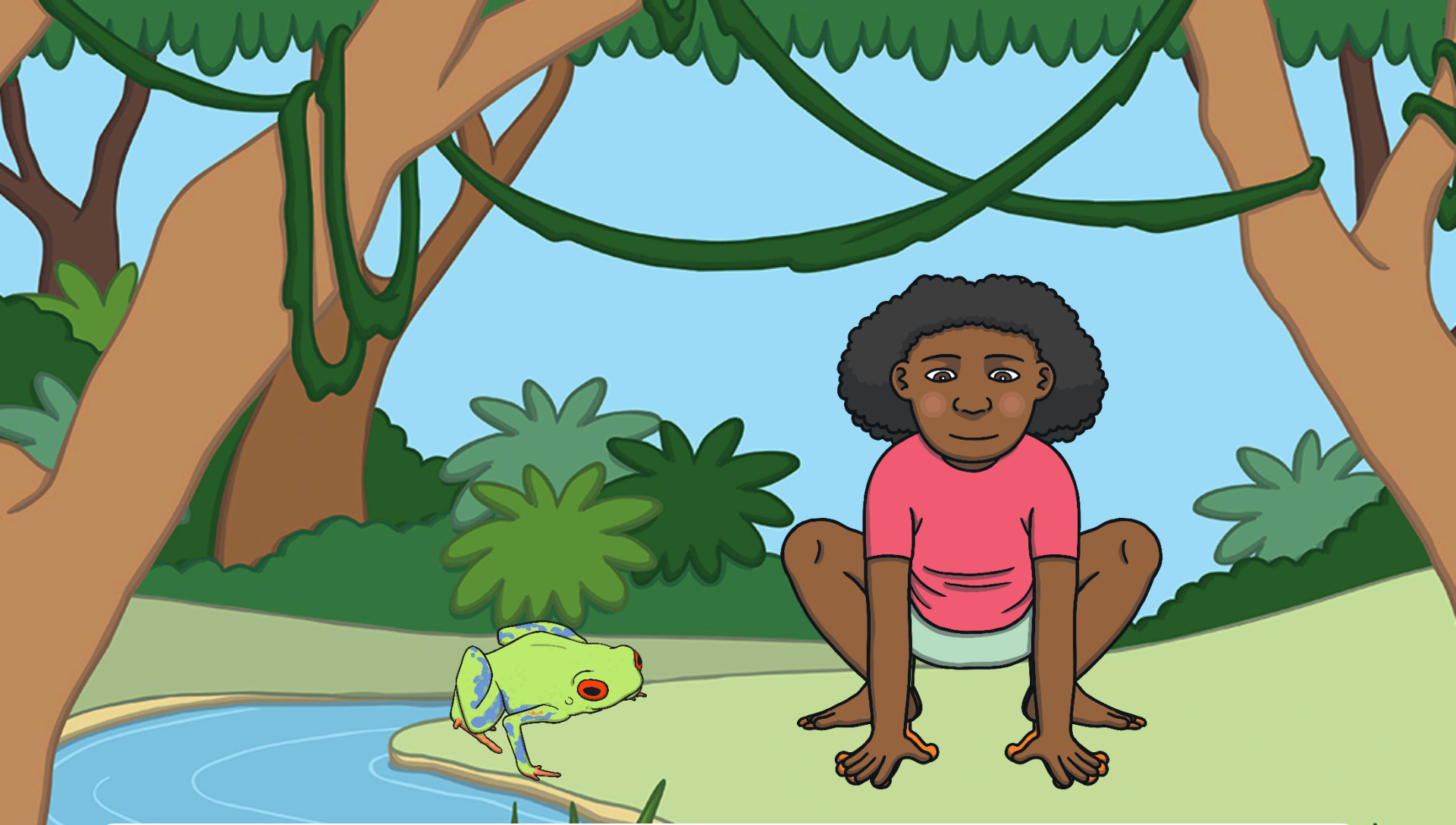
Remember to Practice Safely

- **Adapt:** Make poses easier if your breathing isn't smooth.
- **Breath evenly:** Take easy breaths in each pose.
- **Enjoy it:** Move in a way that feels good.
- **Keep safe:** Don't touch others and you support where necessary.





One day, Tarzan was swinging through the jungle to get to his secret stash of marshmallows.



When he got there, there were no marshmallows! “Did you eat them?” Tarzan asked the frog. “No, maybe it was the lion - she’s a great hunter,” replied the frog.



“It wasn’t me,” said the lion, proudly. “Try the crocodile, he’s quick to snap things up!”



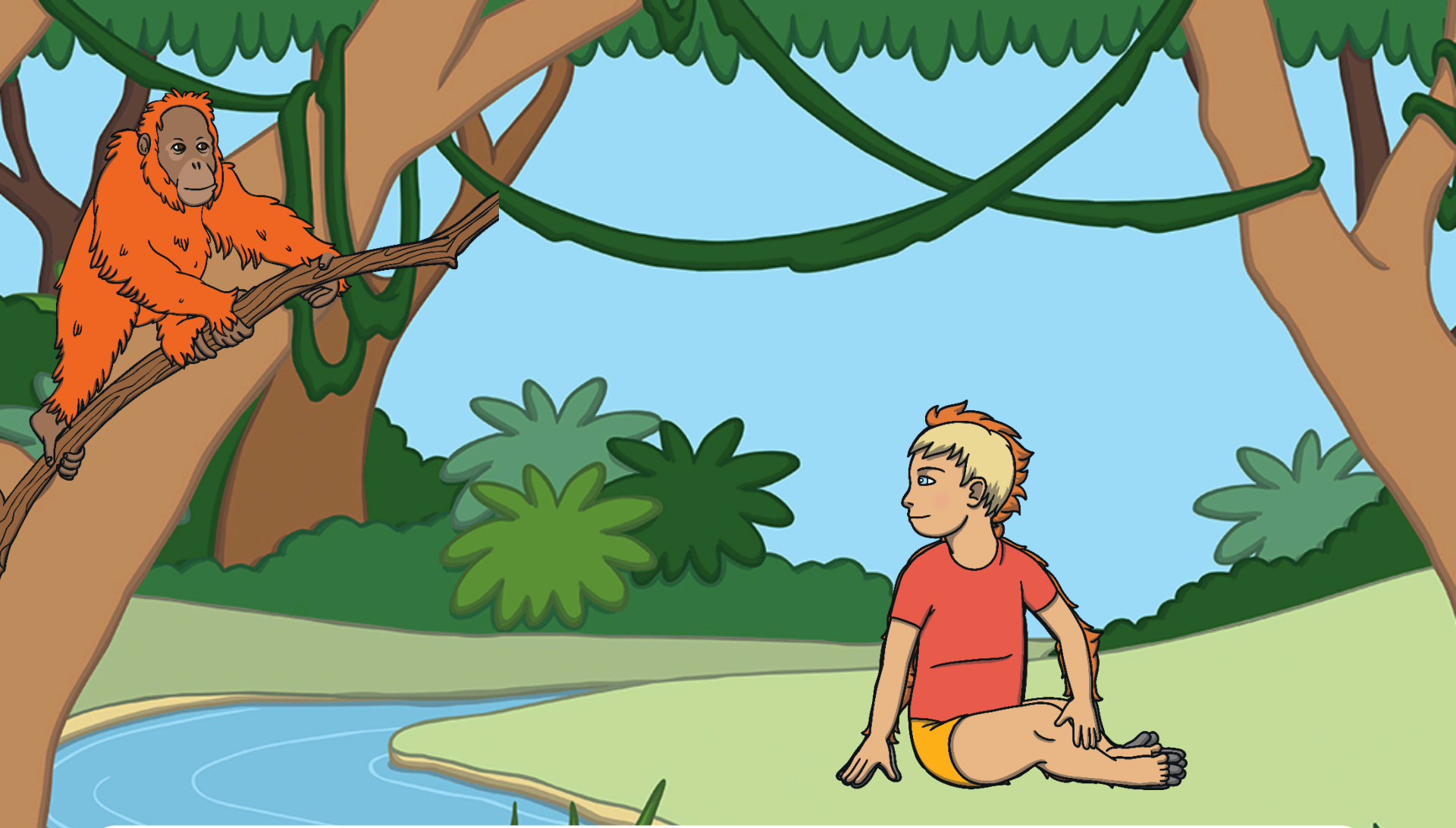
“Not me, no way - I hate them,” said the crocodile. “Try the snake, she can get into anything.”



“I could have got the marshmallows, but I didn’t,” said the snake. “Try the giraffe, she can see places that others can’t.”



“I cannot believe you think I would do this!” sulked the giraffe and she refused to say anything more.



Then, Tarzan decided to ask the orangutan. “No, no, no, I like liquorice sweets,” said the orangutan. “Although, I did see the elephant with some marshmallows.”



Tarzan found the elephant with a trunkful of marshmallows. "I found these and I was looking for you, Tarzan, as I know how much you like them," said the elephant.



Tarzan was so delighted, he yodelled.



Tarzan shared his marshmallows with the elephant and then they both had a happy nap.



As they napped, the birds told them a beautiful story.



After the story, Tarzan was so relaxed, he decided to sit and be happy.





Namaste



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