YOGA KATS

A Jungle Adventure



By Kat King & Izy Penguin



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Kat King is a yoga teacher that specialises in children's, baby and pregnancy yoga. Her Yoga Kats classes are aimed at children aged 2.5 to 16 years. Yoga Kats classes make traditional yoga fun using breathing techniques and mindfulness, through storytelling. Kat teaches children how to calm themselves, sleep better, alleviate anxiety and reduce the pressures of modern day society.

Dedicated with love to Grace, Beatrix, my husband Spencer,
all my amazing family and students. Kat xx

Izy Penguin, is a freelance illustrator and author of children's books. Izy met Kat through her yoga classes, where they got talking and started creating a storybook that would enable children to learn and practise yoga techniques at home.

For Dad, Sam & Bump. Izy xx

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A Jungle Adventure



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Namaste explorers...
We are the Mighty Yoga Kats, Bea, Grace, Cass and Sam.

Om Yoga Kats, Om Yoga Kats, Om Yoga Kats!

We've been invited on a Jungle adventure to have afternoon tea with Mister Gorilla.

Do you want to come?







Then let's pack our bags.
Sit on the floor and place the soles of your feet together. Imagine your bag is in front of you, now help us choose what to pack.











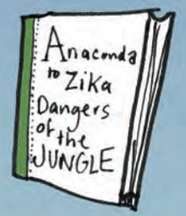
1. Strech your hands above your head and reach for an item. Then stretch down and place it in your bag in front of you.



2. Stretch and reach your arms to the left, choose your item, stretch down and place it in your bag.

















3. Stretch and reach your arms to the right, choose your item, stretch down and place in your bag.





4. Stretch your arms out in front of you as far as you can go. Choose an item to pack and place it in your bag.





We're ready for take off.
Fly like an aeroplane with us,
let's go...



1. Stand with your arms out to the sides and your feet hip width apart.



2. Keep your feet in the same place, but lean to the right with your arms.



3. Then lean your arms to the left.



4. Now wobble as you fly through the clouds.









The Yoga Kats land in the Jungle

Gulp! says Grace, it looks a bit scary.

Don't worry, says Sam.
Let's curl up in Child's Pose, until
we work out if it's safe.



1. Curl up in a ball to feel nice and safe.
Now Shhh, try and be as quiet as you can.



I think it's ok, let's explore!





Birds Squawk, insects
buzz and monkeys call,
but then...



1. Kneel down and place your hands below your shoulders on the floor.

2. Now crawl around, exploring the Jungle all around you.



Har Har Har....
What was that?
Gulp,
it sounds like a lion!





1. Be like a lion too. Kneel with your hands below your shoulders, palms on the floor.

2. Stick your tongue out and open your eyes wide. Make this sound three times Har, Har, Har. Like a lion breathing.



1. Stand upright and tall like a tree, place your hands together at your heart centre.

2. Place your left foot just below your right knee and try to balance.

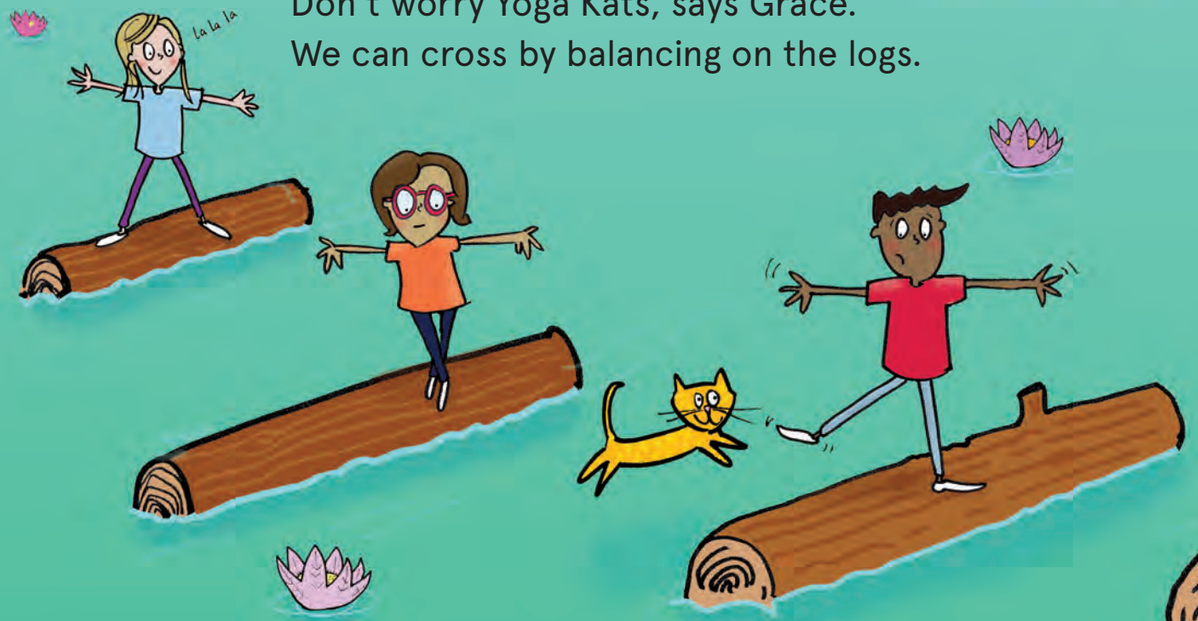
3. Change sides, place your right foot below your left knee.

All of a sudden a monkey swings from the trees and taps the Yoga Kats and the lion on the head.

Ouch, what a naughty monkey!
Quick, lets follow him..

The Yoga Kats follow the monkey to a river.
But it's too wide to jump over and too dangerous to swim across.

Don't worry Yoga Kats, says Grace.
We can cross by balancing on the logs.

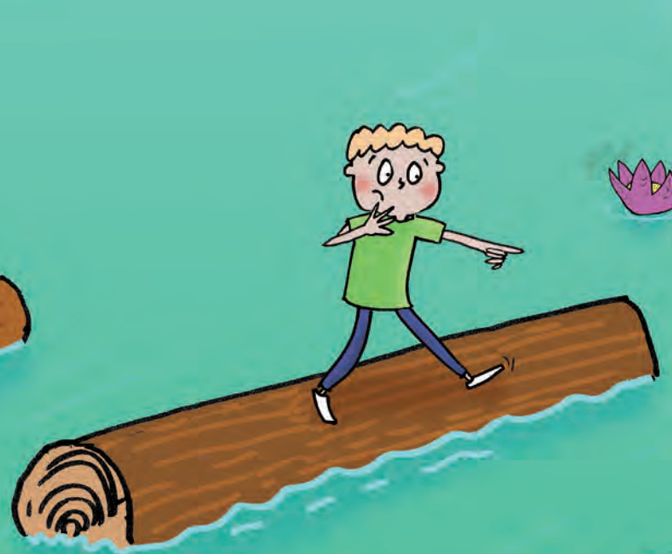


1. Balance on the logs.
Hold your arms out to the sides and keep your back very straight.

2. Step one foot directly in front of the other and walk along a pretend line.
(Or along the sides of your yoga mat).



Great idea, but wait a minute, says Sam.
That last log looks very angry.
Uh oh, that's not a log. It's a crocodile!
And look, there's Naughty Monkey jumping on it's head.

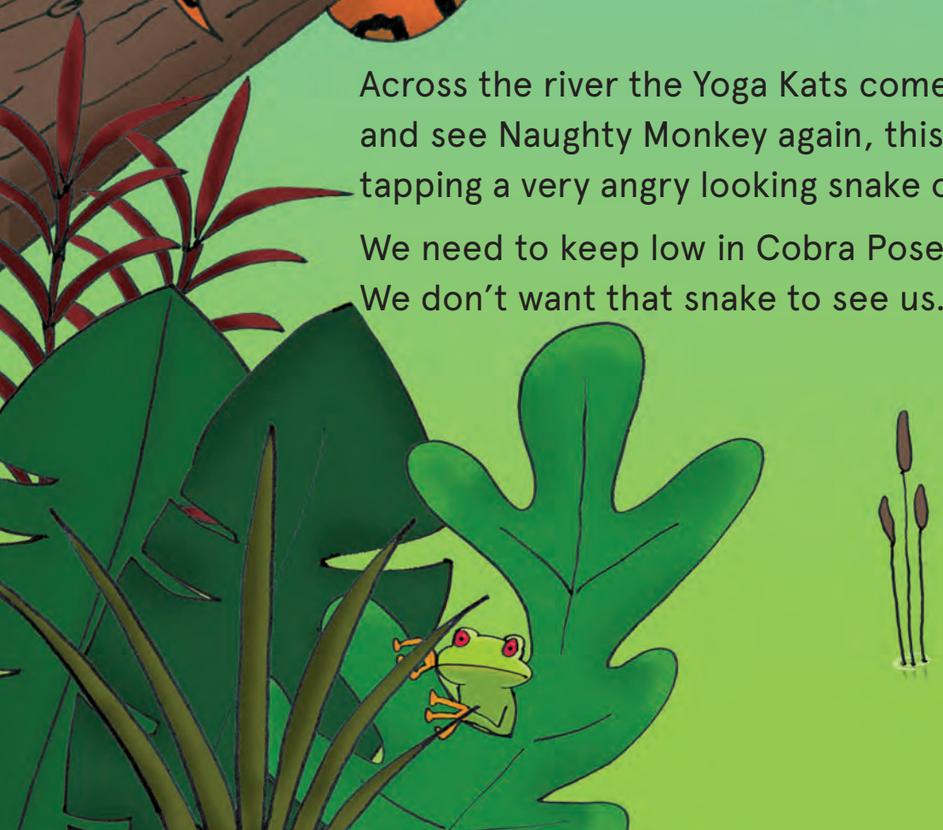






Across the river the Yoga Kats come to a swamp and see Naughty Monkey again, this time he's tapping a very angry looking snake on it's head!

We need to keep low in Cobra Pose, says Cass. We don't want that snake to see us.





1. Lie on your tummy, legs and feet together.
2. Place your hands by your shoulders.
3. Push up with your hands on the floor, lift only your head and chest.
4. Now hiss like a snake. Sssssssss



The Yoga Kats follow Naughty Monkey deeper into the Jungle and on their way find Mister Gorilla's tea party.

Hello Mighty Yoga Kats, so nice to see you. Come and sit down, relax and have some tea and cake.



Thank you Mister Gorilla,
Mmm this is yummy!
Ahh relax..Om, Om, Om..

But then...
Oh no,
Naughty Monkey!



Naughty Monkey has squashed Mister Gorilla's hat and spoilt his tea party. He lets out an almighty roar to call his friends to a meeting.

Naughty Monkey must be stopped! Let's take away his bananas to teach him a lesson.



The Yoga Kats decide to head back to their camp.
But on their way they hear the sound of crying.
Look, it's Naughty Monkey and he's sad.
Hey Monkey, what's wrong?

I was only having fun, sobs Naughty Monkey,
but now they've taken all my bananas from me!

Don't worry Monkey, we're the mighty Yoga Kats!

'Om Om Om'

And we are here to help.





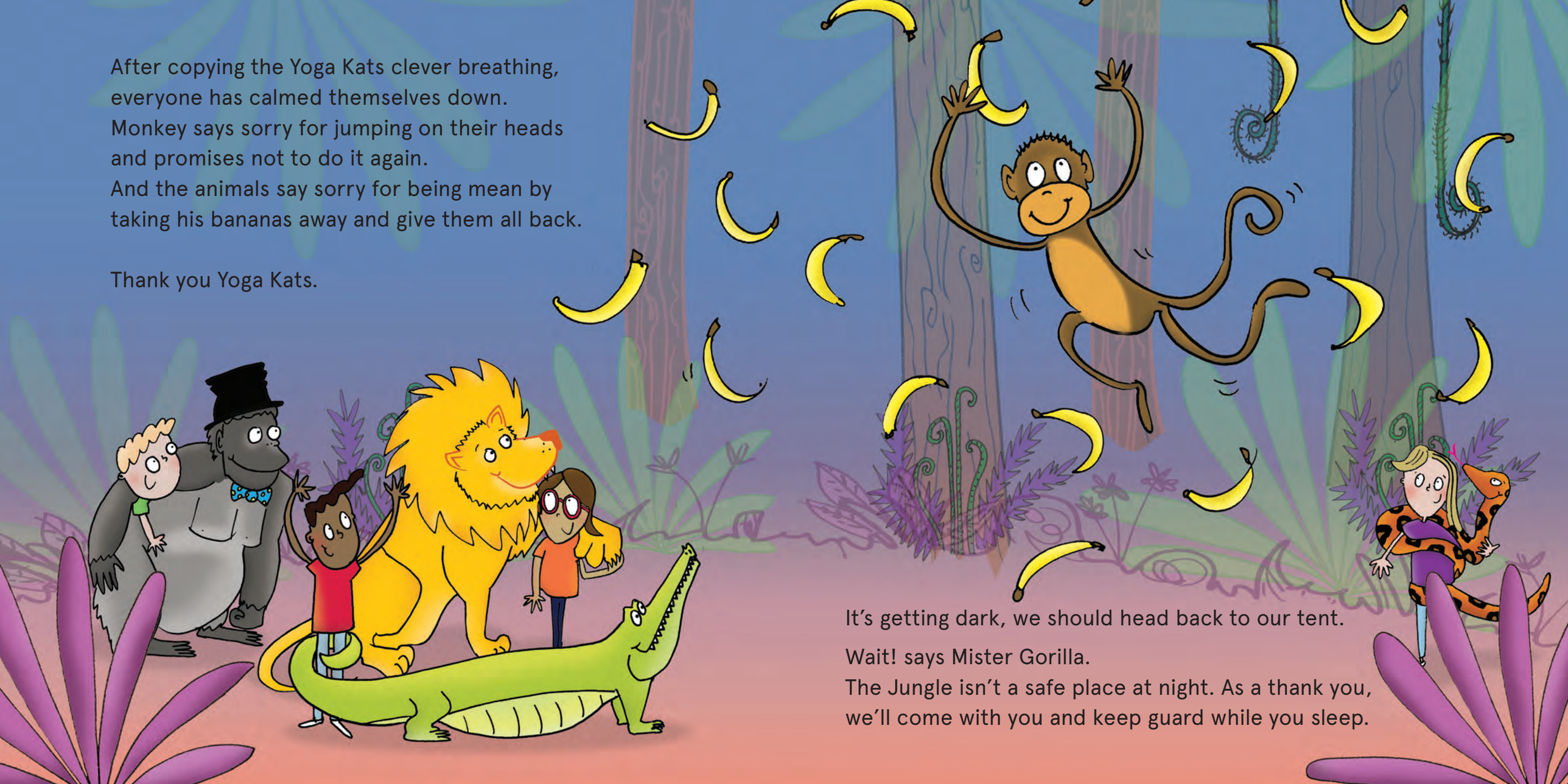
The Yoga Kats take Naughty Monkey to see the animals.
Everyone is still very angry.
We're the Mighty Yoga Kats and we want you stop being mean and angry, and start being friends again.
But first, we need you all to calm down.

Bea, show everyone how to do it!
Ok Yogis...

1. First you sit still with your legs crossed.
2. Then you breathe in, very slowly and count to three.
ONE, TWO, THREE
3. Now breathe out, slowly and count to three again.
4. We have to do this three times.

After copying the Yoga Kats clever breathing,
everyone has calmed themselves down.
Monkey says sorry for jumping on their heads
and promises not to do it again.
And the animals say sorry for being mean by
taking his bananas away and give them all back.

Thank you Yoga Kats.



It’s getting dark, we should head back to our tent.

Wait! says Mister Gorilla.
The Jungle isn’t a safe place at night. As a thank you,
we’ll come with you and keep guard while you sleep.

Back at the Yoga Kats camp, the animals and the Yoga Kats lie down and relax together. They look up at the stars and think about their Jungle adventure and the new friends they have all made.

Namaste Yoga Kats.
Namaste Jungle friends.

Lie down in Shavasana and relax with the Yoga Kats.
Place your hands on your tummy to feel the rise and fall of your breath and think about your Jungle adventure.
See the stars twinkling in the sky.
Think about how you overcame being scared to explore.
Think about how soft the lion's mane was, his colour, his smell.
How soft Naughty Monkey was when you gave him a cuddle when he was feeling sad and how it felt to be kind to him.
And how it felt to calm down after being angry and overexcited.





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A Jungle Adventure



Meet the Mighty Yoga Kats, Bea, Cass, Grace & Sam,
Set off with them on an exciting Jungle Adventure while using Yoga on the way.

The Yoga Kats series of books, help to teach children how to use traditional Yoga in everyday situations through storytelling.