

GAYO™

A YOUNG PIRATE ON A TREASURE HUNT

A YOGA STORY FOR CHILDREN AND ADULTS

BY CAROLA LACHMANN

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OW TO USE THIS BOOK:

WELCOME TO THE ADVENTURES OF GAYO AND HIS FRIENDS!

You will encounter a Yoga story which is written for everybody. Even those of you who have never had any experience with Yoga!

It does not matter how old you are, as long as you have a body and some ears and eyes to pay attention with.

Sitting still whilst listening to a story may be very difficult for some of us and therefore I have written a Yoga story which allows you to move whilst listening to it and *even asks you to do things*.

You decide: you want to listen to it, read it quietly, or just *join in the action*.

You can do this on your own, together with your friends or you persuade an adult to read the story out to you; whilst *you take full part in the adventure*.

(Or, read it out to Mum and Dad and let them do the action!)

Towards the end of the book (from page 41 onwards) you will find a selection of Yoga Play Poses described and explained, and some very interesting facts about Yoga.

THE MAIN STORY IS TOLD ON THE RIGHT HAND PAGES OF THE BOOK. (The ones with the odd page numbers).

There are some more fun games and other activities to do which are described on the LEFT HAND PAGES. (The ones with the even numbers). If you want you can draw and write on these pages and make the book your own.

YOU WILL NOTICE THAT THE STORY IS WRITTEN IN TWO DIFFERENT COLOURS.

The ORANGE WORDS are the ones for you to listen to and get your imagination going. *THE PURPLE SENTENCES* are the ones that ask you *for some action*.

Sometimes this may be a *YOGA POSTURE* (which we call *Asana* in Yoga). They are either explained in the text or they are illustrated like this one:



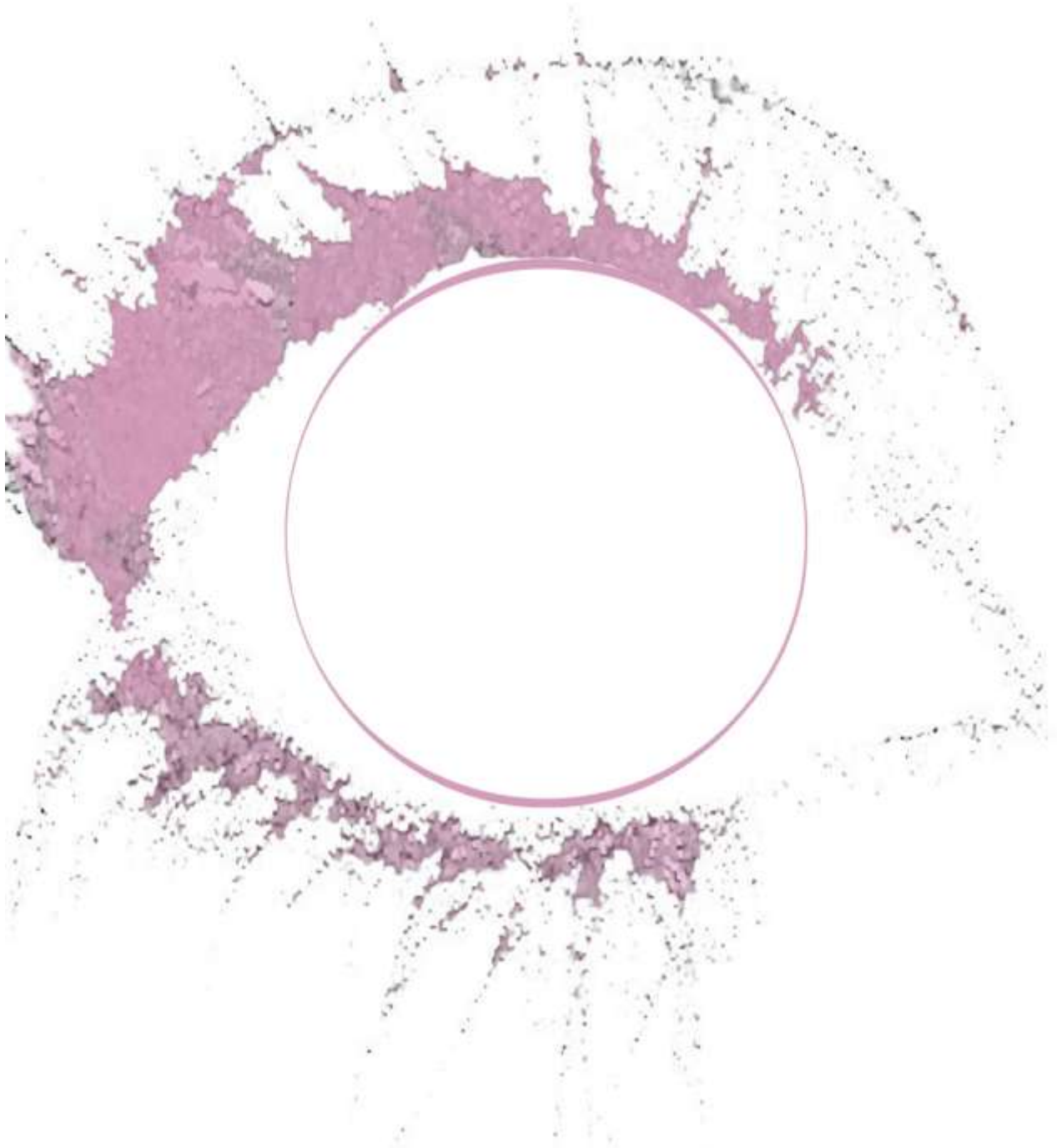
You don't know what Yoga is?

Well, *let the adventure begin....*

WHAT WORLD CAN YOU SEE?

Get a mirror and draw what you can see in your eyes, or your friend's eyes...

You can use the eye below. Draw, paint or write whatever you can see or think you can see. You can also use a different piece of paper; cut it into a round shape to fit the eye-ball below. Remember the world, our earth, which is also called GAIA, has also got a round shape, just like our eyes.



A long time ago *thieves of the ocean* were scavenging the world.

They had long noses and their faces were grim, with their *mouths closed tight and wild rolling eyes.*



The pirates would *breathe out of their noses*, making sounds like air bellowed into the fire.

They would shout very loudly drumming their fists on their chests:

"AaaaaAAAAAaaaahAAAAAaaaAaa",



before falling to their knees, resting their heads on the ground.

They sailed *the oceans of the world* in mighty boats, with treasures upon treasures in their hulls. They were rich, very strong, and fearless, but they could only make friends among themselves because nobody else liked their company very much.

They would steal and kill others and sometimes they even did that among themselves. They had no rules and lived a life of pleasure, making others suffer fear and pain.




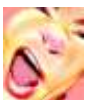



They set out regularly with their boats just to *grab more treasure, gold, jewels and even small children.*

All of them dreamed finding the biggest treasure ever.

One day there was a young pirate who found the treasure of his life and changed the pirates' world forever.

YOGA POSTURE-, YOGA PLAY POSES LIST AND YOGIC THINKING EXERCISES

The Story has over 50 different YOGA POSTURES, YOGIC THINKING EXERCISES and YOGA PLAY POSES which can be explored. Below I have detailed nine of them to give you a little taste and make this book easier to handle. You will find the directions for all the pose in the book "GAYO, A YOUNG PIRATES YOGA WORK BOOK."

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|---|---------------------------------------|--|
|  | Chapter 1 , pages 47,49,51 | <i>Text, page 9</i> |
| | 1. OCEAN BREATH – "Sssssccchhh" | <i>"...thieves of the ocean ..."</i> |
| | 2. PIRATE BREATH | <i>"...breathe out of their noses..."</i> |
| | 3. CHEST DRUM | <i>"...AaaaaaaaAAAAAAAaaaaaaah..."</i> |
|  | Chapter 2, page 53 | <i>Text, page 11</i> |
| | 4. NAMASTE & ARDHACHAKRASANA | <i>"...embraced it with both hands ..."</i> |
|  | Chapter 3, page 55 | <i>Text, page 13</i> |
| | 5. CROWS BEAK - SITALI PRANAYAMA | <i>"Trying to mimic KaBah..."</i> |
|  | Chapter 5, page 57 | <i>Text, page 17</i> |
| | 6. LAUGH NOT | <i>"AHahaha, Ohohohoh..."</i> |
|  | Chapter 8, page 59 | <i>Text, page 23</i> |
| | 7. SWITCH ON YOUR BRAIN - CROSS CRAWL | <i>"...they ran, raising their legs high..."</i> |
|  | Chapter 11, page 61 | <i>Text, page 29</i> |
| | 8. ELECTRIC CIRCLE | <i>"You have to form a circle..."</i> |
|  | Chapter 13, page 63 | <i>Text, page 33</i> |
| | 9. SWITCH ON YOUR HEART | <i>"They all fell silent..."</i> |

BEFORE YOU BEGIN TO PRACTICE, please ensure you are in fit health. If you are in doubt, please check with your physician. The exercises in this book are gentle and safe, provided the instructions are followed carefully. However, the publisher and author disclaim all liability in connection with the use of the information in individual cases.



OCEAN BREATH – Ssssscccchh

Use with text: "...thieves of the ocean ...", "...oceans of the world...", page 9

HOW TO DO

Stand or sit straight, keep the spine upright, place one hand on top of the other, lift the lower arms. Roll your forearms and hands forwards and backwards. Do not drop the elbows. Make a "Sssssschhhhhhhhh"- sound, imitating the ocean.

ALTERNATIVE OPTION

Only roll the hands from the wrist keeping the forearms still. Be playful. Vary the volume of the Ssssschhhh-sound. Be a calm ocean with a slow movement. Be big waves with big movements and long sounds. Be flexible and use the legs as well, lie on your back, or walk in ocean movement. There are lots of possibilities. Experience the ocean. Play the ocean. Be the ocean!

AIM AND ADULTS AND TEACHERS NOTE

Allowing the children to make noise whilst listening to a story will keep them alert for a longer time and they become an active part in the story.

Exploring the OCEAN BREATH - YOGA PLAY POSE with fun, will make the story become truly alive and you can use some variations if you are retelling the story.

YOGA AND HEALTH RELATED COMMENTS

The wrists are kept healthy and flexible.

Taking deep breaths in and breathing out for a long time will increase the lung volume as well as building stamina.

The movement of rolling the hands forwards derives from the deaf sign language; and is the sign for ocean. There is no sign for Pirate; therefore I have combined the sign for thief (moving your index finger with a swift movement down, along the bridge of the nose) and the sign for ocean to describe a pirate. Transforming the same into a YOGA PLAY POSTURE is an exciting teaching tool for hearing and non- hearing children.

BE AWARE

Take note if some children or adults are struggling with the backward or forward movement especially when you combine arm and leg movements. Be patient and keep the fun and momentum going. The longer the children do the exercise, the better their coordination will become especially if they make sound. See page 59, SWITCH ON YOUR BRAIN - CROSS CRAWLING/ brain balance.

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Namaste Carola