

# The Trees and the Worms

Once upon a time there was a forest full of tall, tall trees. They stretched their tree top head high into the skies. And their roots went deep deep into the ground.



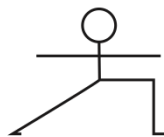
Tadasana

And when the wind blew strong in this forest the trees would swing with the wind, arching their backs and raising their arms into the sky to feel the wind.



Virabhadrasana 1

And sometimes the wind would change direction quickly, and the trees would shift their arm-like branches, to show the wind they could face the strongest of breezes.



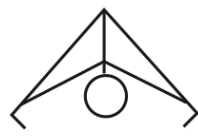
Virabhadrasana 2

The wind would stop blowing then, friends with the trees. And then the sun would come out, and tickle the trees.



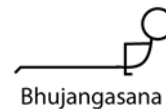
Tadasana

And the trees would laugh so hard they would double over, reaching deep for their roots, shaking their treetop leaves on the warm ground, and they would breathe deeply, feeling the stretch of their strong trunks.



Prasarita Padottanasana

And suddenly, the trees notice a little worm, crawling out from the ground, stretching its little worm head upwards towards the sky.



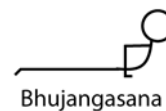
Bhujangasana

And the worm would inch up



Marjariasana

And inch down



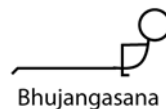
Bhujangasana

And inch up



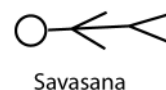
Marjariasana

And inch down



Bhujangasana

And finally laid down for a nap, breathing deeply. In and out, in and out.



Savasana