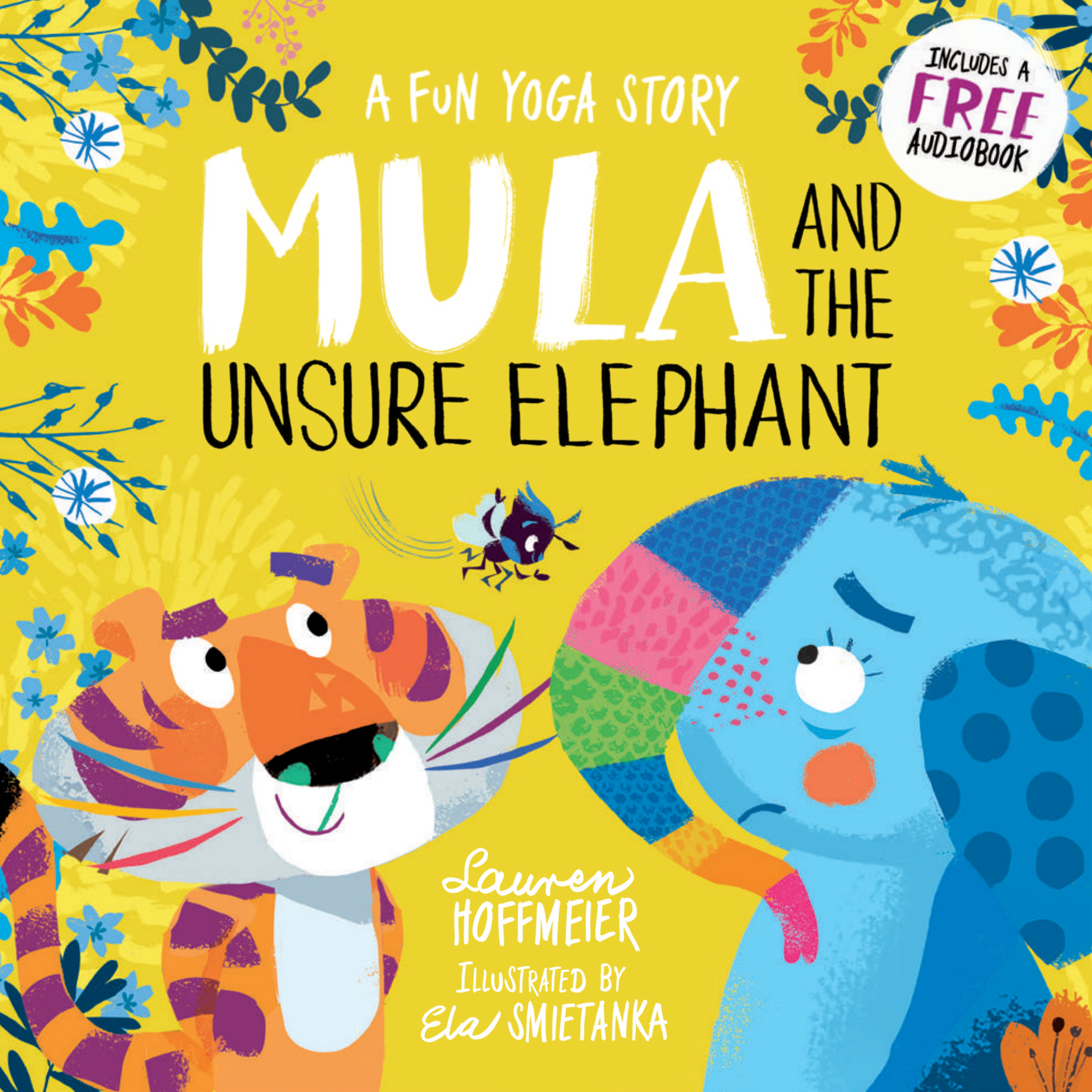


A FUN YOGA STORY

INCLUDES A
FREE
AUDIOBOOK

MULA AND THE UNSURE ELEPHANT

Lauren
HOFFMEIER
ILLUSTRATED BY
Ela SMIETANKA



For Mom and Dad, the heroes
in my heart of hearts - L. H.
For a very friendly cat, Marian,
and all cat lovers - E. S.

SCAN THE CODE
TO HEAR THE STORY!



A FUN YOGA STORY

MULA AND THE UNSURE ELEPHANT


Lauren
HOFFMEIER

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Sweet
Cherry





Mula and the fly were in the jungle
bathing in the morning sun.
They were feeling very peaceful
after their yoga practice.

‘WAHHHH!!!’

Mula covered her ears.
‘What was that?’

Then suddenly ...

‘Let’s find out,’ said the fly.

Mula and the fly followed the sound of shrieks and howls.

They were coming from Mani the elephant.


‘What’s the matter, Mani?’ Mula asked.

‘Oh, Mula! Today has been terrible!’ Mani sniffed. ‘No one has given me my morning compliment!’

‘What’s a morning compliment?’ asked the fly.

‘It’s the best part of my day,’ sighed Mani.





'Yesterday, Ana the
snake said I was
charming. That made
me feel **lovable!**

The day before, Svadi
the monkey said I had a
dazzling trunk. That made
me feel **beautiful!**

The day before that, Vishu
the peacock said I had a
heavenly singing voice.
That made me feel **talented!**


When I get my morning compliment,
I feel like myself.
But today I'm not sure
how to feel!

A large, stylized blue elephant with a colorful trunk (rainbow stripes) and a fly on its trunk. The elephant has large white eyes and a red nose. The background is white with green foliage and pink flowers at the top.

‘Well, I think you’re **radiant**,’ said the fly.

‘**Ah!**’ Mani batted her long eyelashes.
‘Now I feel much better.’

‘**But,**’ said the fly, ‘it
doesn’t matter what **I** think.
It matters what **YOU** think.’

A smaller blue elephant with a polka-dot trunk sitting on a purple log. A fly is flying nearby. The background is yellow with pink flowers and green foliage at the top.

Mani thought about this.
Then she thought about it a little longer.

‘**But I don’t know** what I think!’
she said finally.

‘Yes, you do,’
encouraged the fly.



‘No, I don’t!’

said Mani.

And she burst into tears again.

Mula had an idea.
‘Maybe **yOGa** can help you
figure out what you think.’

‘I just need attention,’
Mani said.
‘Then I’ll feel better.’

Mula thought about this. Then she said,
'I know someone who can give you **heaps** of attention!'

Now Mani looked
interested.



'To find this someone,' said Mula,
'you must breathe in a **big**
breath, then breathe out
an even **bigger** one.'

Mula and the fly breathed in.
Then they breathed out.

'Focusing on your
breathing helps you
listen to your **heart**,'
said the fly.



Mani stomped her big elephant foot on the ground.
She wanted them to listen to **her**.
But Mula and the fly stayed focused on their breathing.

Mani screamed.

‘PAY ATTENTION TO
ME ME ME!’



‘Shh ...’ whispered Mula.
‘Listen to your **heartbeat.**’

‘If you listen to your heart,’ whispered the fly,
‘you will find all the attention you need.’



'ALL RIGHT!' huffed Mani.
'I'll try yoga!'

She sat down next to Mula and
the fly, closed her eyes, and
took in a **deep breath.**



Mani tried to listen to her heart. She waited.
And she waited. And she heard ... nothing.

Mani took in an **extra-big** breath. Her face went pink!
'Don't forget to breathe out,' whispered the fly.

WHOOOSH!

Mani let out the biggest breath of all.



'Now, what does your heart say?'
asked the fly.



Mani listened.
And listened.
And listened.

She heard her heart beating.
And with every beat, Mani heard it say:



'YOU

ARE

STRONG.'

Mani opened her eyes.

She took a step.
She felt **confident**.

She took another step.
She felt **sure**.


‘What is this?’ asked Mani.

‘It’s **yoga!**’ buzzed the fly.

‘Follow me, Mani,’ said Mula. ‘Try this!’

Mani and Mula moved like **warriors**.





The fly buzzed around, leading Mani through the poses. 'Sit back like this.'

Mani gasped.
'I am brave!'

'Wrap your arms and legs like this.'

Mani smiled.
'I am kind!'

‘Open your heart and reach for the sky!’

Mani beamed.
‘I am special!’



‘I’m the “someone”
you were talking about!’

Mani exclaimed.

‘Yes!’ Mula nodded.
‘You don’t need a morning
compliment. ‘You have
the strength in your
heart to believe
in yourself.’



Mani didn't want to stop moving and breathing,
and breathing and moving.



'What does your heart say now, Mani?'
asked the fly.




Mani pointed to her heart.
'It says that I have **everything**
I need right here.'



Mula, Mani and the fly practiced and practiced.

The sun journeyed
from east to west.



The fly asked, 'Mani, do you want
an afternoon compliment?'

But Mani just smiled.
'No thanks, little fly.
I know exactly who I am.'

MANI'S YOGA POSES

Now it's your turn! Follow these steps to practice Mani's yoga poses. Remember to breathe!

CHAIR POSE

Start by standing tall.
Raise your hands up to the sky. Bend your legs and sit your hips back.



WARRIOR 1

Start by standing tall.
Step your left foot back and point those toes to the side. Bend your front knee. Raise your hands and look up at the sky.



WARRIOR 3

Start by standing tall.
Lean forward and raise your right leg out behind you. Reach your arms out in front of you and balance.



EAGLE POSE

Start by standing tall. Cross one leg in front of the other. Cross your elbows in front of you and touch your hands together. Bend your knees slightly.



DANCER'S POSE

Start by standing tall. Lift your right heel up to your bum. Hold that lifted foot with your right hand. Raise your left hand up to the sky. Tip forward and balance.

Sweet
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Mula and the Unsure Elephant: A Fun Yoga Story

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Mani is a very
unsure elephant.

But when she takes some big
deep breaths and listens to
her **heart**, Mani discovers
that she knows
exactly who she is
– no compliments
needed!



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