



“Can you do many things at once?”

This question is the very start of a fantastic journey to the beginnings of yoga, the motivations that led a group of men in India to try to do just *one* thing, the simplest, the most natural one, one thing only and nothing more.

Nothing but breathe.

Includes a reading guide for further study.

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YOGA STORYTIME

RAVENTÓS • GIRÓN

GIBBS SMITH

BREATHE • STRETCH • BE CALM

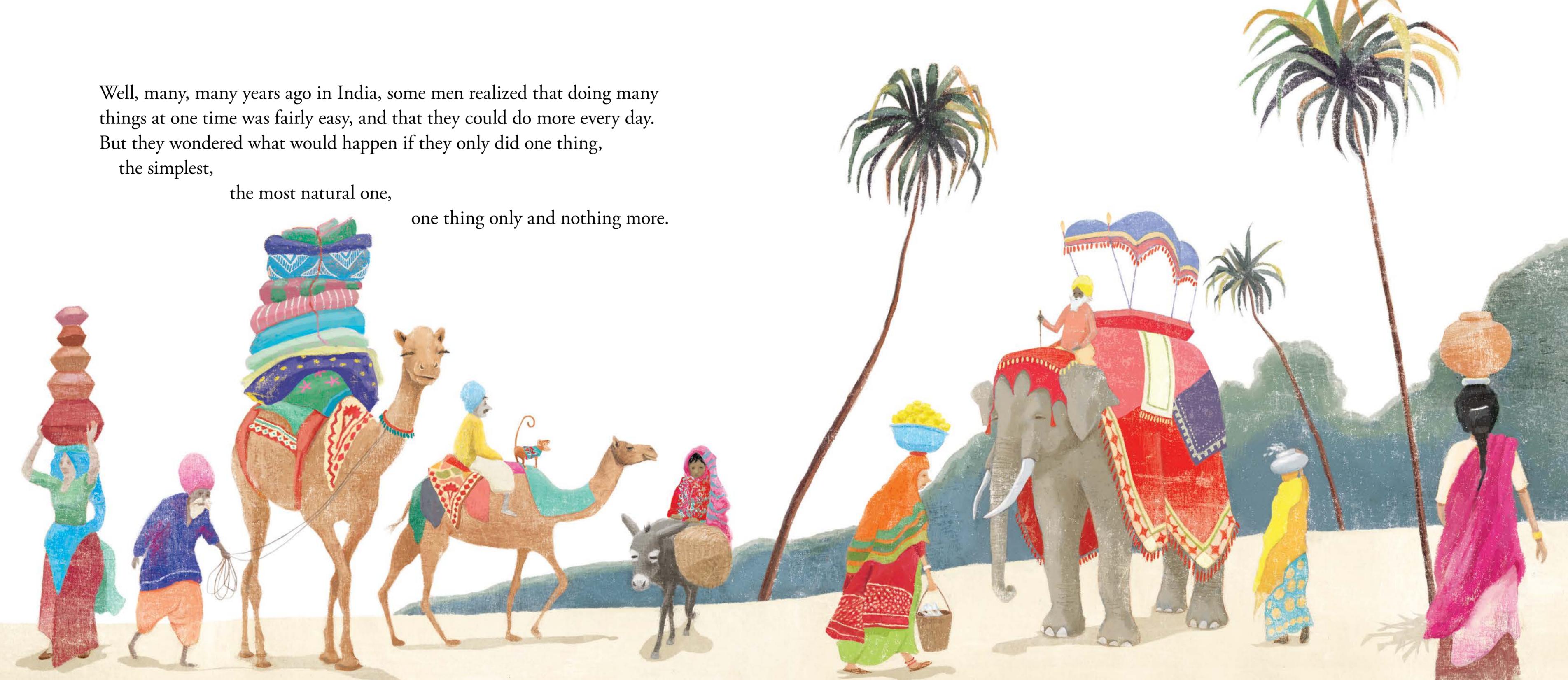
YOGA STORYTIME



MÍRIAM RAVENTÓS

ILLUSTRATIONS BY MARIA GIRÓN

Well, many, many years ago in India, some men realized that doing many things at one time was fairly easy, and that they could do more every day. But they wondered what would happen if they only did one thing, the simplest, the most natural one, one thing only and nothing more.

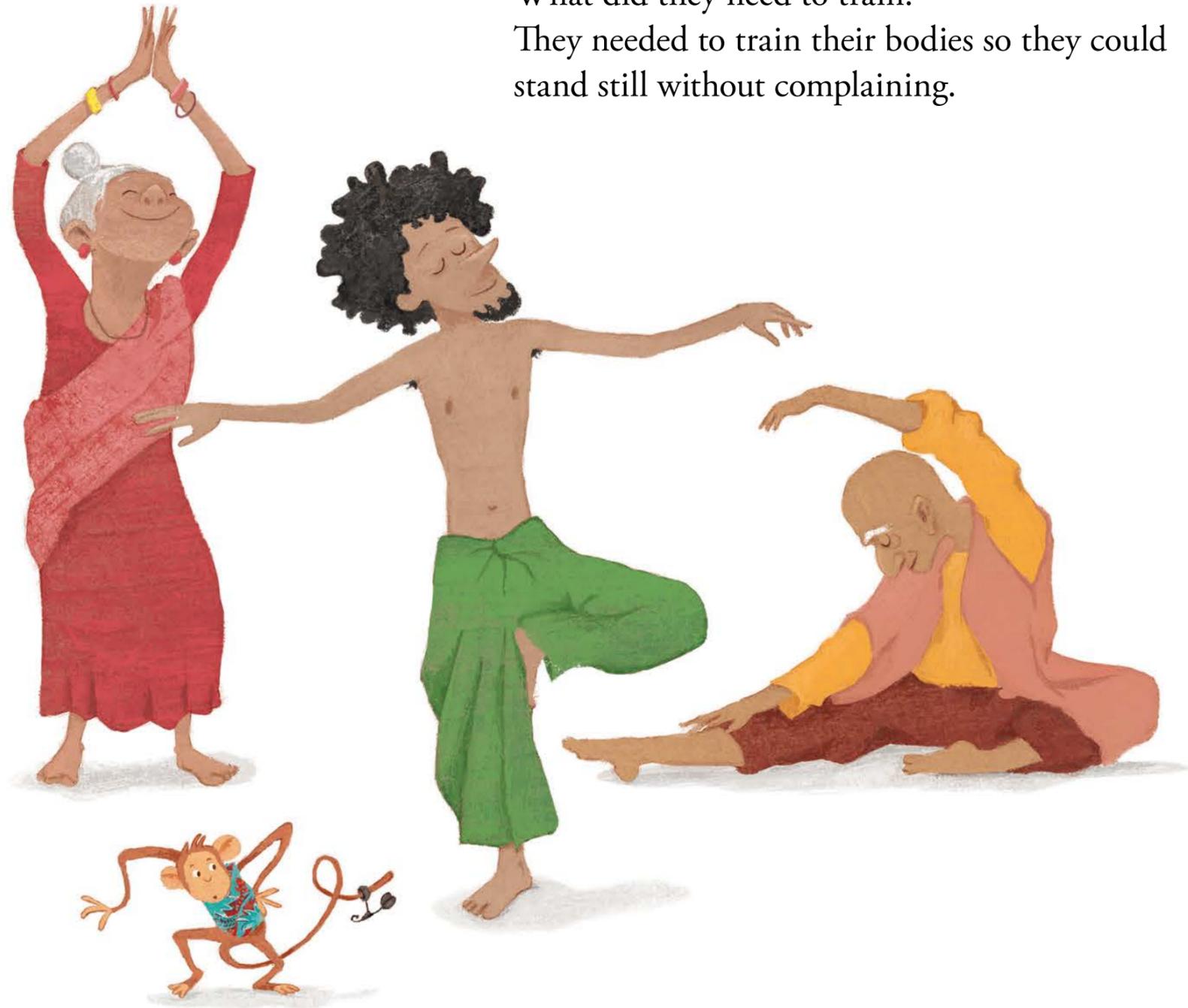


These men definitely agreed that one was a good number, but also that doing only *one* thing is much more difficult than doing *many* things at once.

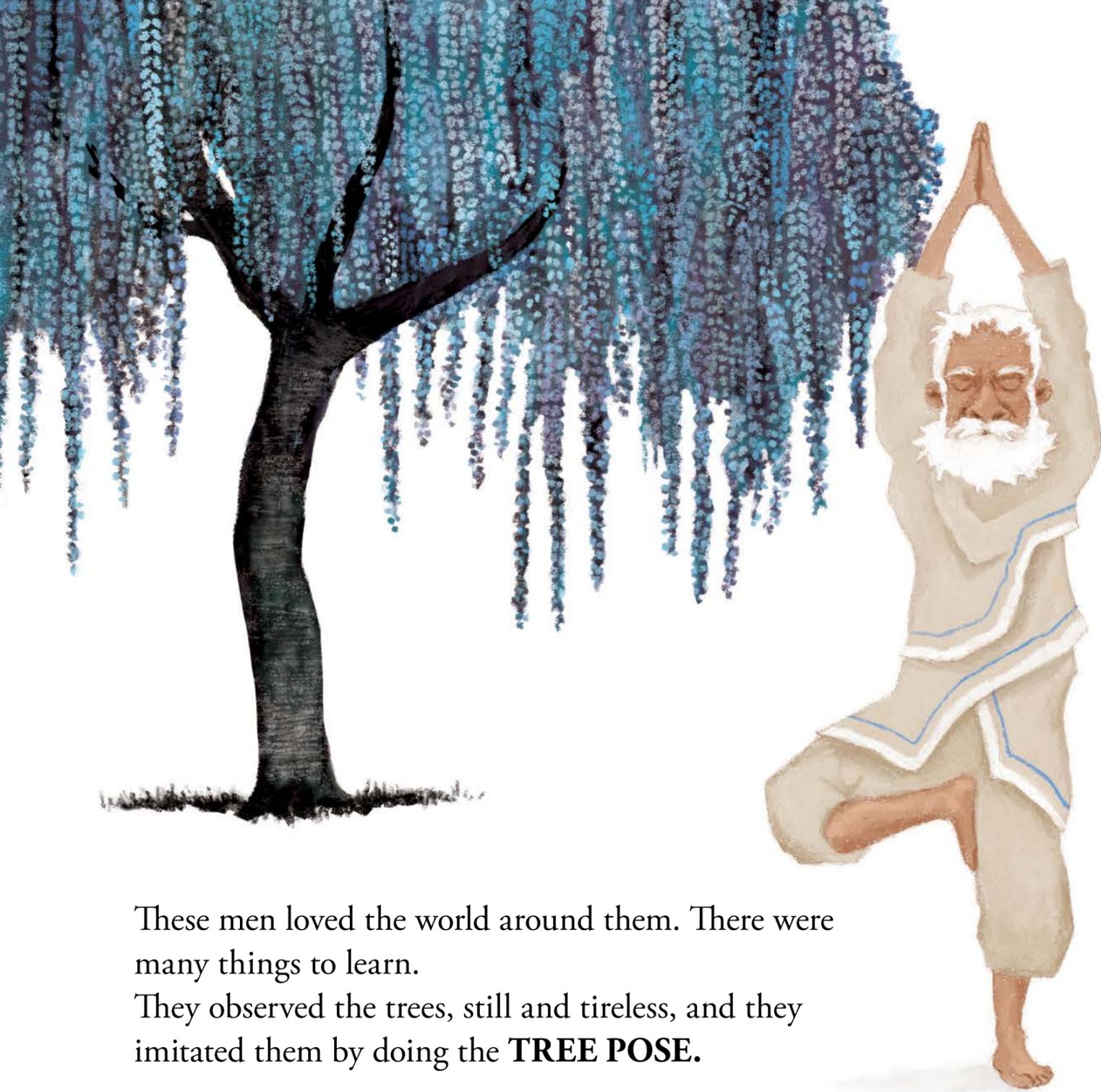
Sit down on the floor for a little while like they did. Close your eyes. Are you thinking about your breathing? Count your breaths: one, two, three, four . . . count at least to ten, and then start over again—ten more.



What did they need to train?
They needed to train their bodies so they could
stand still without complaining.



And they needed to train their thoughts, since those are even
busier than their bodies. They realized that thoughts move faster
than a monkey bitten by a scorpion.



These men loved the world around them. There were many things to learn. They observed the trees, still and tireless, and they imitated them by doing the **TREE POSE**.



They observed the moon, sometimes growing and other times getting small, and copied it by doing the **HALF-MOON POSE**.



The men from India knew that these discoveries were very valuable and they didn't want them to be lost.

So they taught them to their children, who taught them to *their* children . . . and they continue to be passed down to each new generation.

This is YOGA.

So many things can be learned from being able to do just one thing:
NOTHING MORE THAN BREATHING!