

Jaya the Elephant

1. Noun
2. Verb - Present Ends In Ing

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Jaya the gray elephant was going to his first yoga Noun. He put on his yoga pants, then grabbed his orange yoga mat and water bottle. When Jaya arrived at the yoga studio the yoga instructor said, " Hi, my name is Hilary and I'll be your yoga teacher today. Please go put your yoga mat in the blue room When Jaya put his mat down he looked around the room and saw a few other students Verb - Present ends in ING on their yoga mats. Hilary the yoga instructor came in and said, Ok, we're going to begin. Please stand at the front of your mats and put your hands together in prayer position Jaya and the other students obeyed and Hilary played some soft music for class. The yoga teacher then said, Please set an intention for your practice : you can make an intention for strength, balance, or even just to be opening to trying new things Jaya decided to make that his intention; whenever he got nervous or scared about a yoga pose he would try and remember his intention to try new things. Hilary led the yoga class through Sun Salutations : a group of movements that would help begin the practice and warm the students' muscles up. Jaya felt very confident as he moved through the Sun Salutations. This seems easy, he thought. Then Hilary asked the students to try something tricky : a balance pose. Ok class, let's practice tree pose ! Plant your right foot into the ground and keep it straight. Now, take your left foot and place it at your ankle or above your knee Jaya put his left foot above his knee and immediately started to wiggle. Oh no ! He was afraid he was going to fall. Jaya looked around and saw a few other students wobbling as well. Don't worry what any other student is doing, Hilary the yoga instructor said. Just worry about your practice and remember your intentions Jaya remembered to be open and to keep trying. He focused on his pose, but still he wiggled ! It's ok if you fall from a pose, Hilary said, the important thing is that you try and keep trying. It's a practice

not a perfect Jaya giggled and kept trying. Maybe next time I'll be even better at it, he thought. After an hour Hilary let the group relax in Shivasana; the yoga students laid flat on their backs on their yoga mats and closed their eyes. Jaya felt so happy after working so hard in his first ever yoga class. He relaxed and thought about how he couldn't wait to come and practice yoga again !