



A Thai Feast for Mindfulness

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Vibrant Thai Marketplace



Let's close our eyes and imagine ourself in a vibrant Thai marketplace filled with aroma of spices, the sound of sizzling food, and colorful display of the dishes.

Sit in a cross leg position and take a few deep breaths to center ourself and prepare for our yoga journey.



Exploring Pad Tai Twists

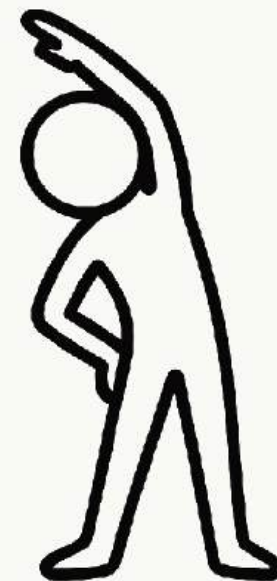


We will begin your journey by tasting a warm plate of Pad Thai, filled with different textures and flavors. The noodles twist and turn as they are mixed together in harmony.

Practice a Seated Spinal Twist to embody the blending of ingredients. Alternate sides, twisting deeply and focusing on the movement of your spine.



Feeling the Spice of Tom Yum Stretch.



Next, we will sip on a bowl of Tom Yum soup, its spicy and tangy flavors waking us up and sparking energy within.

Transition into Standing Side Stretches, reaching up and bending to each side, imagining the balance of spicy and sour flavors. Breathe deeply to feel energized.



Balancing with Mango Sticky Rice Pose

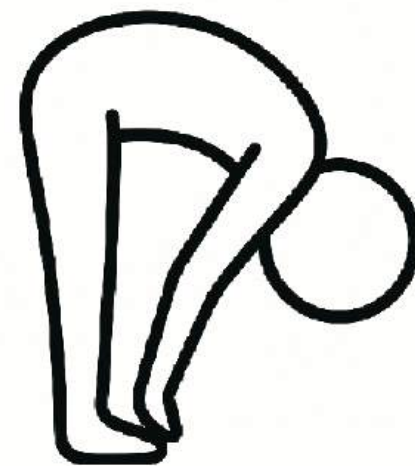


After savoring the tangy soup, we will try the sweet and creamy Mango Sticky Rice. The perfect balance of soft mango and chewy rice teaches us to find harmony in life.

Enter Tree Pose, balancing on one leg while imagining the delicate balance of mango and sticky rice. Switch sides, staying focused and steady.



Scooping Coconut Pose.



To cool off, we will enjoy a fresh coconut, scooping out its tender, refreshing flesh. This action reminds us of the importance of slowing down and enjoying simple pleasures.

Practice a Standing Forward Fold, reaching down as though scooping into a coconut. Stretch your spine and hamstrings with each motion.



Strengthening in Satay Skewer Pose.



We will end our feast with the savory taste of chicken satay skewers. Their straight and sturdy form inspires strength and focus.

Flow into Warrior I Pose, stretching your arms upward like skewers and feeling the strength and determination in your body.



Resting in Thai Tea Flow.



As our journey comes to a close, we will sip on a refreshing glass of Thai iced tea, watching the tea and milk flow together in perfect harmony. This reminds us to be present and savor the moment.

Flow through a gentle Vinyasa sequence, moving from Plank Pose to Cobra Pose and finally resting in Child's Pose. Feel the fluidity of your body and breath.



Reflection in Lotus Pose.



Return to Lotus Pose, just as we began. Reflect on the lessons of mindfulness and balance learned through your Thai feast adventure. Close your eyes and take a few deep breaths, carrying the peaceful energy into your day.



Important Safety Reminder: When practicing yoga, kids and adults need to move slowly and mindfully, avoiding any overexertion or overstretching that could cause injury. Each body is unique, and poses should feel comfortable, never forced. Always consult with a healthcare professional or doctor before starting a new yoga routine to ensure safety and suitability for your child's individual needs. Prioritizing care ensures a positive and safe yoga experience!