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## **Adventure Guide**

Hi explorers! Are you ready to travel the world?

In this book, we're going to learn some cool facts about different animals and countries while trying new yoga poses along the way.

Yoga is an awesome way to practise being present and move your body.

It can help you become stronger and more flexible. It can even help you sleep better.

Find some space to move around and let's get going.

Grab your yoga mats, explorers!

## **Our adventure starts in North America**

### **Cactus Pose**

The saguaro cactus, found in the Sonoran Desert in the southwestern United States and Mexico, can live for over 200 years.

Can you turn into a cactus?

### **Tree Pose**

The giant sequoia tree, found in California, is the largest tree in the world by volume (when you add up height and width).

Pretend your leg is a trunk and your toes are roots!

### **Eagle Pose**

Eagles are known for their incredible eyesight. Their eyes are more than four

times stronger than ours!

Try the eagle yoga pose.

### **Bow Pose**

Bows and arrows were widely used by many indigenous tribes in North America. They were often made with wood, bones, and antlers.

Can you bend into a bow shape?

## **Ready for our next adventure?**

Let's travel down to South America

### **Waterfall Pose**

South America is home to the world's largest waterfall system, known as the Iguazu Falls, which spans the borders between Brazil and Argentina and is made up of over 270 individual waterfalls.

Wiggle your fingers like running water and turn into a waterfall.

### **Inca Pose (Warrior II)**

The Inca were one of the most advanced civilisations in South America more than 500 years ago, known for being fierce warriors and clever builders.

Try this warrior yoga pose.

### **Turtle Pose**

The Amazon rainforest is home to more than 700 species of reptiles and amphibians.

Can you create a turtle shell with your back?

### **Fish Pose**

Electric eels, like those found in the Amazon River, helped inspire scientists to come up with the electric battery over 200 years ago.

Turn into a fish with this yoga pose.

## **Where should we go next?**

Let's travel across the ocean to visit Europe!

### **Eiffel Tower Pose (Triangle)**

There are 1,655 steps to climb all the way to the top of the Eiffel Tower in Paris, France. Most people take an elevator to the top!

Pretend your arm is the top of the Eiffel Tower with this pose.

### **Bridge Pose (Wheel)**

At 1,125 feet, the Millau Viaduct in France is the tallest bridge in the world.  
Can you become a bridge?

### **Cat-Cow Pose**

There are more than 20 million dairy cows in Europe. That's a lot of milk!  
Pretend you're a cow and a cat on a farm with these poses.

### **Mountain Pose**

Europe has some of the most famous mountain ranges, including the Alps, Pyrenees, and Carpathians.  
Become as tall as a mountain with this pose.

## **Let's keep going – our next stop is Asia!**

### **Lotus Pose**

The lotus flower grows in ponds and lakes, and the seeds can grow into flowers after thousands of years.  
Become a peaceful lotus flower and take a few deep breaths.

### **Frog Pose (Garland)**

The Chinese gliding frog is also known as the "flying frog" because it can glide up to 50 feet.  
Can you sit like a frog?

### **Cobra Pose**

Asia is home to some of the largest snakes in the world! The king cobra is the largest venomous snake and can grow to 18 feet.  
Pretend you're a snake in this pose.

### **Butterfly Pose**

The orange oakleaf butterfly has wings that are shaped and coloured like oak leaves, allowing it to camouflage itself among the foliage.

## **Can you guess where we're going next?**

We're heading to Africa!

### **Bug Pose (Happy Baby)**

There are many cool bugs in Africa – one is the dung beetle.  
Did you know they can drag over 1000 times their weight? That's like a human pulling six full double-decker buses!  
Act like a bug on its back with this pose.

### **Pyramid Pose (Downward Facing Dog)**

There are over 100 pyramids in Egypt!

Can you look like a pyramid?

### **Giraffe Pose (Three-Legged Dog)**

Giraffes are the tallest mammals in the world and can reach up to 18 feet tall.

Turn your pyramid into a giraffe!

### **Lion Pose**

Lions are the only big cats that live in social groups called prides.

Pretend you're a lion and stick your tongue out when you exhale.

## **What an exciting adventure!**

Now it's time to head back home and go to bed.

A giraffe only needs two hours of sleep a day, but brown bats need up to 20 hours a day!

Sleeping helps to boost our immunity so we stay healthy and don't get sick.

Let's get ready for bed with these two poses.

### **Child's Pose & Sleeping Pose (Savasana)**

A giraffe only needs two hours of sleep a day, but brown bats need up to 20 hours a day!

Sleeping helps to boost our immunity so we stay healthy and don't get sick.

Let's get ready for bed with these two poses.

Great job! You explored the world with different yoga poses.

Which one was your favourite? Can you do it again without looking?

See you on our next adventure!