

# On My Yoga Mat

Poem by Lori Walsh  
Art by Amy Wummer

## Tiny acorn.

Curl up into a ball. Cover your eyes with your hands. Breathe softly. Imagine that you're a tiny seed under the ground waiting for spring to come.



## Giant tree.

Stand with your feet together. Wriggle your feet into the floor until you feel steady. Lift your right foot and place it on your left thigh. Join your hands at your heart. Imagine that you're a giant tree sending roots deep into the ground.

# Butterfly, floating free.

1. Sit on your mat and bring your heels close to your body. Bounce your knees up and down. Imagine that your legs are the wings of a beautiful butterfly in a meadow full of flowers.



2. Bend gently forward from your hips, stretching toward your feet. Imagine that you are a butterfly leaning over a flower.



# Roaring lion.

1. Kneel on your mat with your big toes touching. Gently lean forward and put your hands on the floor with your fingers pointing in toward your body.



2. Make your back as long as you can. Tilt your head back, and take a deep breath. See if you can touch your chin with your tongue. Imagine that you're a fierce lion. Let out a long, steady roar: "Aaaaaarrrrgghh!"



# Stretching cat.

1. Get onto your hands and knees, with your hands directly under your shoulders and your knees under your hips. Make your back flat like a table.



2. Now raise your back up high like an angry cat, and let your head drop down.



## All upon my yoga mat.

3. As you breathe in, push your bellybutton toward the floor. Move your head back and look up. When you breathe out, meow like a happy cat, making the sound last as long as you can.