

University of Nebraska - Lincoln

DigitalCommons@University of Nebraska - Lincoln

---

Zea E-Books

Zea E-Books


---

11-8-2019

## Yoga Birds

Maddy Wagler

Follow this and additional works at: <https://digitalcommons.unl.edu/zeabook>

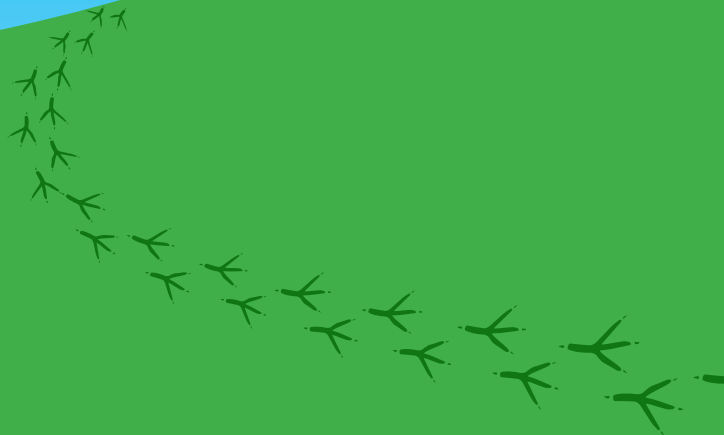
 Part of the [Alternative and Complementary Medicine Commons](#), [Early Childhood Education Commons](#), and the [Movement and Mind-Body Therapies Commons](#)

---

This Book is brought to you for free and open access by the Zea E-Books at DigitalCommons@University of Nebraska - Lincoln. It has been accepted for inclusion in Zea E-Books by an authorized administrator of DigitalCommons@University of Nebraska - Lincoln.

# Yoga Birds

Maddy Wagler



# Yoga Birds

Maddy Wagler

Zea Books, Lincoln, Nebraska

*for Fox, Ash, and Winter*

## **Yoga Birds**

Copyright 2019 Maddy Wagler

Illustrations Copyright 2019 Adam Wagler

ISBN 978-1-60962-162-9

Zea Books are published by the University of Nebraska-Lincoln Libraries

Electronic (pdf) edition available online at <http://digitalcommons.unl.edu/zeabooks/>

Print edition available from <http://www.lulu.com/spotlight/unlib>

UNL does not discriminate based upon any protected status.

Please go to <http://www.unl.edu/equity/notice-nondiscrimination>

**Mom says,  
Yoga is for the birds.**



**We're not bird-brained  
or winging it.  
We're eagle-eyed and wise.**



That's why we call, *Look Mom!*  
and show her our eagle.





**Why?**  
**We're not clay pigeons**  
**or pigeon-eyed.**

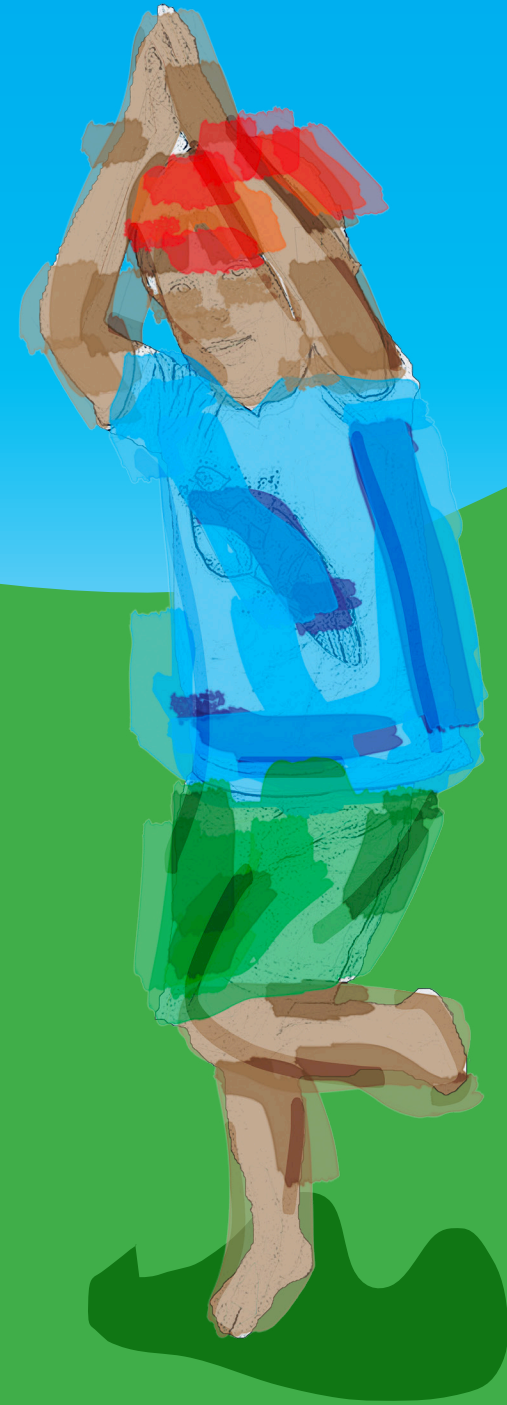
**We like the crow's feet**  
**of our mom's smile.**





**That's why we call, *Look Mom!*  
and show her our pigeon.**

**Why?**  
**We're early birds**  
**and birds of a feather.**



**That's why we call, *Look Mom!*  
And show her our stork.**





**Why?**  
**We sing like crows,**  
**all ruffled and kerfuffled.**



That's why we call  
*Look Mom!*  
and show her our swan dive.

**Why?**  
**We're posers and peacocks**  
**ready to preen.**



That's why we call  
*Look Mom!*  
and show her our crow.



**We grow taller and call  
*Look Mom!*  
and show her our crane.**





**Why?**  
**We're a flock together**  
**under Mom's roost.**

**When Mom says**  
***Let's Fly.***

**we save other poses  
like sunbird  
for next time.**



**Why?**  
**We're under her wing**  
**and she's under ours too.**





**That's why we breathe  
and say, *Namaste*  
and she says it too.**

## Author's Note

Yoga is a Sanskrit word that means “union” or “yoke.” It brings together the mind and body. It connects breath with posture and presence with awareness. The practice of yoga began in ancient India. Many styles have since developed. Traditionally, poses or “asanas” are taught in Sanskrit to deepen a yoga practice. By including Sanskrit, it’s the hope that young yoga students will develop language skills as they build strength, flexibility, balance, and mind-body awareness from the practice.

This book is designed to be shared by parents, instructors, or caregivers and children. It can be read aloud. Experiencing the postures can be part of the play. Additional asana instructions follow. When practicing yoga, it’s important to pay attention to the feelings in the muscles and to only go to a good stretch. Remember to listen to the body, have fun and be playful with the poses, and breathe.

The journey of yoga can begin at any age. To further deepen a yoga practice, seek guidance, support, and instruction from qualified instructors. Exercise studios often design yoga classes specifically for children. To learn more about the practice of yoga, seek out resources from local libraries, fitness studios, and educational centers. Good materials can be online.

Namasté is a word that means the “light in me sees the light in you” or “I bow to you.” When namasté is said at the end of a yoga practice, it means we bow to one another with respect, honor, and gratitude. It is one way we acknowledge the compassion, kindness, and love within each of us.

Namasté. And may your yoga journey be one of joy.

Kind Regards,  
Maddy



## Eagle

*Garudasana*

From standing, cross left elbow under right, palms together. Elbows up. Shoulders down. Bend knees. Shift weight to right foot. Cross left leg over right. Balance and breathe. Stand to release. Repeat other side.



## Stork

*Ardha padangushthasana*

From standing, shift weight to right foot. Bend left leg. Lift it parallel to the ground. Reach arms overhead. Balance and breathe. Return to standing. Repeat other side.



## Pigeon

*Kapotasana*

From all fours, bring right knee forward and straighten left leg. Square hips. Walk hands towards hips. Lengthen spine. Hold and breathe. Return to all fours. Repeat other side.



## Swan Dive

*from Surya Namaskar*

From standing, sweep arms up like wings on the inhale. On the exhale, sweep arms down and with soft knees and a flat back, fold forward. From the fold, sweep arms up with soft knees and a flat back, return to standing. Repeat a few times, moving on the breath.



## Crow

*Kakasana*

From a squat, place palms on the ground. Make starfish fingers. Press knees into upper arms. With a strong core, lift hips and heels. Rock back and forth, then balance and breathe. Return to a squat.

ISBN 978-1-60962-162-9  
doi 10.32873/unl.dc.zea.1095

UNIVERSITY OF  
**Nebraska**  
Lincoln

