



An Intergalactic Adventure

Introduction



This story takes us into outer space where we meet dinosaurs, cyber men and surf down mountains on the moon! Our mission is to retrieve Jurij, a Russian Astronaut, who has been left on the moon. He has missed his ride home in the moon buggy and he's frightened of heights. YogaBugs to the rescue! We bring him back down to planet Earth.



Read through the story so you've got an overview of the structure and familiarise yourself with the postures. (See our "Popular YogaBugs Postures" booklet for descriptions). Then you're ready for blast off!



The Postures



<i>House</i>	<i>Cobra</i>	<i>Surfer</i>	<i>Rowing</i>	<i>Dinosaur</i>	<i>Butterfly</i>
<i>Crab</i>	<i>Dog</i>	<i>Tent</i>	<i>Candle</i>	<i>Tree</i>	<i>Diamond</i>

The Breathing Exercise



Concertina Breath is an energizing breathing exercise that warms you up, gets oxygen to the brain and helps you feel more active. It's a bit like playing a squeezebox. With the fingers interlaced under the chin, raise your elbows up and take your head back whilst you breathe through your nose. Breathe out through your mouth and lower the elbows down, resting the chin back on your interlaced fingers.



The Story



Before we set off on our mission, we need to practice **CONCERTINA BREATH** for special mission energy. We are going to be very cramped in our space shuttle and we don't want our shoulders to get stiff, so let's do some **SHOULDER ROLLS**. When we sit down for a long time, our hips can get sore too so **LET'S LEAN STRETCH UP AND LEAN FORWARD INTO A SITTING CROSSED LEGGED POSITION**. Now let's bring it all together with a special round of moon **SUN SALUTATIONS**. (Hello Sun, Hello Earth, etc)



We need to make sure that we say goodbye to everyone at home **HUGS**. As we do so we see our space ship out of the corner of our eye and look at wing span **NECK TURNS**. We need to climb aboard **SQUAT AND SIT LEGS OUT STRAIGHT**. Remember we must **CLOSE CAPSULE** and put on ear piece **EAR MASSAGE** and microphone **JAW MASSAGE**.



It is very important that we check control panel **SEATED FORWARD BEND** and joy stick. Oh, there goes the **PHONE (ring, ring)** Answer **PHONE**, but we get cut off, and it rings again so we answer **LIFT OTHER LEG TO EAR**. It's YogaBugs Mission Control - we have to go on an inter-galactic mission to save Jurij the astronaut who missed the moon buggy back to earth. He's scared of heights and wants to come home.





Are we ready for lift off? **CRAB** 5,4,3,2,1..... Blast off!

When we come in to land **ROLL BACK INTO CANDLE** and look out of the port hole. Roll onto stomach, **SNAKE**, to peer out of capsule.



Let's lift up the capsule. Stand up for **SUN SALUTATIONS (Hello Space, Hello Earth)**. Let's take a **SPACE WALK** from the capsule.



Quickly hide..... we can hear terrible clumping sounds, be like a **MOON ROCK**. It's a space age **DINOSAUR** and he's coming this way! Let's just pretend that we are moon mountains **DOG** and maybe he'll miss us. Keep very still! Luckily he didn't see us and we are never going to find our astronaut unless we can see a little more of where we are. What's going on over there? It's the Cybermen, let's do what they are doing! **ARCH BACK AND BEND FORWARDS**.



'Excuse me very important people, could you tell us where we might find our friend Jurij, it's just that he really wants to go home now'. The Cybermen suggest that we climb that Moon **TREE** and now go a little bit higher (**other leg**) for a better view. From there we will see where we need to snow board **SURFER** down to a **CAVE** and that's where they last saw Jurij.



Be careful everyone, there's a supersonic **BUTTERFLY** approaching. What enormous wings you have, and can you tell us if you have seen our friend Jurij? The beautiful butterfly tells us that Jurij is chopping wood in the back of the cave to make a basket for his hot air balloon back to earth. Let's go and help him. Make a cave tunnel **TENT** and let the children crawl through.



Jurij is very pleased to see us but also very hungry and asks if we could make him some porridge. Let's get **STIRRING (from crossed legged pose)**. Now that he has polished off all the porridge, he would like us to start to **BLOW UP** the balloon. Let's see if we can do it too.



The balloon is getting so big that it has lifted the roof off the cave and we can float out. Wow! 'Let's get in and see if we can float down to everyone back at home – they will be pleased to see us and glad that Jurij is back'.



Come in to land **DIAMOND** and decide to **STRETCH OUT** in the warm sun. Jurij does not want to be too tired when he sees everyone so we'll just have a little rest before we go home. Let's spend a little time thinking about our exciting adventure in space.



Relaxation

Lie flat on your back, arms at sides, feet slightly apart. Close your eyes and rest. End with a guided visualisation:



Imagine that you are lying outside, looking up at the dark, velvet sky. The sky is so clear that you can see lots and lots of stars twinkling brightly. The stars make you feel bright and happy. Spend a few moments looking up at the stars.



I AM A BEAUTIFUL, TWINKLY STAR!

