

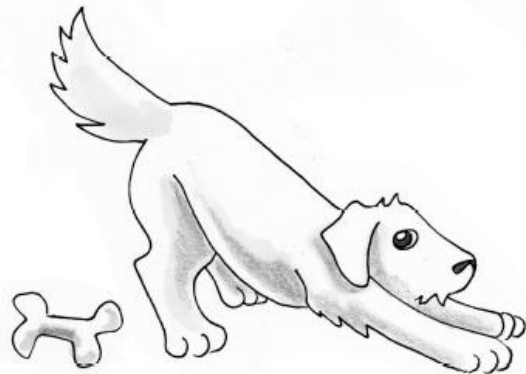
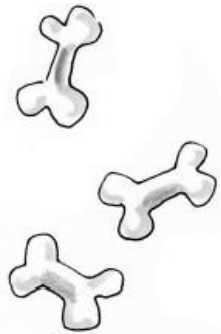
# YOGA MAKES ME FEEL ...

## El yoga me hace sentir ...

Written by Yael Calhoun, MA, MS, E-RYT  
Illustrated by Svea Lunøe, RYT

Translated by Yvette Melby, LCSW, RYT  
and Christian Garcia

Read\* by Yael Calhoun and Yvette Melby



This revised edition is written to support  
building resiliency skills and healing trauma.

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# Introduction

This book is offered as a way to introduce young children to yoga. Young children connect with yoga for two simple reasons: yoga is intuitive, and yoga is fun. Yoga can provide children with the same benefits as adults: improved body awareness, balance, strength, focus and concentration, and stress management skills. But doing yoga with children has a wonderful difference. Science continues to show us that a young mind is more open to neuroplastic change and to learning new things -- music and languages are good examples. So what better time in life to introduce someone to a powerful tool for healing, for self-regulation, and for exploring who one is?

This book was developed based on teaching at a YWCA shelter and The Children's Center, in Salt Lake City, a school for mental health care, in addition to working in public schools too numerous to name.

Please keep in mind that an intention of yoga is to create a sense of safety, both in the body and in the mind. So encourage children find the pose that works for them today, using this book as a general guide. If children choose to keep their eyes open all the time, support their choices. If they choose to remain seated and alert instead of lying down, please respect that they have an awareness of what is needed for their sense of safety today.

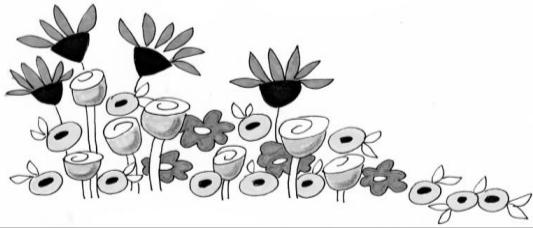
Please have as much fun with this book as we have had.  
Shanti! Yael Calhoun                      Salt Lake City 2020

**The free audio (mp3) (English/Spanish) is available  
at**

**This book also is available in English and in English/French  
with audio readings in each language.**

Visit [www.greentreeyoga.org/FREE](http://www.greentreeyoga.org/FREE) for a Shanti the Monkey game.





## What People Are Saying...



I love this book! The combination of vocal and physical activities in combination with the bright playful pictures makes yoga accessible to all of us. It highlights yoga in a playful way, giving teachers and parents all over the world, a fun easy way to engage children in a traditionally adult form of meditation and relaxation.

~ Beth Brewster, Executive Director, Giving Asha, USA and Nepal

Research is finally starting to confirm what has long been known: that doing yoga helps improve the flexibility, strength, discipline, and joy of our bodies, minds, and souls. Yael and Svea will take the children in your life on a journey that can expand their horizons. What a gift!

~ Emily Traupman, PhD, RYT, Seattle, WA

*Yoga Makes Me Feel...* is accessible, down to Earth and an eye-pleasing treat. Surely it will spark the imagination of any child, all the while providing the incredible physical and physiological benefits of the ancient art.

~ Katy Proietti, RYT, Denver, CO

We are very excited to use *Yoga Makes Me Feel...* as a tool in our Therapeutic Preschool Program to teach not only the different yoga poses for calming and soothing, but for learning to identify feelings and emotions. The bright engaging pictures interest and captivate preschoolers, encouraging them to try the different poses. Our preschool groups can use the poses during times of dysregulation to increase structure, individual body awareness, and to down regulate the group into a calmer state.

~ Sandra Valentine, LCSW, The Children's Center, Salt Lake City

*Yoga Makes Me Feel...* is beautifully illustrated and written simply for children to explore the poses and learn about their bodies. It will serve as an excellent foundation for a lifelong habit of stretching and body awareness.

~ Nicole Mihalopoulos, MD, MPH, Salt Lake City

## **Yoga makes me feel ... SILLY.**

**Shanti the Monkey is doing  
Downdog.**

**Can you bark like a puppy?**

**Can you lift one leg  
and wiggle your toes?**

**And now, put that leg down  
and bark like a very big dog.**

**Can you lift your other leg  
and spread your toes wide?**

**And now, put that leg down.**

**Can you wiggle your tail  
back and forth? That's right,  
wiggle your tail back and forth.**



**Now that's SILLY!**

## **El yoga me hace sentir... JUGUETÓN.**

**Shanti el Mono está  
haciendo El Perro Boca Abajo.**

**¿Puedes ladrar como un perrito?**

**¿Puedes levantar una pierna  
y menear tus dedos de tus pies?**

**Y después baja tu pierna  
y ladra como un perro muy grande.**

**¿Puedes levantar tu otra pierna  
y separar tus dedos de tus pies?**

**Ahora pon esa pierna abajo.**

**¿Puedes menear tu colita  
de lado a lado? Así es,  
menea tu colita de lado a lado.**

**Ahora eso es ser ¡JUGUETÓN!**

**Yoga makes me feel ... like  
NOTHING CAN KEEP ME DOWN.**

**Shanti the Monkey is doing Cobra Pose.**

**Can you lift your head, take a big breath in  
and feel your balloon belly?**

**Then hiss like a snake? SSSSSSssssss.**

**Now, rest your forehead on the floor.**

**But don't stay down!**

**Can you take another big breath in and feel  
your balloon belly? Then hiss like a snake?  
SSSSSSssssss.**

**Now, rest your forehead on the floor again.**

**Maybe you would like  
to do Cobra Pose one more time!**

**I thought so.**

**Now NOTHING CAN KEEP YOU DOWN!**

**El yoga me hace sentir... que  
NADA PUEDE DETENERME.**

**Shanti el Mono está haciendo la Pose de  
Cobra.**

**¿Puedes levantar tu cabeza, inhalar  
profundamente y sentir un globo en tu  
estómago. Y hacer como una culebra?  
SSSSSSssssss.**

**Y ahora, descansa tu frente en el piso.**

**¡Pero no te quedes abajo!**

**¿Puedes inhalar otra vez y sentir un globo en  
tu estómago? Ahora puedes hacer como una  
culebra? SSSSSSssssss.**

**Y ahora, descansa tu frente en el piso de  
nuevo.**

**¡A lo mejor te gustaría hacer  
la Pose de Cobra una vez más!**

**¡Es lo que pensé!**

**Ahora ¡NADA TE PUEDE DETENER!**



### **About the Illustrator: Svea Lunøe, RYT**

As a skier, hiker and serial mover, I never knew I could have so much fun exercising on a 2 foot by 6 foot mat. Discovering all the ways to move your body makes yoga the most freeing and exhilarating practice I've ever tried. Ashtanga and vinyasa flow are my favorite practices, but I love any kind of yoga.

I am a certified yoga instructor through Yoga Alliance. Teaching anatomy, biology, and geology labs at the University of Alaska Anchorage was great preparation for leading yoga practices. I love sharing information I find interesting or important with other people.

I look forward to sharing my yoga practice even more, after I spend some time smooching my new baby girls that my husband and I welcomed this fall. I am also a mom to a beautiful little boy, who I have been lucky enough to have spent most of my time with. When I'm not with my children or on my mat, I am drawing, painting or outside. Yoga has even opened doors to my art. And I am looking forward to illustrating another children's book with Yael Calhoun.

### **About the Author: Yael Calhoun, MS, MA, E-RTY, CRYT**

Yael is a long-time author and educator and currently is the Executive Director of GreenTREE Yoga, a non-profit. She is the co-author of *Create a Yoga Practice for Kids: Fun, Flexibility and Focus* (Sunstone Press, 2006), a book Liliás Folan calls the "Best children's yoga book on the market today..." and *Yoga for Kids to Teens: Themes, Relaxation, and SOLA Stikk* (Sunstone Press, 2008). Yael created the CDs *Yoga for Kids and Classroom* and *More Classroom Yoga Breaks for Kids* (2010). In addition, she continues to write and to direct the development of all GreenTREE Yoga manuals, DVDs and CDs. Yael is the co-author of the *School Volunteer Handbook: A Simple Guide for K-6 Teachers and Parents*. (Lila Press, 2011)

Her education includes a B.A. from Brown University, a Master's Degree in Education from SCSU and a Master's Degree in Natural Resource Science from University of Rhode Island. Her job experiences include writing, teaching both at the college (Environmental Biology/Soil Science) and the primary school level, working as a municipal environmental planner, and teaching yoga.



(Visit [www.greentreeyoga.org](http://www.greentreeyoga.org) for FREE yoga downloads, including Shanti the Monkey games for teaching self-regulation.)