

Guru's Adventure

Designed for Choose Your Own Yoga Adventure!
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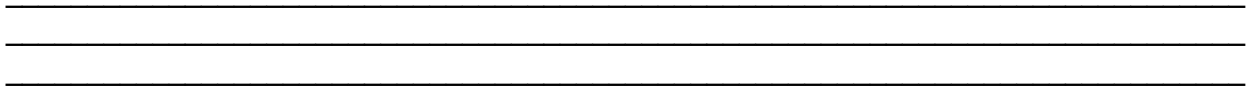
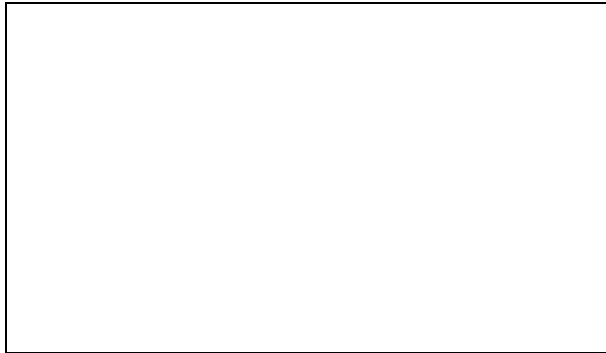


Meet Guru! Guru is a gender neutral being made of foil. They have the power to use yoga and your imagination to transform into any sort of character and transport to any place or time. Guru means teacher. In the activity Yoga with Guru, Guru teaches you yoga poses. But in this activity, you get to make a story about Guru and take them on an adventure.

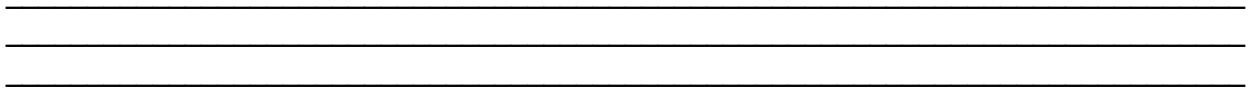
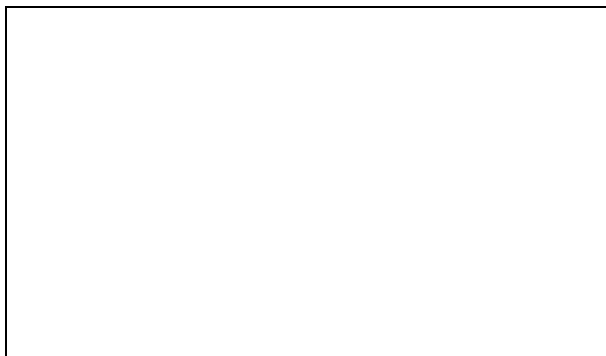
1. Get to know some yoga poses by doing the Yoga with Guru video.
2. Decide on three yoga poses to make the beginning, middle, and end of your story about Guru. The poses that you choose can represent the things that they are named after, or they can be something else that the poses remind you of. Use your imagination!
3. Print out the next page. Draw Guru doing the beginning, middle, and end poses in the boxes. Write a sentence about each pose and what is happening to Guru on the lines.
4. Then, try the three poses that you chose with your body. Try taking a few deep breaths while you do each pose. Now try moving smoothly from one pose to another. Practice moving through your beginning, middle, and end pose until you can do all three of them without stopping to think about what comes next.
5. When you feel like you have gotten to know your Guru story well enough, teach it to your classmate(s). Have your classmate(s) teach their Guru story to you.
6. Combine your story with your classmates' stories to make one huge story about Guru and his adventures. Make a video, podcast, or book with all of your Guru stories so that it can be shared with family and friends. Epic!

Storyboard for Guru's Adventure

Beginning



Middle



End

