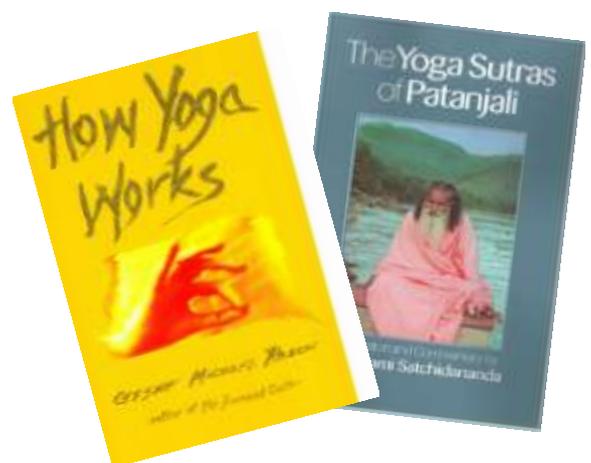


Chapter 1: The Place we all start from***(Third Week of February – Iron Snake Year 1101 AD)***

The story is told through the eyes of a 17 year old girl travelling with her dog from Tibet through India to find a teacher. It begins with her crossing a checkpoint into a small town. A drunken police sergeant searches her bag. He finds a very old book which he accuses her of stealing. He takes her to his captain who insists she stays in the jail until she can prove the book is hers by teaching him yoga. He has heard about the power of yoga and promises to release her if she can heal his bad back.

**Consider the following questions**

1. What do you learn about the girl? Why is she travelling alone from Tibet through India? Do you think she is unusual? Would you believe her story?
2. What do you learn about the police sergeant? Is he happy? Why/Why not? Is he a good or a bad person?
3. What do you learn about the captain? Is he happy? Why/Why not? What is his state of health? Does he enjoy his job? What do you learn about his past? Does he have any previous knowledge/experience of yoga?
4. How could the book be valuable? How do you define value? In what way do the police think it might be valuable?
5. How does the girl feel? How would you feel in her situation? How would you react?
- 6. *Imagine the police station and the jail. Visualise it in your mind and imagine yourself as each of the characters. How do you feel? Why do you act as you do?***



Chapter 2: Well being that stays (Fourth Week of February)

The girl settles down to life in the prison. Another prisoner, who she can't see, shares food with her. She starts to teach the captain yoga beginning with standing correctly. They spend a whole hour doing this. She then takes him through Bowing to the Sun which leaves him breathless after five minutes. She tells him to practise Bowing to the Sun every morning for five or ten minutes and promises the poses will fix his bad back. He agrees and sends her back to her cell.

1. Why is standing correctly important?
2. Why did she feel the need to teach him something more energetic?
3. How would you react to an hour's class about how to stand?
4. Do you think it will be difficult or easy to practise Bowing to the Sun every morning? What might make it difficult to do?
5. Who helps the girl? Is it a man or a woman? What are his/her circumstances? Why is he/she in the jail? How long has he/she been there? Why does he/she help the girl?
6. Can you identify with the captain?
7. Do you think the first lesson was a good introduction to yoga? What would you have done differently if you were the teacher?

Think about the following Yoga Sutras:

- *Things that cannot last seem to us as if they will. II.5A*
- *And they realise that the body itself is a prison. III.39B*
- *The poses bring a feeling of well-being which stays with you. II.46*

1. What do you think they mean?
2. How do they connect to the story?

Set aside 5 minutes each day and practise Tadasana (Mountain Pose) and Surya Namaskar (Bowing to the Sun). Start with one round and build up to three rounds. If you practise yoga regularly do the version you are familiar with. A chair adaptation will be demonstrated at our meeting.

Try to keep a journal and note down your thoughts before and after each practice. Be honest – if you miss a day write down the reason.



Our first meeting will be on:

Friday 29th January at 10.00am

Raphaels Restaurant, Raphael Park, Main Road, Gidea Park

*Discussion, Chair Yoga and Meditation followed by coffee and cake**

**£5 payable on the day to cover costs and refreshments*