

## **The Butterfly in the Jungle**

By Hannah and Laura Gardash  
Ahhsana yoga  
December 2013

Once upon a winter holiday, there was a downward dog [pose].

His name was Lotus [pose].

Lotus was out in a snowy field and he noticed a butterfly [pose] flutter by.

He was so excited to see a butterfly this late in the season, so he chased it into a jungle that had a lot of trees [pose – one side].

He was so distracted by the butterfly that he almost tripped over a cat [pose].

“I’m sorry,” Lotus said to the cat, and he told the cat why he was running, but he was sad because he lost track of the butterfly.

“Wait! I see it,” said the cat [pose]. And they ran together deep into the jungle. The butterfly [pose] flew into a hole in the ground called a “burrow”.

“I’ll get it!” Lotus said, going in after it, just like a dog does, snout first [back into downward dog].

“Hey! What’s tickling my nose?!” Lotus screamed and he jumped [jump forward on your mat].

A snake slithered out of the hole. [come down on your belly and up into cobra]

“Ssssilly dog,” hissed the cobra. “That’sssss my home!”

“We’re sorry,” said the cat [pose]. “We’re looking for a butterfly.”

“Sssshe flew into my home, but I sssscared her away,” said the snake. “I sssaw her fly that way. Follow me,” and he slithered deeper into the jungle. The dog [pose] and cat [pose] followed the snake [pose].

Along their way through the jungle, they met a monkey [pose – some will do full monkey, some half monkey]. “Have you seen a butterfly?” They asked the monkey [pose – other side].

“Yes,” said the monkey. “But she went that way, and that’s where the lion’s den is, so I’d be careful if I were you.”

“Lion?!” The dog, cat, and snake exclaimed together. [lion’s pose]

“Yes. But I know a safe path, so follow me.” So the dog [pose], cat [pose], snake [pose], and monkey [pose] went together deeper into the jungle.

A little while later, the cat stopped in her tracks. “Wait!” the cat said. Everyone stopped. “Look up. I think I see the butterfly.”

Everyone looked up [look up, stretching your chin to the sky].

“But that seems so far away,” Lotus the dog said. “And it’s getting bigger as she comes closer.” And indeed, whatever was in the sky got bigger and bigger as it got closer to our travelers. When the flyer landed, our travelers saw that it was not a butterfly at all, but an eagle [pose].

“What are you doing?” said the eagle [pose – other side]

“We’re trying to find a butterfly who flew by. We think she’s headed to the lion’s den.” said the monkey.

“But the lion’s den is that way,” pointed the eagle. “Follow me and I will show you. So the dog [pose], cat [pose], snake [pose], monkey [pose, each side], and the eagle [pose, each side] went deeper into the jungle.

A little further on their walk, they came to a bustling brook, which is a little stream or river.

“Oh, no.” said the snake. “How do we ssssneak across the sssstream?”

“I see a bridge up there,” said Lotus. So they walked to the bridge [pose] and crossed it.

While they were crossing the bridge, they saw a fish [pose]. Then they heard a little voice “Hey, whatcha doin’?” The little voice asked. It was a frog [pose] on the bank of the stream, and a turtle was with him [pose].

“We’re looking for a butterfly. Have you seen her?”

“A butterfly?” the turtle asked slowly. “This late in the season?” The turtle didn’t believe our travelers. But our travelers didn’t care. They continued on their journey.

“Wait up!” the frog and turtle cried. “Can we come with you?” I guess the turtle was starting to believe. And so, the dog [pose], cat [pose], snake [pose], monkey [pose, each side], eagle [pose, each side], frog [pose], and turtle [pose] continued on their journey to find the butterfly.

Suddenly, everyone heard a loud “Roar!” [roar like a lion] and our travelers stopped and looked at each other as if to ask “Should we go on or go home?”

What would you do? Would you continue on your journey or go home?

Everyone was afraid but they were curious too. So they continued on their way and came upon the lion’s den, the roar getting louder as they approached.

“Who’s there?” The lion asked from within his den.

“We’re a dog [pose], a cat [pose], a snake [pose], a monkey [pose, each side], an eagle [pose, each side], a frog [pose], and a turtle [pose] looking for a butterfly [pose]. Have you seen her?” the cat said.

“You are all traveling together to find a butterfly?” the lion asked, creeping out of his den. “But you’re all different.”

As the lion got closer, the group started to cautiously back up, but they didn’t run.

“Yes, all together,” the eagle said and he looked around. “We’re all friends even though we’re different.”

The lion bowed his head in sadness. “I don’t have any friends. Everyone is afraid of me.”

The group of friends inched closer and touched the lion, some on his paw [each child puts a hand in, stacking on top of the others], some hugging him [group hug].

“May I come with you to find the butterfly,” the lion asked.

“Of course!” our travelers replied, and off they went.

But by now it was becoming very dark. Eagle, who flew above the group, swooped down.

“Hey, everyone! Look up at the stars!” [fold forward, stand up with your hands in the air, and jump out to star; do it again]

While they were walking and staring up at the sky, our travelers tripped over a rock [pose, like child’s pose]. Each helped the other up. Taking a moment to brush themselves off, they noticed that they were leaving the jungle [tree pose – other side] and entering a field.

“I see her! I see her!” The eagle said, his sharp eye catching the light of the moon [pose, each side] as it reflected off the butterfly’s wings. She was resting on the

last flower [pose, like crossed-legged twist, each side] of the fall that had kept its head above the snow.

The group of friends held hands and walked toward the field and then sat around the flower.



And there they sat, watching the butterfly in all her beauty and stillness, by the light of the moon and the warmth of their new friendship.