

For Review Only

Satoko Ohnishi

Sora and Ryan's Yoga Adventure in Singapore

Marshall Cavendish Children

When Sora arrives in Singapore from Japan, her friend, Ryan, takes her on a tour of the little island. Together, they visit iconic attractions such as Marina Bay Sands, Gardens by the Bay, the Merlion Park, as well as the Singapore Zoo. At each spot, they have fun creating their own yoga poses based on what they see and experience.

This delightful book featuring Singapore's attractions will guide children through 10 fun yoga poses as they:

- ★ acquire muscle strength and flexibility
- ★ find their sense of balance
- ★ develop their observation skills
- ★ increase their ability to concentrate
- ★ use their creativity and imagination

Additional yoga-related activities – breathing and drawing exercises and colouring pages – will help children find their sense of calm and learn to focus while having fun!

Sora and Ryan's Yoga Adventure in Singapore

Yoga for Children Around the World



Satoko Ohnishi

Illustrated by Lianne Chua

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Children

CHILDREN

ISBN 978-981-48-9314-5



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Published by Marshall Cavendish Children
An imprint of Marshall Cavendish International



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National Library Board, Singapore Cataloguing-in-Publication Data

Name(s): Ohnishi, Satoko. | Chua, Lianne, illustrator.
Title: Sora and Ryan's yoga adventure in Singapore : yoga for children around the world / Satoko Ohnishi ; illustrated by Lianne Chua.
Description: Singapore : Marshall Cavendish Children, [2020]
Identifier(s): OCN 1137029326 | ISBN 978-981-48-9314-5 (paperback)
Subject(s): LCSH: Yoga--Juvenile literature. | Hatha yoga for children--Juvenile literature.
Classification: DDC 613.7046083--dc23

Printed in Singapore

About this Book

Yoga was first practised in ancient India as a way of balancing the body and mind. It is suitable for both adults and children.

As a trained yoga teacher specialising in yoga for children, I wrote this book to help children benefit from yoga while having fun.

Whether you're a parent or a teacher, this book is meant for you! Read through the story with your children and have fun doing the poses together.

Benefits of Yoga

The poses in this book are simple and they will help keep your children's minds and bodies healthy. The benefits of yoga for children include:

- ★ Increased muscle strength and flexibility
- ★ Improved coordination and balance
- ★ Enhanced observation skills
- ★ Better focus and concentration
- ★ Increased creativity and imagination
- ★ Improved quality of sleep

The additional mindfulness activities provided at the back of the book will also help children manage stress through controlled breathing.

Have fun with yoga!

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Sora has just arrived in Singapore
from Japan.

"It's my first time in Singapore!
I'm so excited!"

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They arrived at Marina Bay Sands.

"Those buildings are very tall!"

"Yes, and there is a big swimming pool at the top! Let's pose like Marina Bay Sands!"



Their next destination
was Gardens by the Bay.

"Let's pose like the trees!
Breathe in and out deeply."

"We are the trees!"

"These trees are beautiful!"

★ Gardens by the Bay Pose ★

1. Stand straight.
2. Put the sole of your left/right foot against the inside of your right/left thigh.
3. Raise your arms.

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From there, they went to Merlion Park.

"What's that? It has the head of a lion and the tail of a fish."

★ Merlion Pose ★

1. Sit down with your knees bent.
2. Raise your feet up high and cup your hands around your mouth.
3. Say "roar!"

"It's the Merlion!
Let's pose like the Merlion!"



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Ryan brought Sora to a fruit shop.

"What's that smell?"

"Durians! They are a tropical fruit.
Let's try some! How is it?"

"It's really soft. It's like cream!"



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"Durians look funny.
Let's pose like durians!"



"Like this?"

"No, like this."



"How about this?"



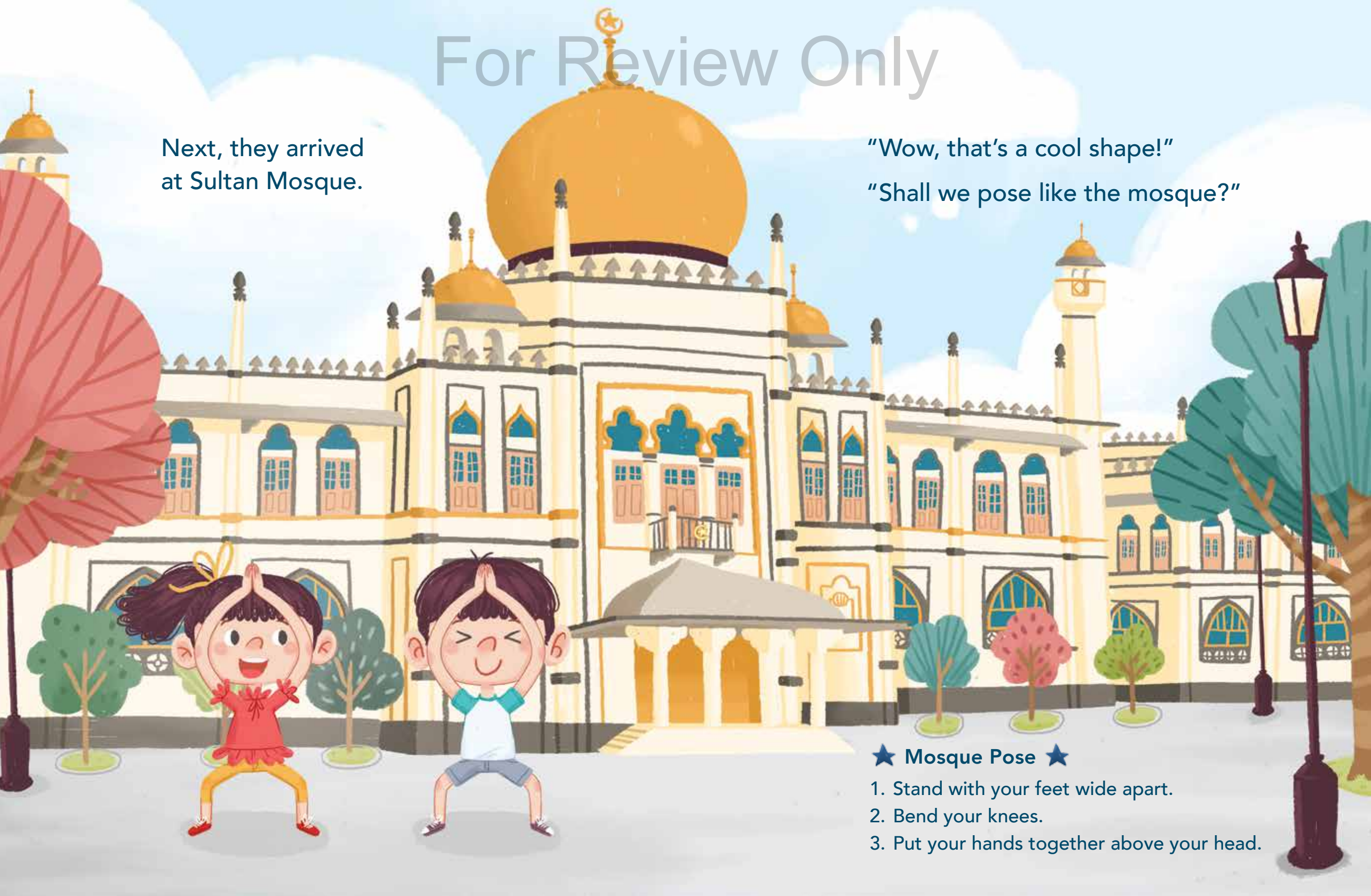
They tried various poses.

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Next, they arrived
at Sultan Mosque.

"Wow, that's a cool shape!"

"Shall we pose like the mosque?"



★ Mosque Pose ★

1. Stand with your feet wide apart.
2. Bend your knees.
3. Put your hands together above your head.

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★ Orngutan Pose ★

1. Stand with your feet wide apart.
2. Bend forward from your hips.
3. Let your hands hang down and swing them from side to side.

"What are those hairy animals?"

"They are orangutans.
Let's pose like orangutans!"



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"Let's be toucans!"

★ Toucan Pose ★

1. Lie on your stomach.
2. Place your palms down near your chest.
3. Extend your arms and lift your chest and head up.

After that, they visited the Bird Park.

"What do you see?"

"It's a toucan! It has a big yellow bill!"

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It was time for Sora to go to Changi Airport.

"What's that?"

It's the world's tallest indoor waterfall!"

"Let's pose like the waterfall!"

★ Waterfall Pose ★

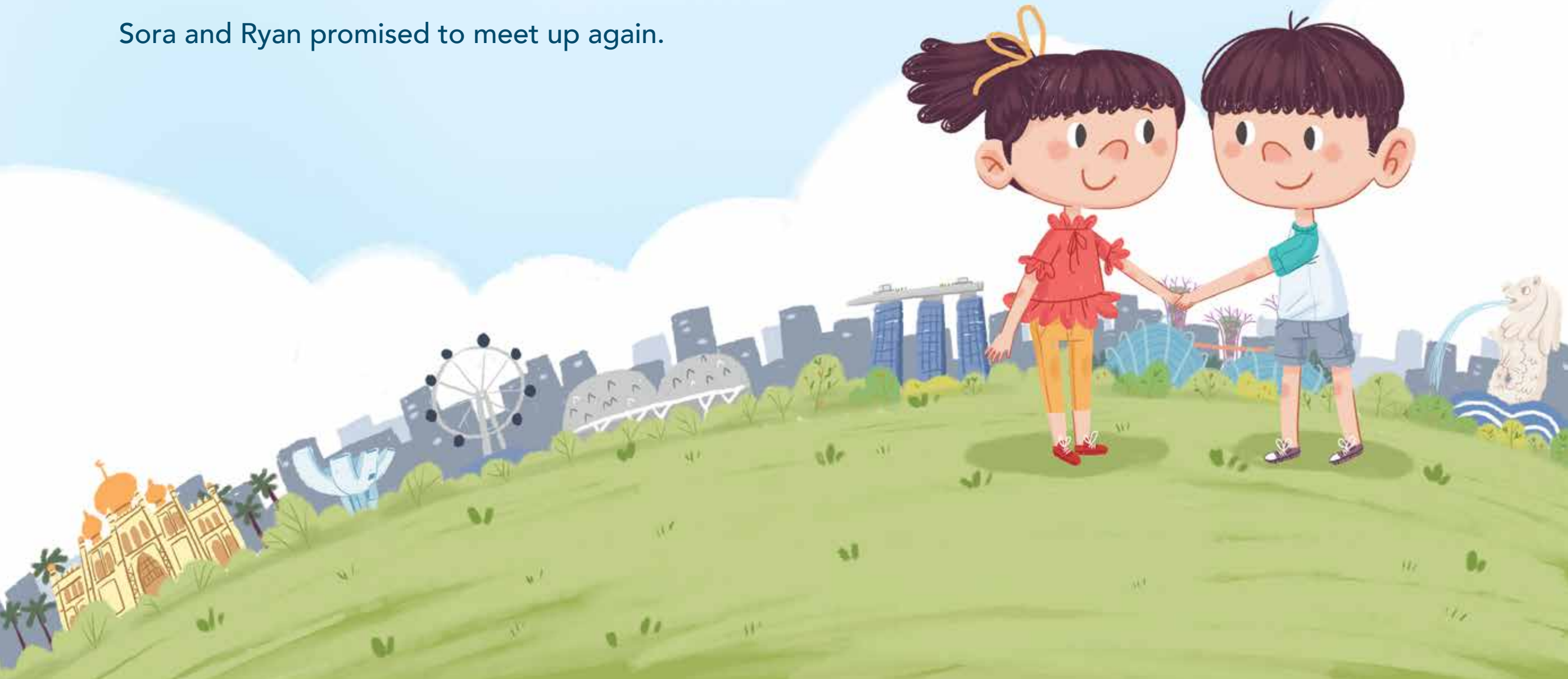
1. Stand straight.
2. Raise your hands up high.
3. Bend your knees and move your hands up and down like the waterfall.



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Friends forever!

Sora and Ryan promised to meet up again.





Mindfulness Activities



Mindfulness means taking the time to do things and to be fully aware of the things that one is doing.

Mindfulness can help children:

- ★ Pay better attention and be less distracted
- ★ Stay calm and be patient
- ★ Listen better and learn more

The activities in the following pages will help develop mindfulness.



Breathing and Drawing



These activities help control breathing. When drawing, ask your children to breathe in from their noses and breathe out from their mouths.



Colouring



These activities help refresh the mind and promote relaxation. Have all the necessary colouring materials ready before starting.



Scan the QR code to download additional activity sheets.



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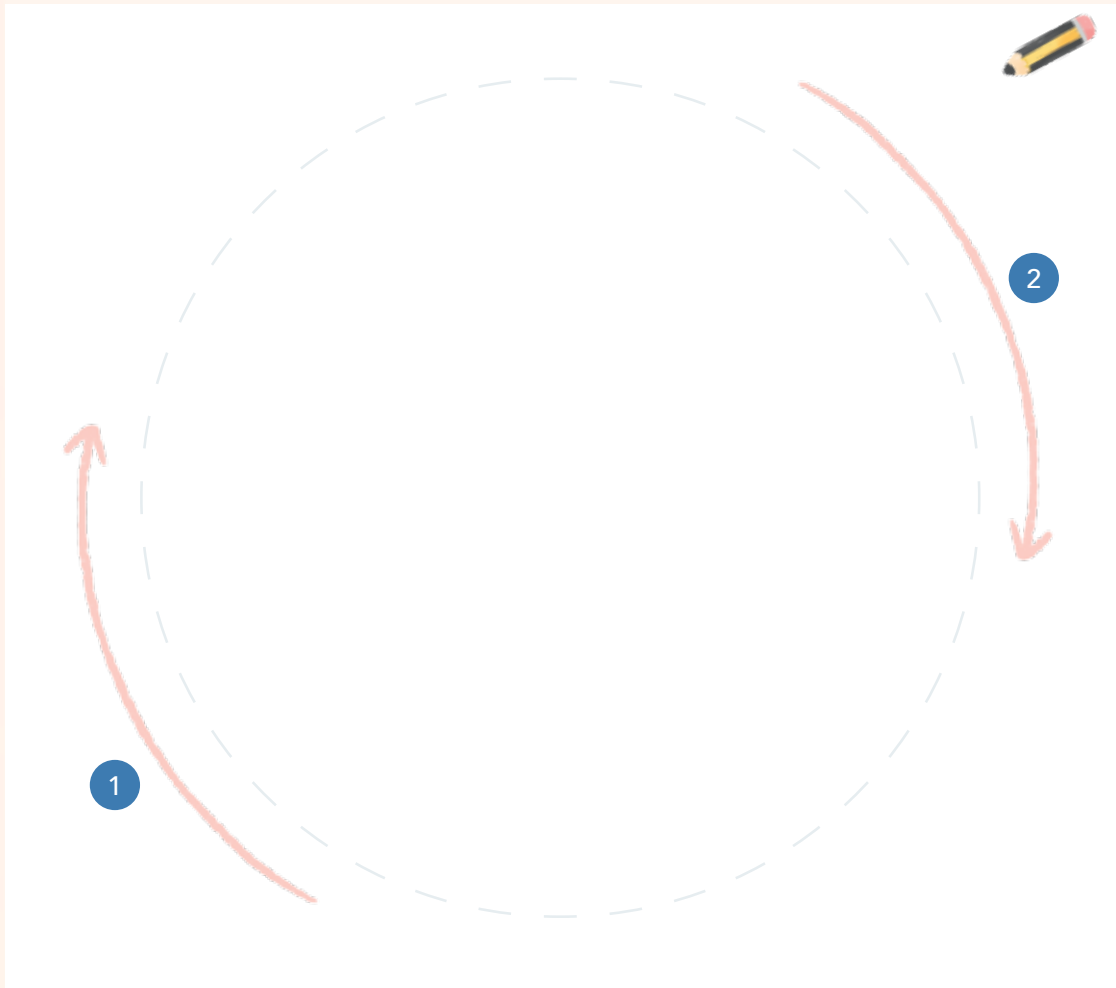
Breathing and Drawing



Let's draw a circle with calm breathing.

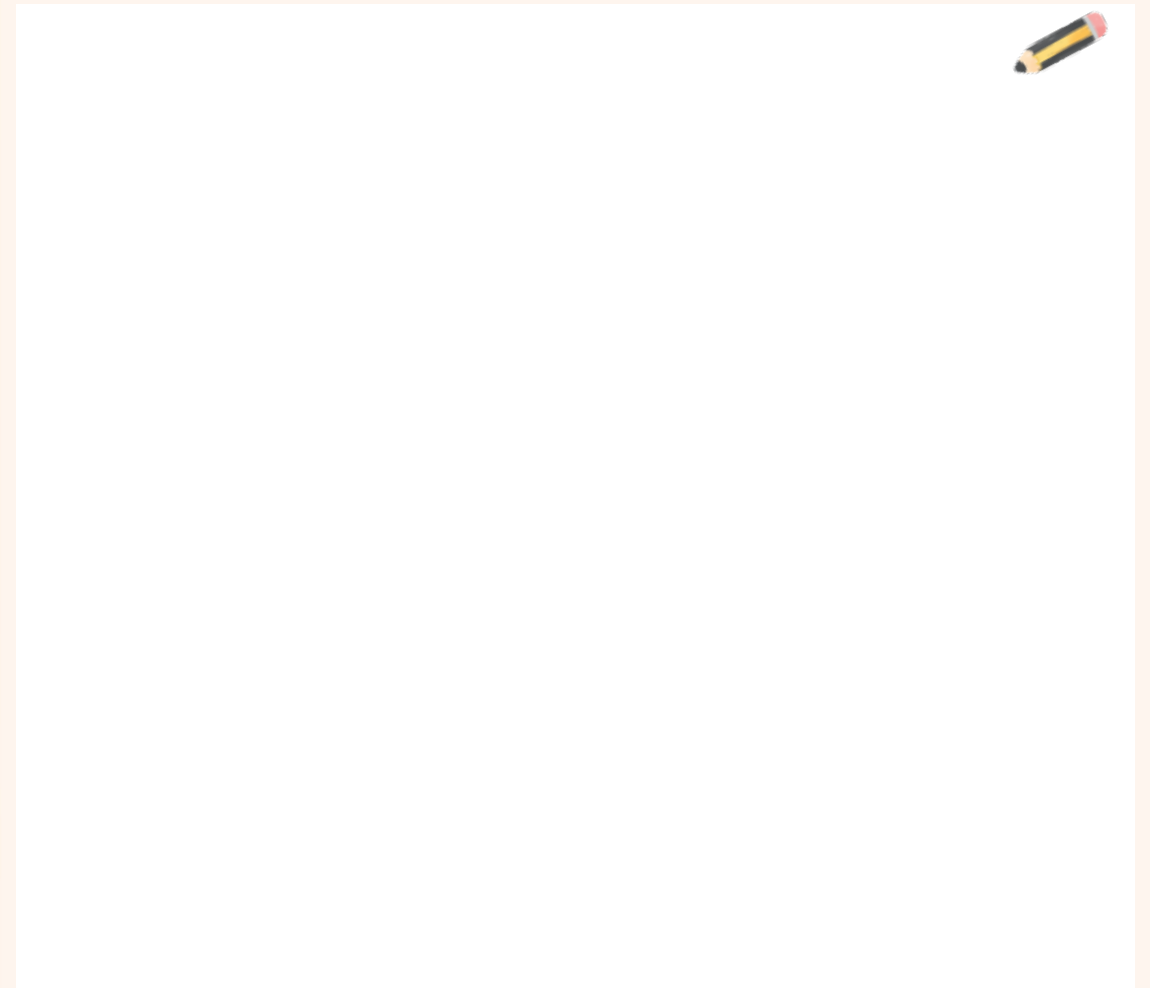
Step 1 : Tracing

1. Breathe in, and trace half the circle.
2. Breathe out, and trace the rest of the circle.



Now draw the circle on your own.
You can try to do this with your eyes closed.

Step 2 : Drawing

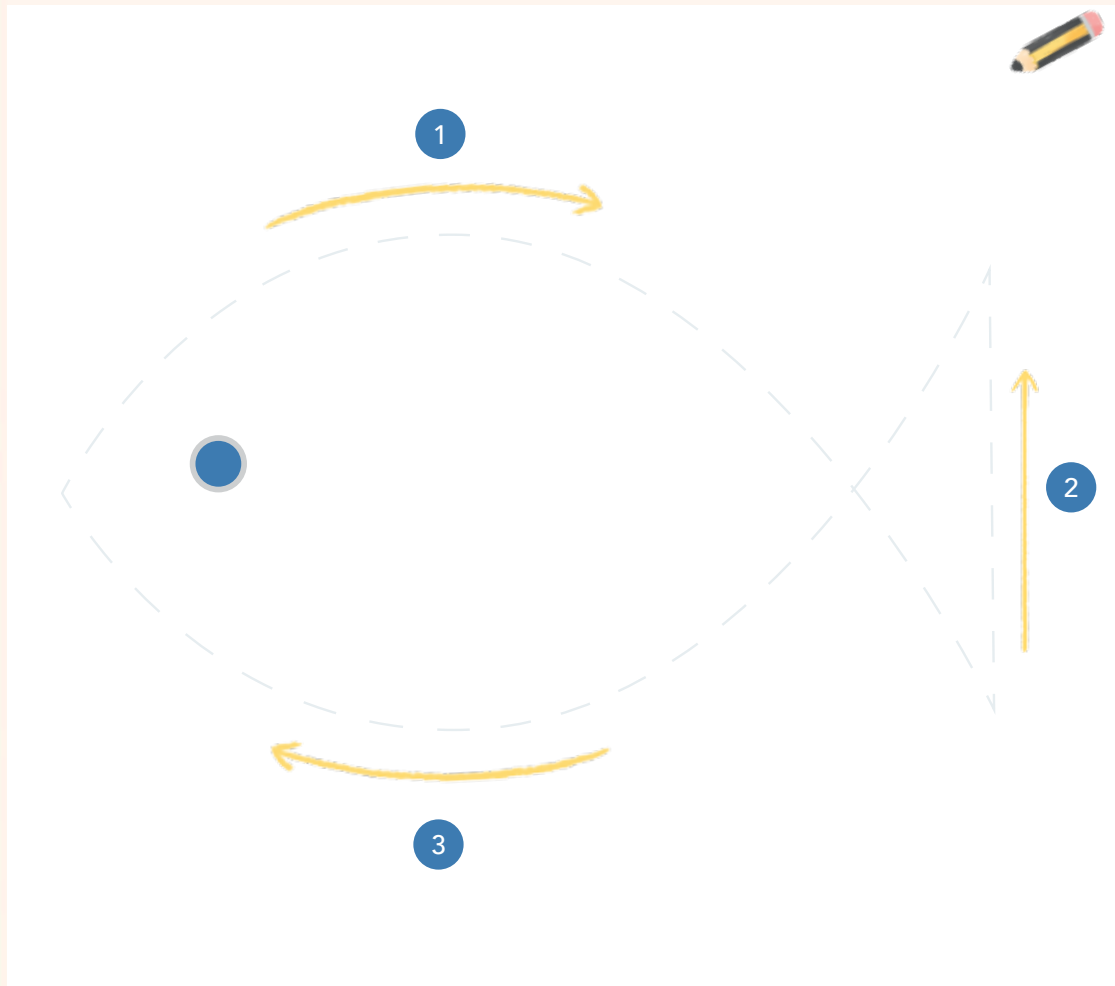




Let's draw a fish with calm breathing.

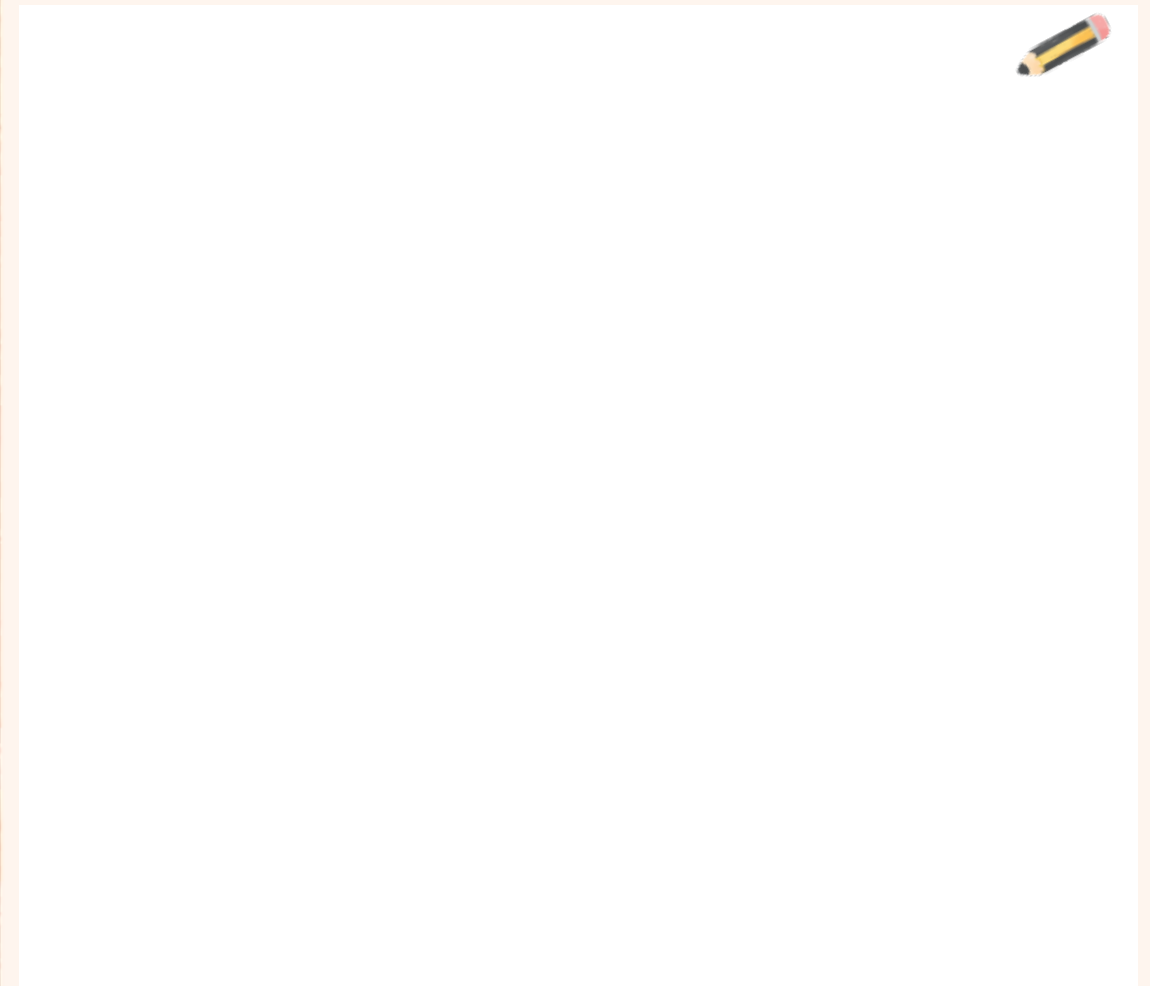
Step 1 : Tracing

1. Breathe in, and trace the curved line above.
2. Breathe out, and trace the vertical line.
3. Breathe in, and trace the curved line below.
4. Breath out deeply.



Now draw the fish on your own.
You can try to do this with your eyes closed.

Step 2 : Drawing



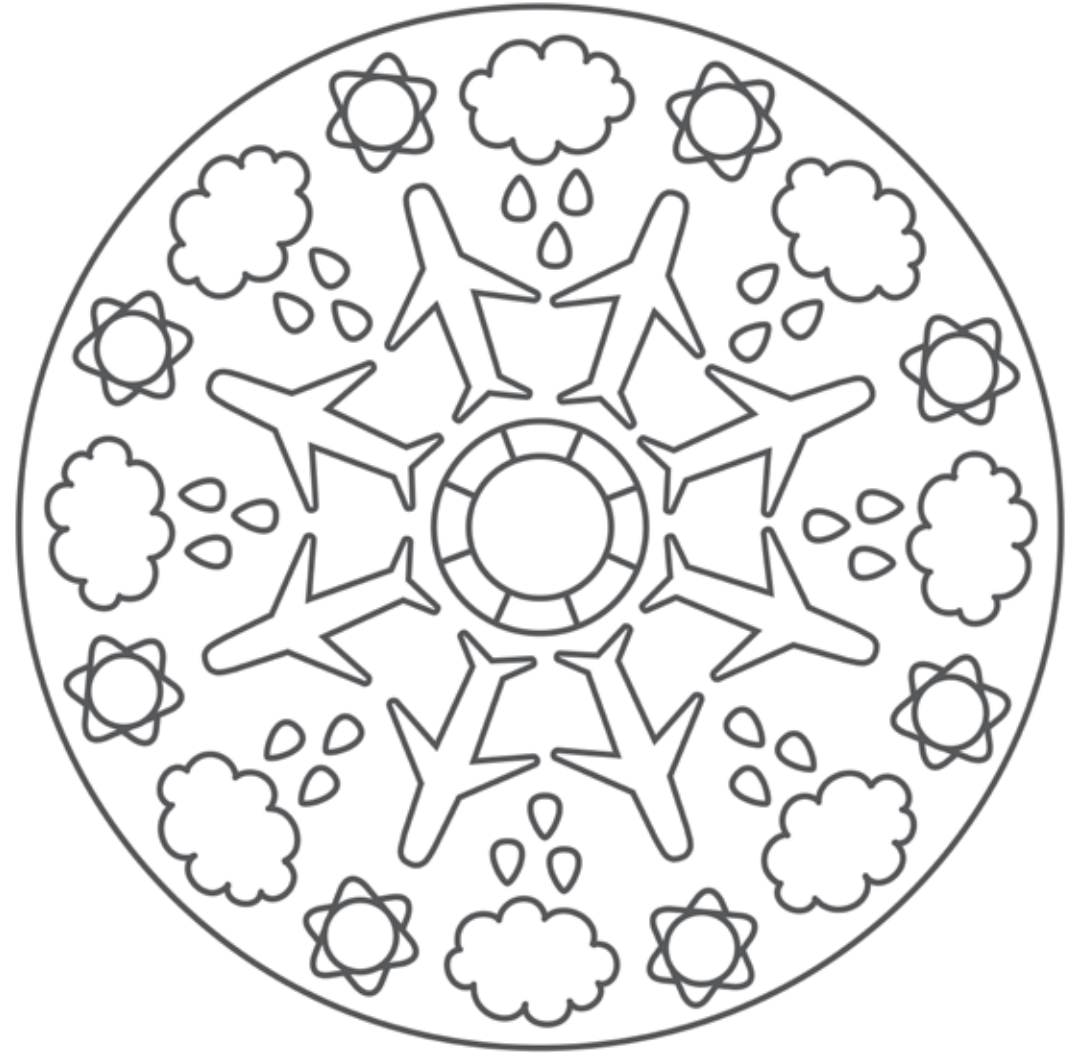
Colouring



Let's colour the patterns!



You can use colouring pencils or crayons.



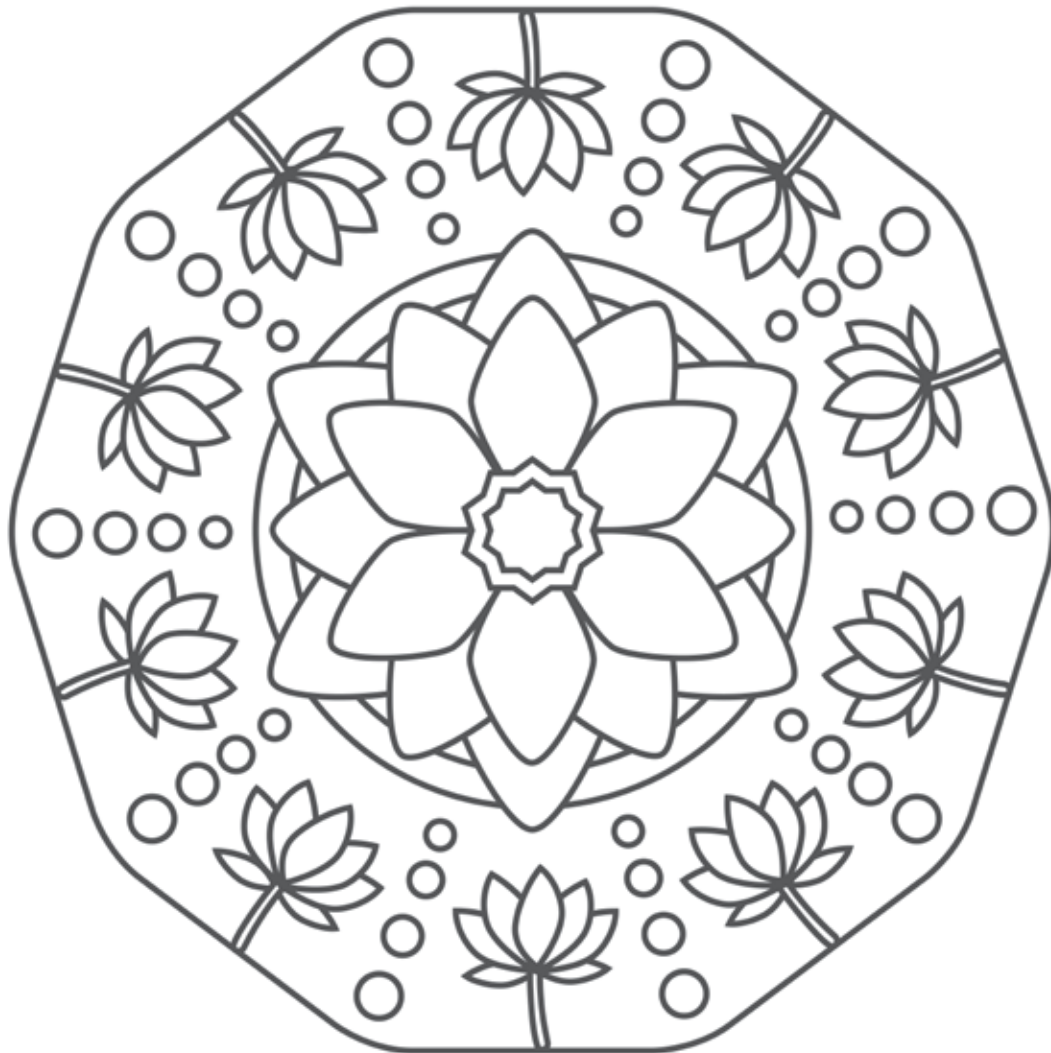
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Try to colour it by yourself.



Use your favourite colours
and have fun.



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SATOKO OHNISHI

Yogini, dancer, author and mother of Sora. Satoko was born and raised in Japan. She did her yoga teacher training course in India, and trained in kids yoga in the US. She has been teaching kids yoga since 2014. Her mission is to spread the benefits of yoga for children all over the world. Learn more about Satoko at www.pyramid-kids-yoga.com.



LIANNE CHUA

Designer, illustrator and cat lover. Lianne lives and works in sunny Singapore. She has worked on a variety of projects from children's picture books to corporate materials. Her vision is to illustrate the world into a better place one piece of art at a time! Connect with Lianne at liannechua5284@gmail.com.