

Sora and Ryan's Yoga Adventure in Japan

Yoga for Children Around the World



Satoko Ohnishi
Illustrated by Lianne Chua

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This book belongs to

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Sora & Ryan's Yoga Adventures in Japan
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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!

Satoko Ohnishi

A vibrant illustration of Nagoya Castle in Japan. The castle features a prominent green roof with multiple tiers and golden dragon ornaments on top. It is surrounded by lush greenery and blooming pink cherry blossoms. In the foreground, two children, a boy and a girl, are smiling and waving. The boy is wearing a blue jacket and a backpack, while the girl is wearing a purple polka-dot shirt and a purple bow in her hair. The scene is set against a bright blue sky with soft white clouds.

Ryan has just arrived in Japan from Singapore.


“Welcome to Japan! It’s lovely to see you again!”

Sora would be Ryan’s guide for the day.

They visited Nagoya Castle.

“What a majestic building!”

“Yes, it was built about 400 years ago.”



“Wow! Look at the pair of golden fish on the top of the castle.”

“They are tiger fish or *shachihoko* in Japanese. They have the head of a tiger and the body of a carp.”

“Let’s pose like the *Shachihoko*.”

★ **Shachihoko Pose** ★

1. Get down on your hands and knees.
2. Lift your bottom.
3. Raise your right/left leg.

Their next destination was Ninja Village.

“We can take a ninja training course here!”



First they learnt how to use the *shuriken*, a small weapon also known as the ninja star.

★ Shuriken Pose ★

1. Lie on your back with your feet together.
2. Raise your right/left leg. Twist to the left/right side. Look at the right/left side.
3. Bend both knees.



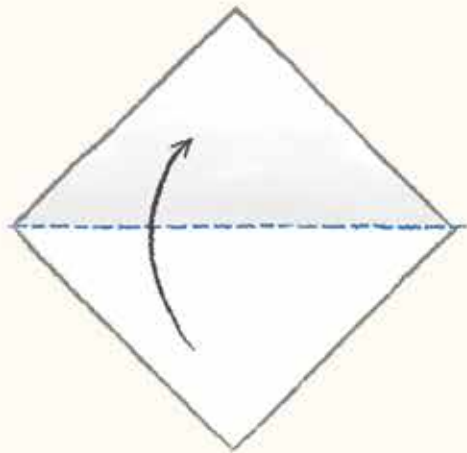
Origami



Let's make an origami Mount Fuji.

You will need:

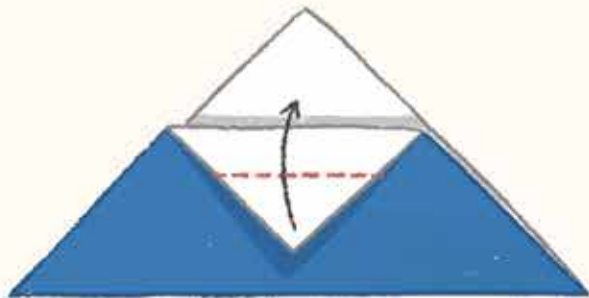
- A square of coloured paper



Step 1 : Fold the paper in half to make a triangle.



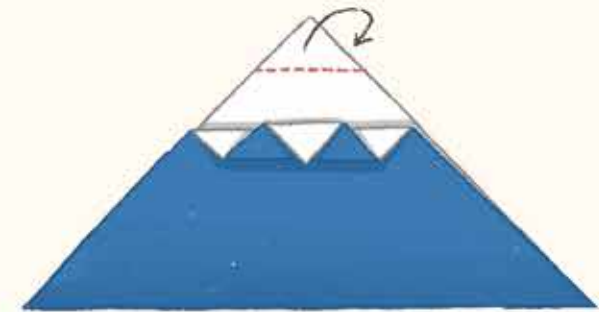
Step 2 : Fold the front sheet down in half.



Step 3 : Fold the tip of the paper back up.



Step 4 : Fold the tip of the paper down again.



Step 5 : Fold the tip of the back sheet down.



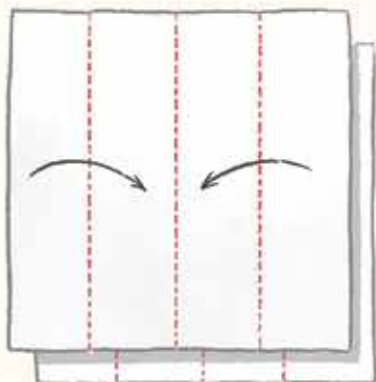
Step 6 : Decorate your mountain.



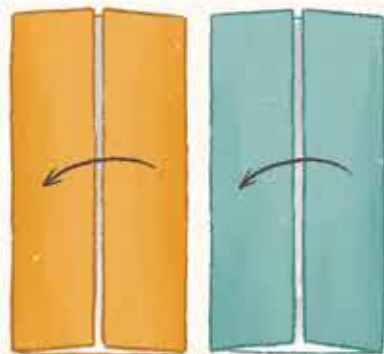
Let's make an origami shuriken or ninja star.

You will need:

- 2 square sheets of coloured paper



Step 1 : Fold both sheets of paper in half, then unfold and fold the edges towards the middle.

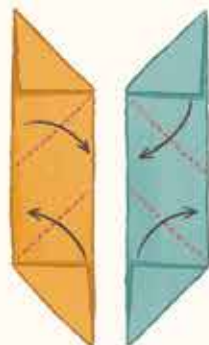


Step 2 : Fold the paper again. Place them side by side.

Step 3a : For sheet 1, fold the top right corner in and down, and the bottom left corner in and up.

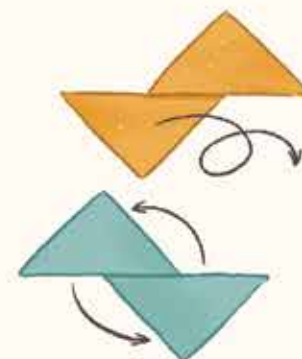


Step 3b : For sheet 2, fold the top left corner in and down, and the bottom right corner in and up.



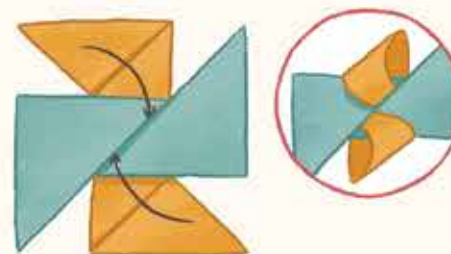
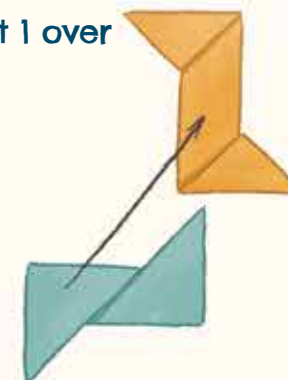
Step 4a : For sheet 1, fold the top corner down to the right, then fold the bottom corner up to the left.

Step 4b : For sheet 2, fold the top corner down to the left, then fold the bottom corner up to the right.

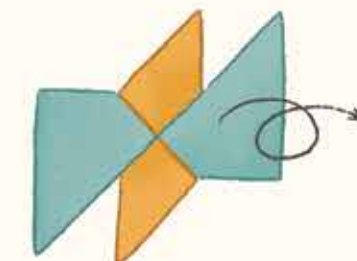


Step 5a : Turn sheet 1 over as shown.

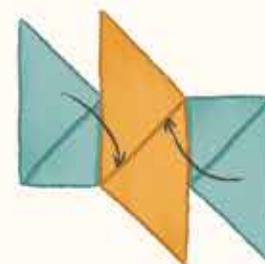
Step 5b : Rotate sheet 2 as shown. Place it on sheet 1.



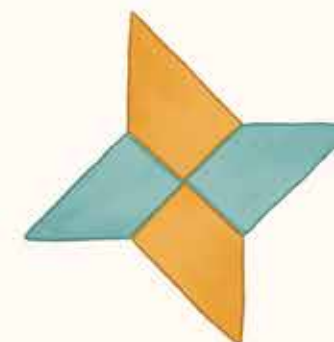
Step 6 : Fold the top corner of sheet 1 over sheet 2. Repeat with the bottom corner. Tuck the tips in.



Step 7 : Turn the star over.



Step 8 : Fold in the corners of sheet 2 and tuck the tips in.



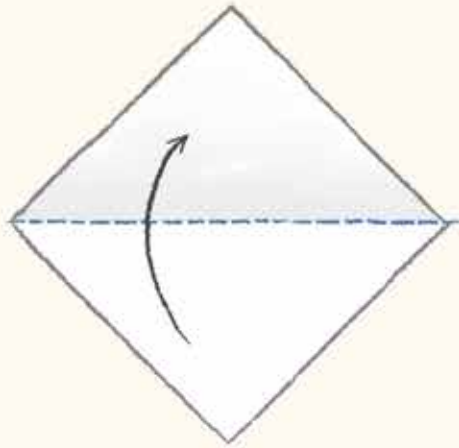
Step 9 : Your shuriken is ready!



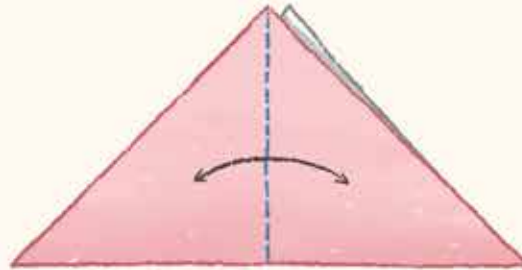
Let's make an origami sakura flower.

You will need:

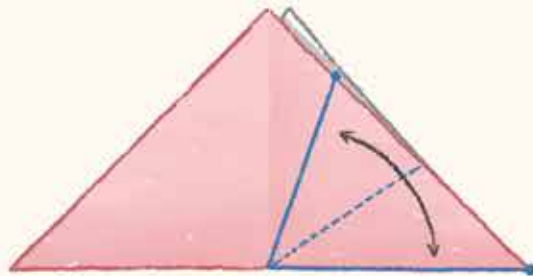
- A square of coloured paper



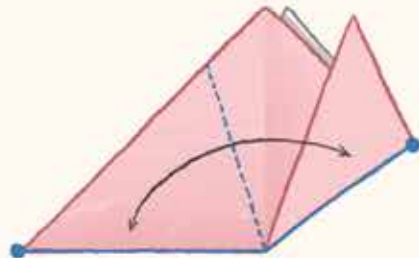
Step 1 : Fold the paper in half to make a triangle.



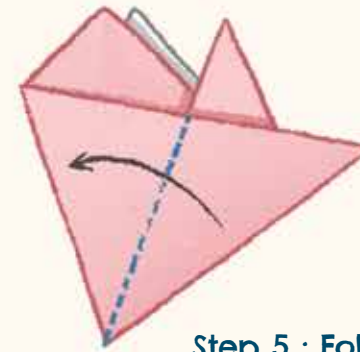
Step 2 : Fold the paper in half again and unfold.



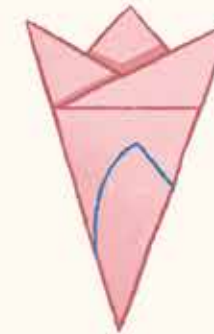
Step 3 : Fold the right corner up as shown.



Step 4 : Fold the left corner up to meet the right edge of the paper as shown.



Step 5 : Fold the paper up from the right to meet the left edge.



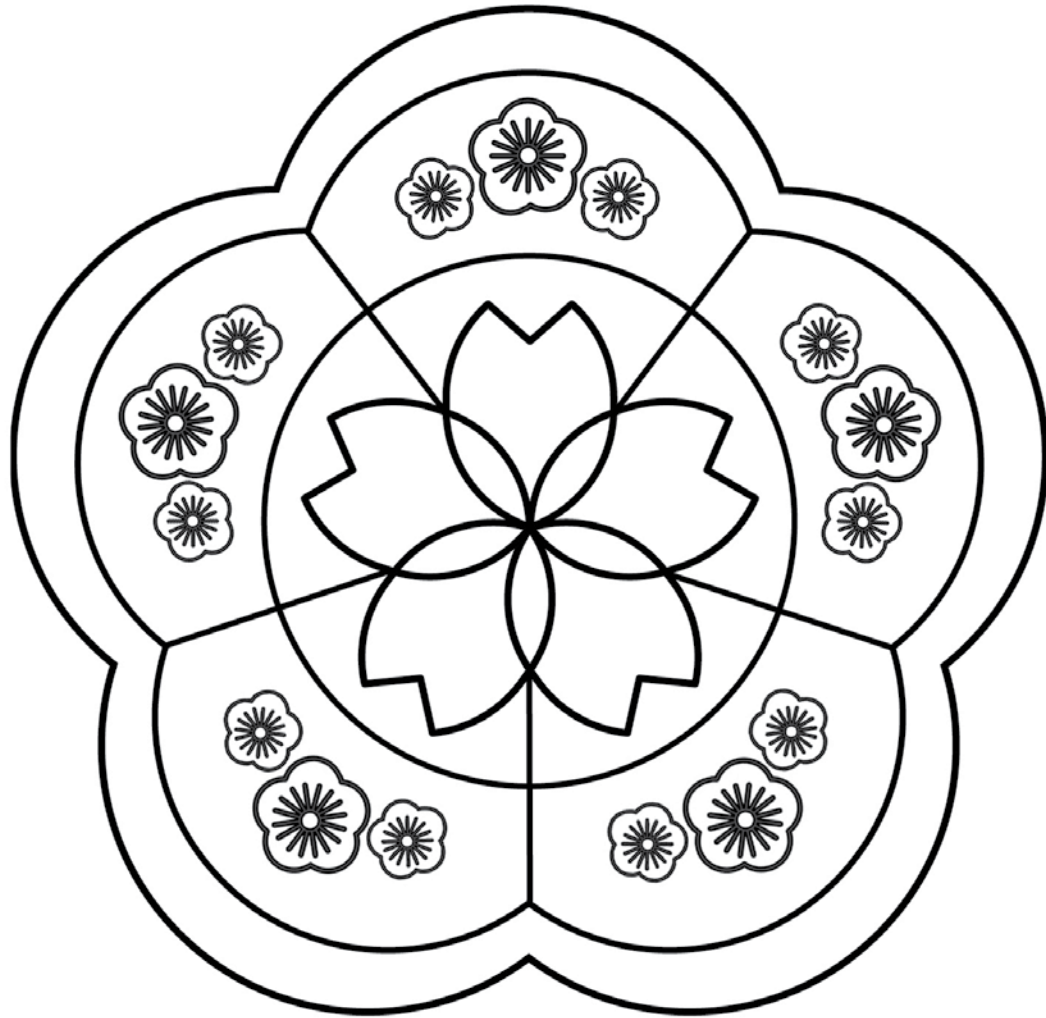
Step 6 : Draw the shape of a sakura petal on the paper as shown and cut it out.



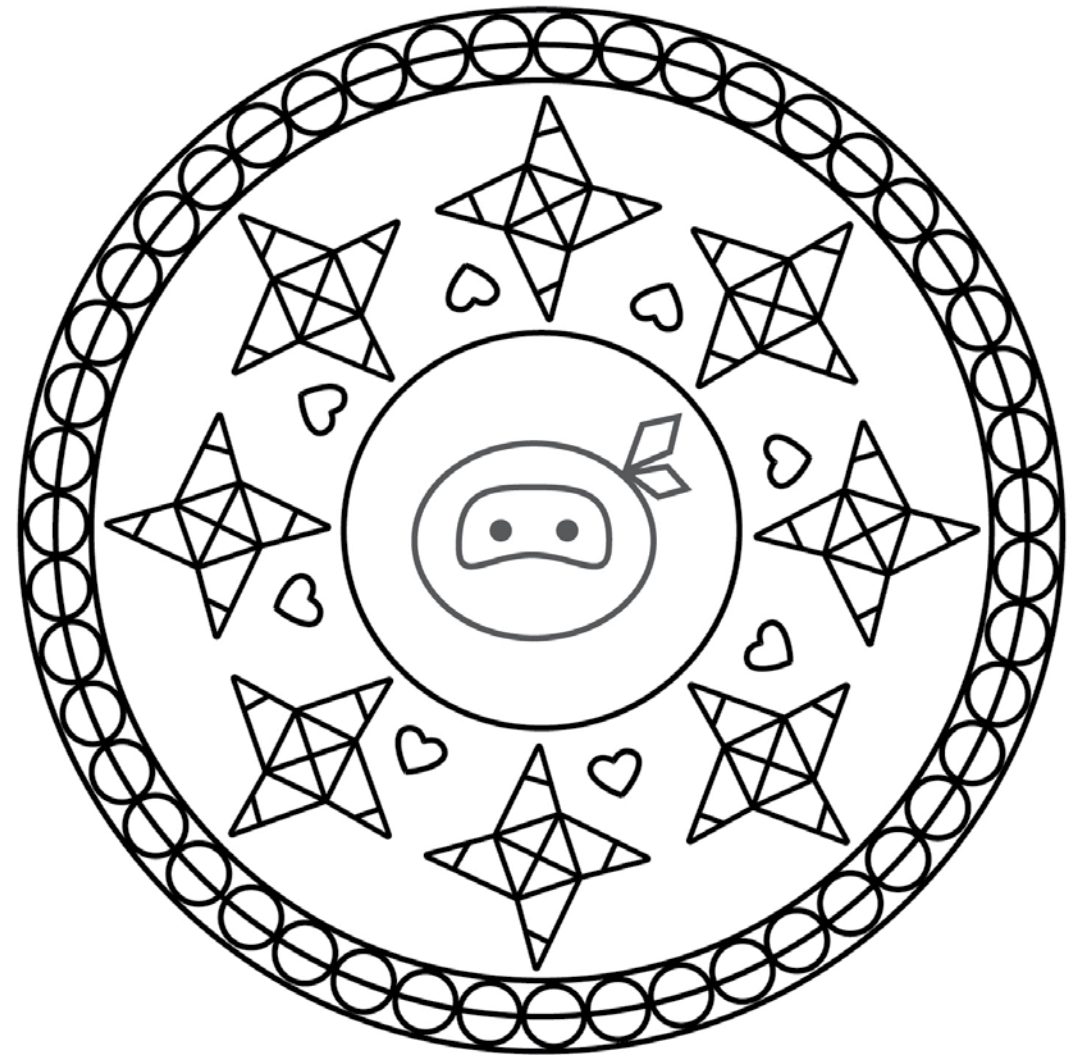
Step 7 : Open up the paper.

Colouring

Let's colour the patterns!



You can use colouring pencils or crayons.





Don't rush. Take your time.



Use your favourite colours and have fun.

