

The background of the image is a lush, magical forest. A large, gnarled tree trunk covered in thick green moss dominates the left side. Numerous glowing mushrooms with orange caps and white stems are scattered throughout the scene, some growing on the mossy ground and others on the tree trunk. In the upper right, a bright sunburst or light source creates a warm, golden glow that filters through the trees. The overall atmosphere is enchanting and mystical.

*Yoga Chronicles
of the
Enchanted Forest*

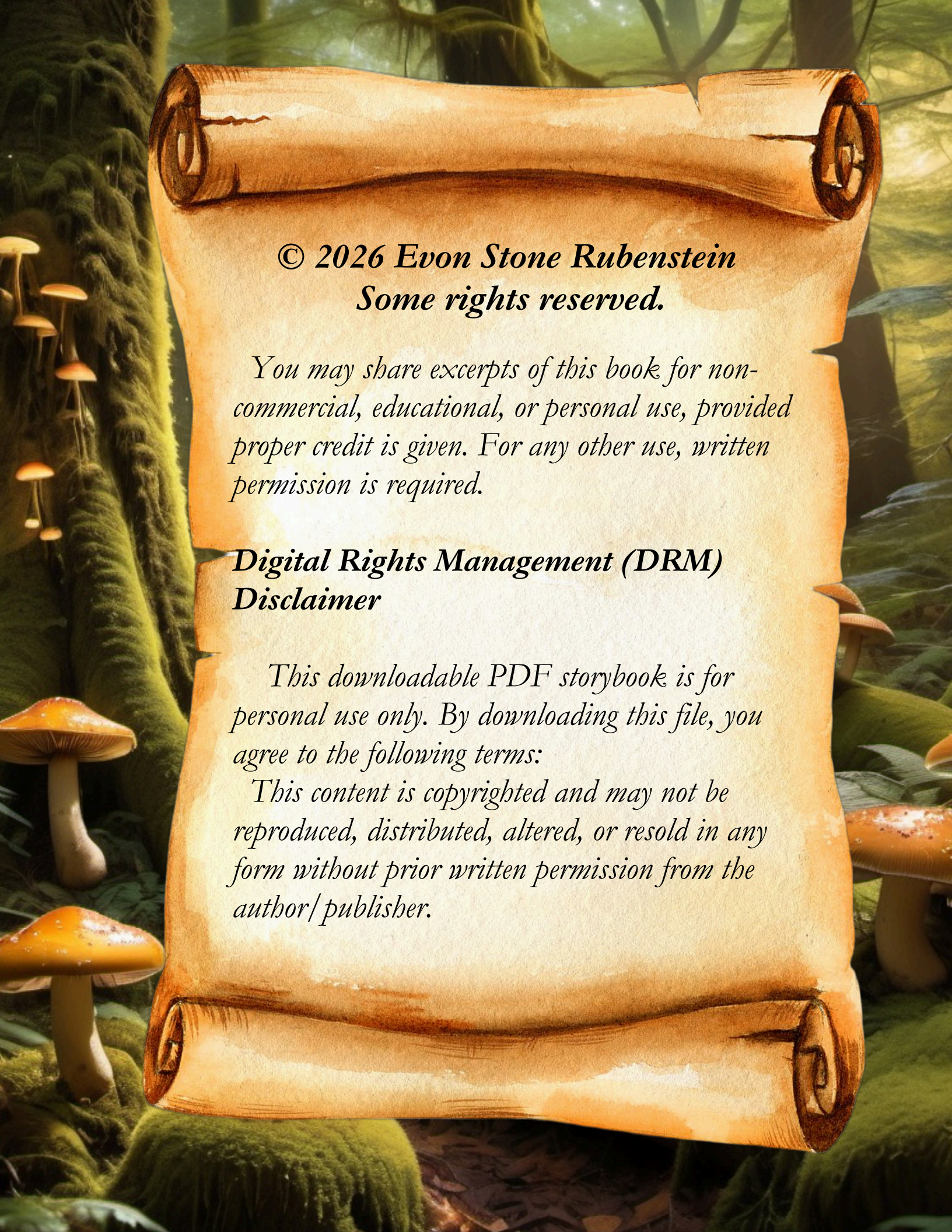




A detailed illustration of a parchment scroll with rolled-up ends, set against a lush, mossy forest background. The scroll is the central focus, with its text clearly legible. The forest scene includes various types of mushrooms, some with glowing spores, and thick green moss covering the ground and tree trunks. The lighting is soft and dappled, creating a magical atmosphere.

*Yoga Chronicles
of the
Enchanted Forest*

*By Evon Stone Rubenstein
Original Concept - Peter Rubenstein*



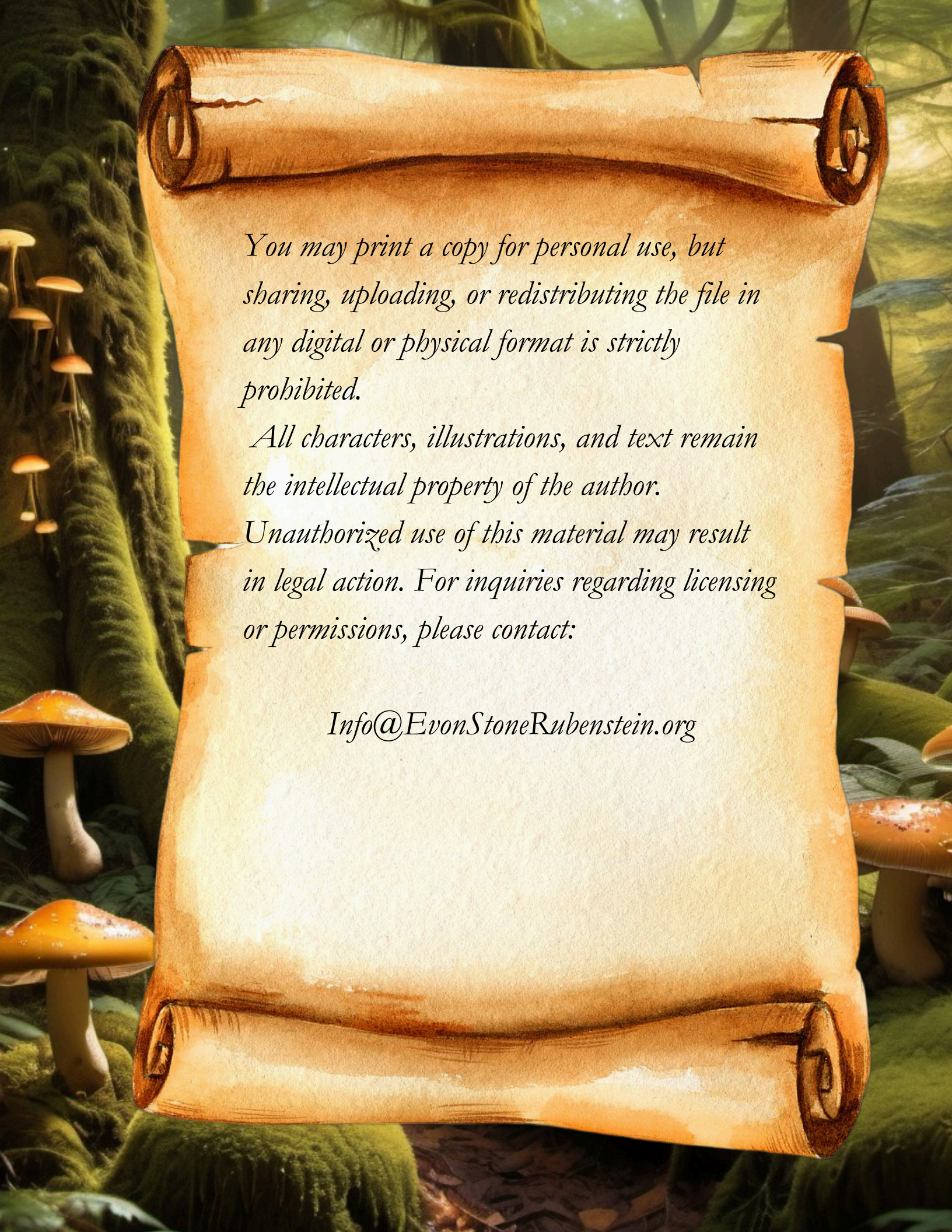
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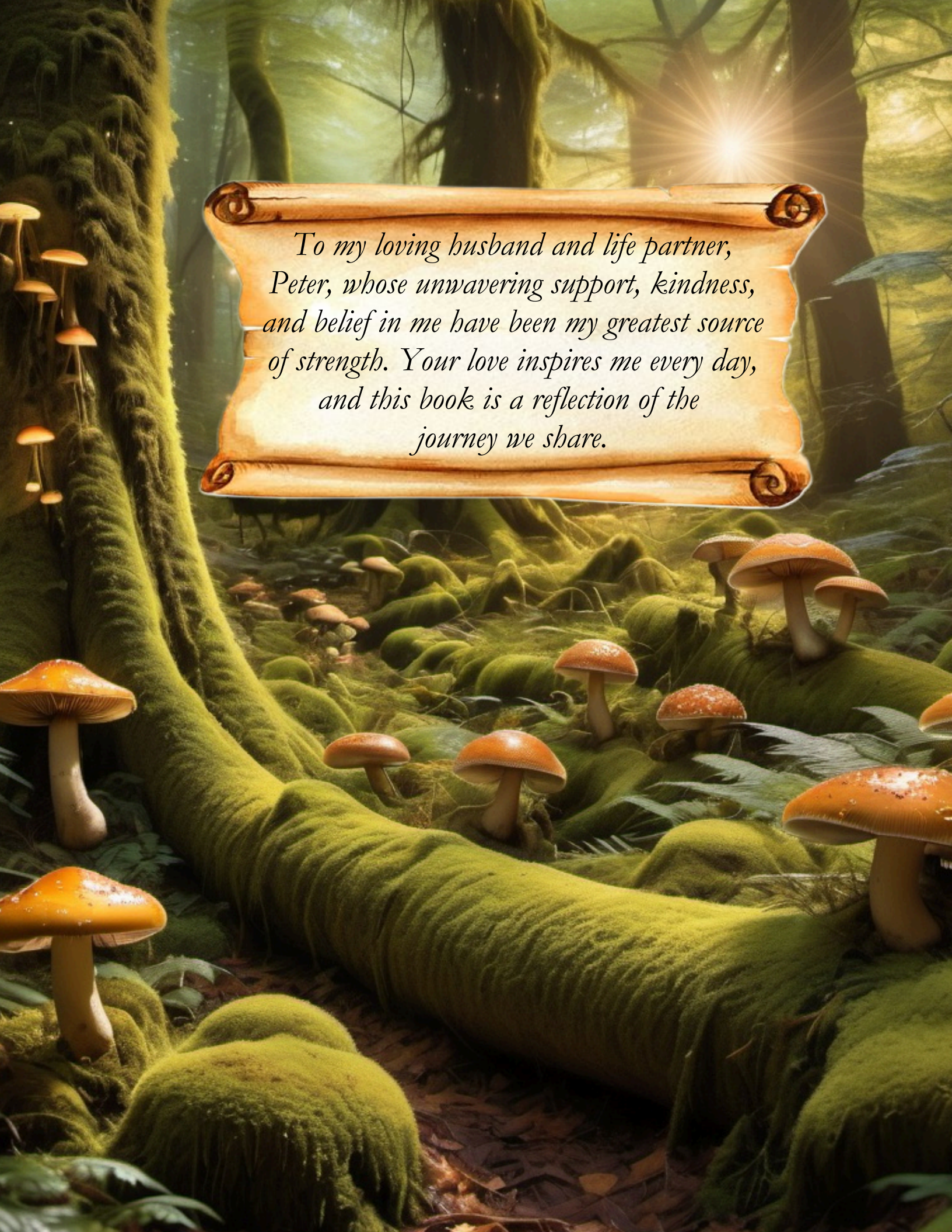
A parchment scroll with text, set against a background of a mossy forest floor with mushrooms. The scroll is unrolled, showing its texture and the text written on it. The background is a lush, green forest floor covered in moss and various mushrooms, including some with orange caps and white stems. The lighting is soft, creating a magical atmosphere.

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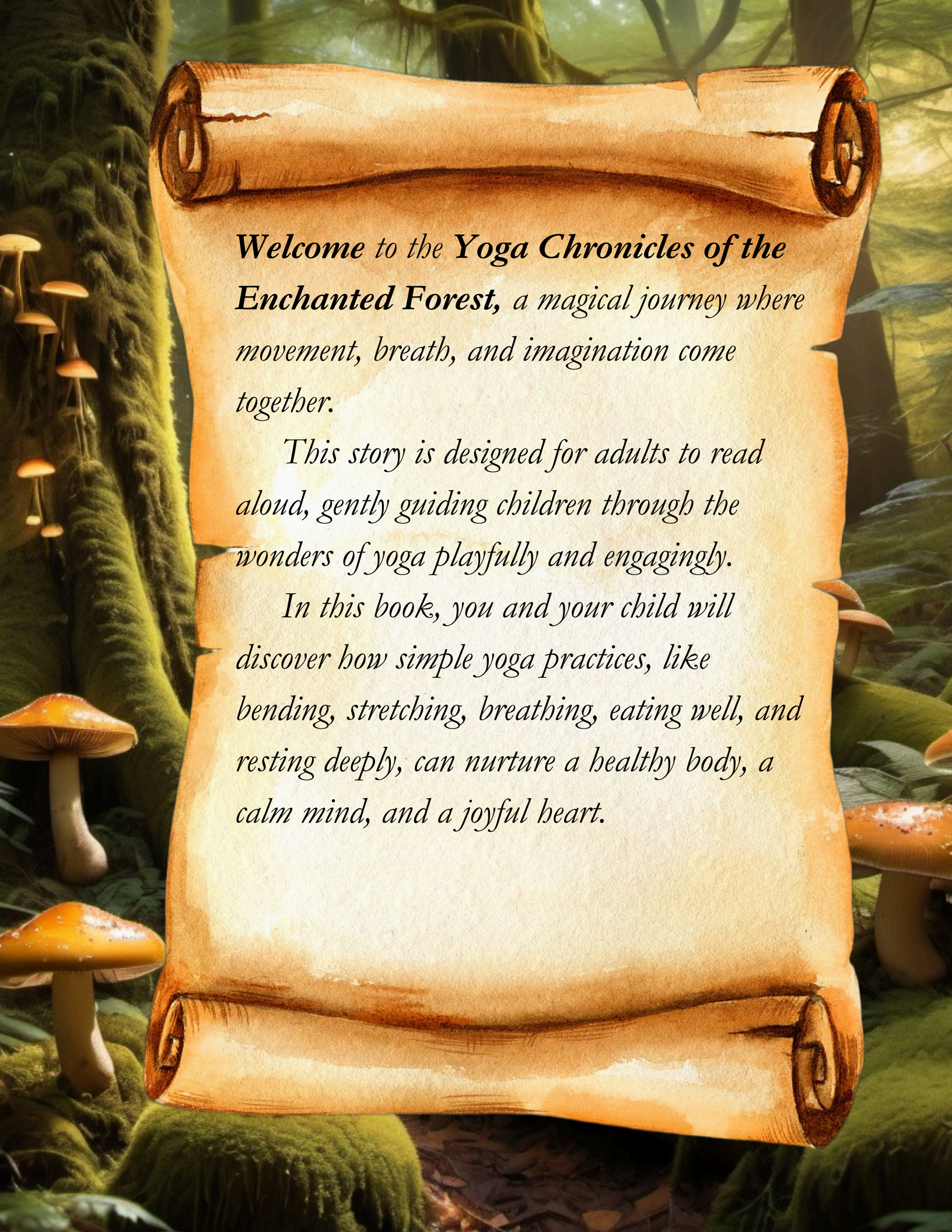
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A vibrant, fantastical illustration of a forest floor. A large, gnarled tree trunk covered in thick green moss dominates the left side. Numerous glowing, orange-capped mushrooms with white stems are scattered across the mossy ground. In the background, a bright sunburst glows through the trees, casting a warm, golden light. A parchment scroll is superimposed in the center, containing a dedication.

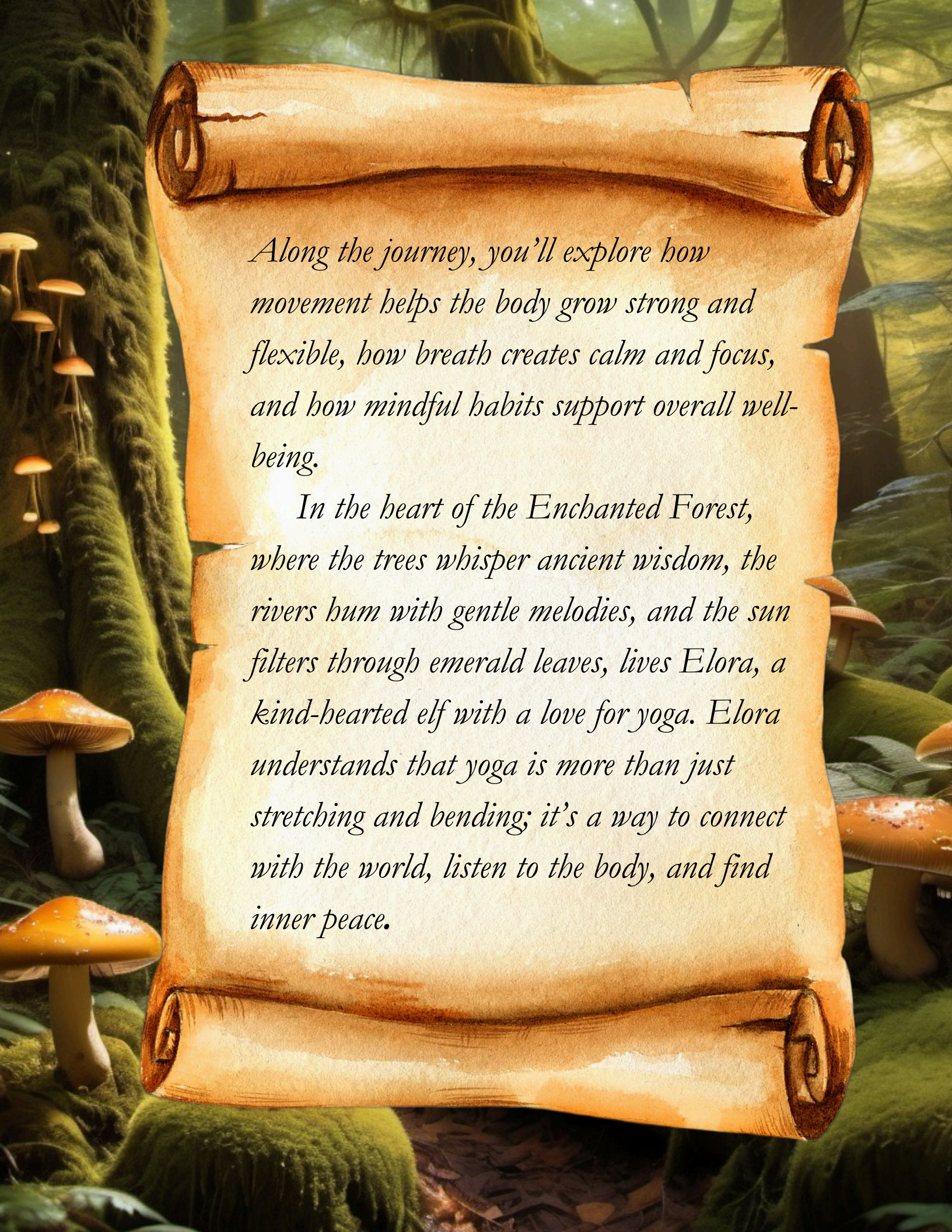
*To my loving husband and life partner,
Peter, whose unwavering support, kindness,
and belief in me have been my greatest source
of strength. Your love inspires me every day,
and this book is a reflection of the
journey we share.*

A scroll with text in a magical forest setting. The scroll is unrolled and lies on a mossy forest floor. The background is a lush, green forest with large trees, moss-covered logs, and several glowing mushrooms. The text on the scroll is written in a cursive font.

*Welcome to the **Yoga Chronicles of the Enchanted Forest**, a magical journey where movement, breath, and imagination come together.*

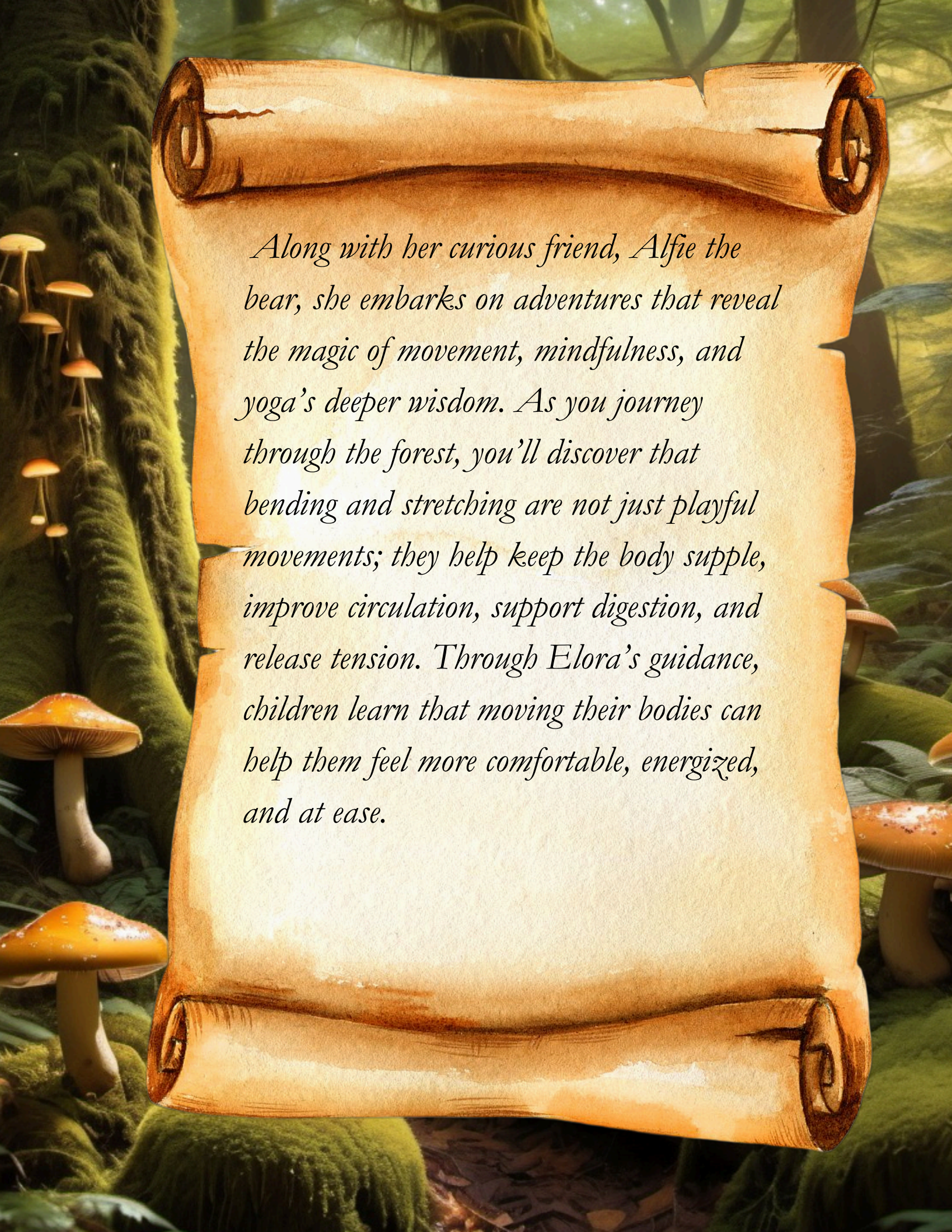
This story is designed for adults to read aloud, gently guiding children through the wonders of yoga playfully and engagingly.

In this book, you and your child will discover how simple yoga practices, like bending, stretching, breathing, eating well, and resting deeply, can nurture a healthy body, a calm mind, and a joyful heart.

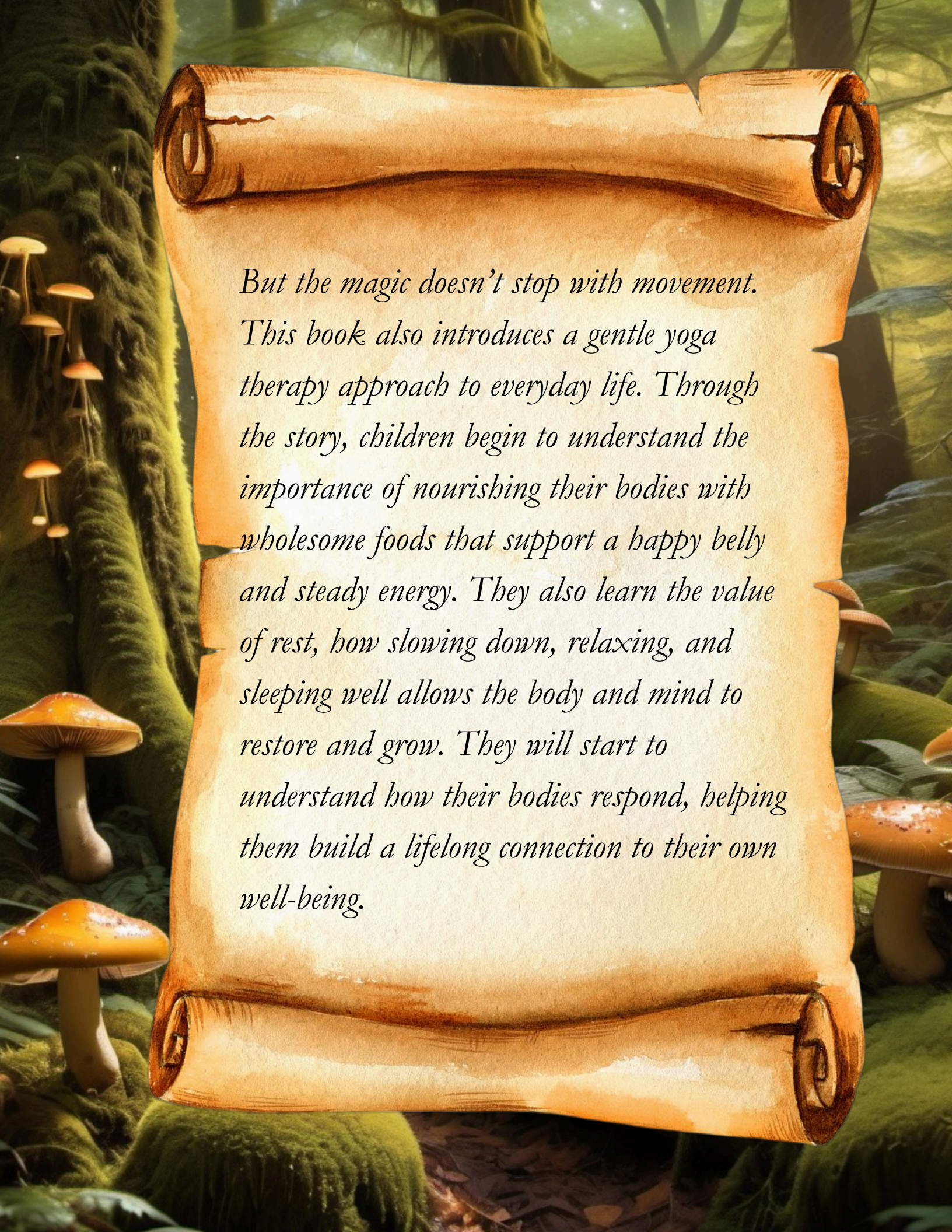
A parchment scroll is unrolled, displaying text in a cursive script. The scroll is set against a lush, mossy forest background. Several large, orange-capped mushrooms with white stems are visible on the forest floor. The lighting is soft and dappled, suggesting sunlight filtering through the trees.

Along the journey, you'll explore how movement helps the body grow strong and flexible, how breath creates calm and focus, and how mindful habits support overall well-being.

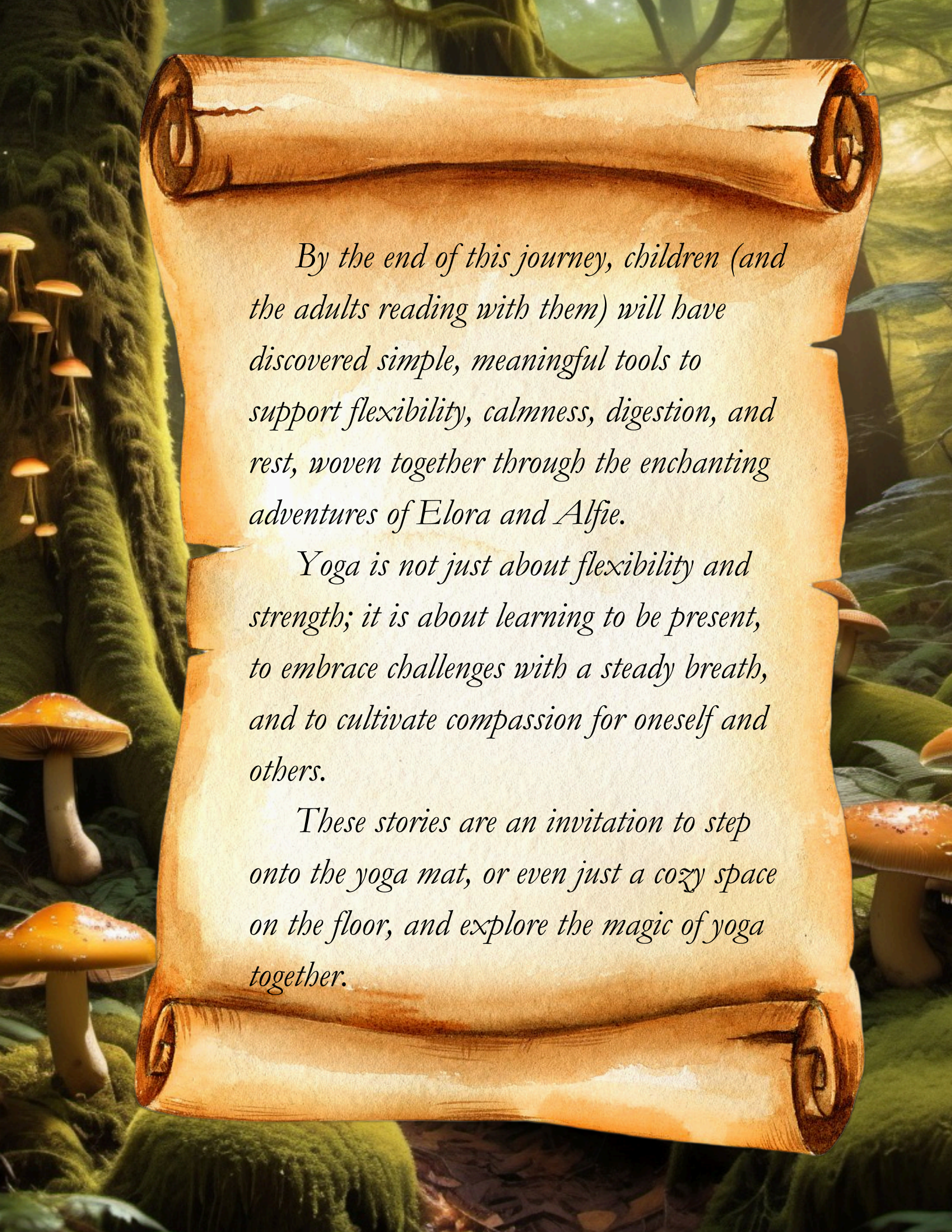
In the heart of the Enchanted Forest, where the trees whisper ancient wisdom, the rivers hum with gentle melodies, and the sun filters through emerald leaves, lives Elora, a kind-hearted elf with a love for yoga. Elora understands that yoga is more than just stretching and bending; it's a way to connect with the world, listen to the body, and find inner peace.

A detailed illustration of a parchment scroll with a wavy, aged texture, featuring dark brown leather-like borders at the top and bottom. The scroll is unrolled and positioned centrally, displaying text in a black, elegant cursive script. The background is a lush, vibrant forest scene. On the left, a moss-covered tree trunk is adorned with several small, glowing orange mushrooms. In the foreground, larger mushrooms with bright orange caps and white stems are visible. The right side of the image shows more green foliage and a mushroom. The overall lighting is soft and warm, creating a magical atmosphere.

Along with her curious friend, Alfie the bear, she embarks on adventures that reveal the magic of movement, mindfulness, and yoga's deeper wisdom. As you journey through the forest, you'll discover that bending and stretching are not just playful movements; they help keep the body supple, improve circulation, support digestion, and release tension. Through Elora's guidance, children learn that moving their bodies can help them feel more comfortable, energized, and at ease.

A detailed illustration of a parchment scroll with rolled-up ends, resting on a forest floor. The scroll is the central focus, with text written in a cursive script. The background is a lush, mossy forest floor with several large, orange-capped mushrooms with white stems. The lighting is soft and dappled, suggesting sunlight filtering through the trees.

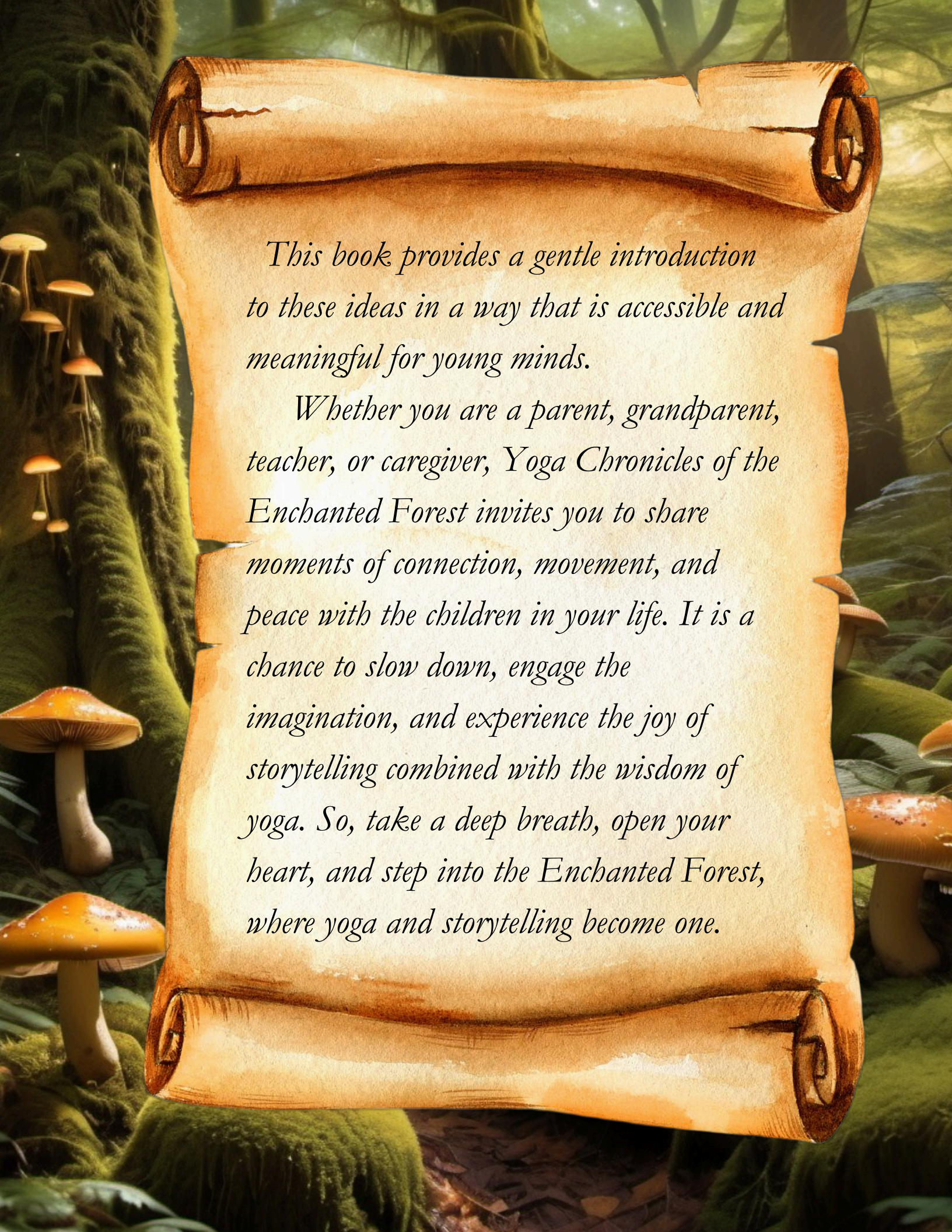
But the magic doesn't stop with movement. This book also introduces a gentle yoga therapy approach to everyday life. Through the story, children begin to understand the importance of nourishing their bodies with wholesome foods that support a happy belly and steady energy. They also learn the value of rest, how slowing down, relaxing, and sleeping well allows the body and mind to restore and grow. They will start to understand how their bodies respond, helping them build a lifelong connection to their own well-being.

A scroll with text is the central focus, set against a lush, mossy forest background. The scroll is unrolled, showing three paragraphs of text in a cursive font. The background features large, vibrant green mushrooms and thick moss covering the forest floor and tree trunks. The lighting is soft and dappled, creating a magical atmosphere.

By the end of this journey, children (and the adults reading with them) will have discovered simple, meaningful tools to support flexibility, calmness, digestion, and rest, woven together through the enchanting adventures of Elora and Alfie.

Yoga is not just about flexibility and strength; it is about learning to be present, to embrace challenges with a steady breath, and to cultivate compassion for oneself and others.

These stories are an invitation to step onto the yoga mat, or even just a cozy space on the floor, and explore the magic of yoga together.

A parchment scroll is unrolled in the center of the frame, displaying two paragraphs of text in a cursive script. The scroll is set against a lush, mossy forest floor. Several large, orange-capped mushrooms with white stems are visible, some in the foreground and others in the background. The background is filled with dense green foliage and tree trunks, creating a magical, enchanted atmosphere. The lighting is soft and dappled, filtering through the trees.

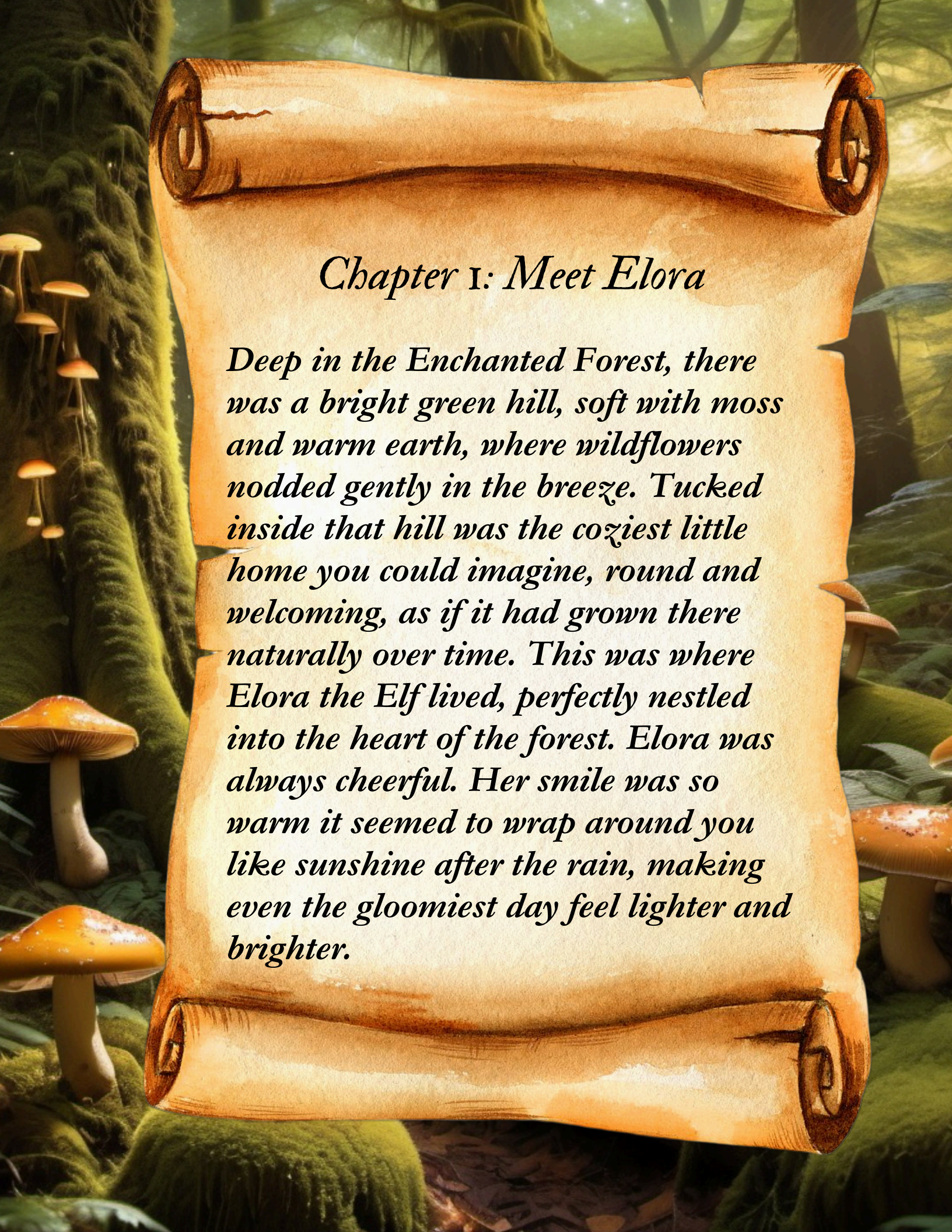
This book provides a gentle introduction to these ideas in a way that is accessible and meaningful for young minds.

Whether you are a parent, grandparent, teacher, or caregiver, Yoga Chronicles of the Enchanted Forest invites you to share moments of connection, movement, and peace with the children in your life. It is a chance to slow down, engage the imagination, and experience the joy of storytelling combined with the wisdom of yoga. So, take a deep breath, open your heart, and step into the Enchanted Forest, where yoga and storytelling become one.



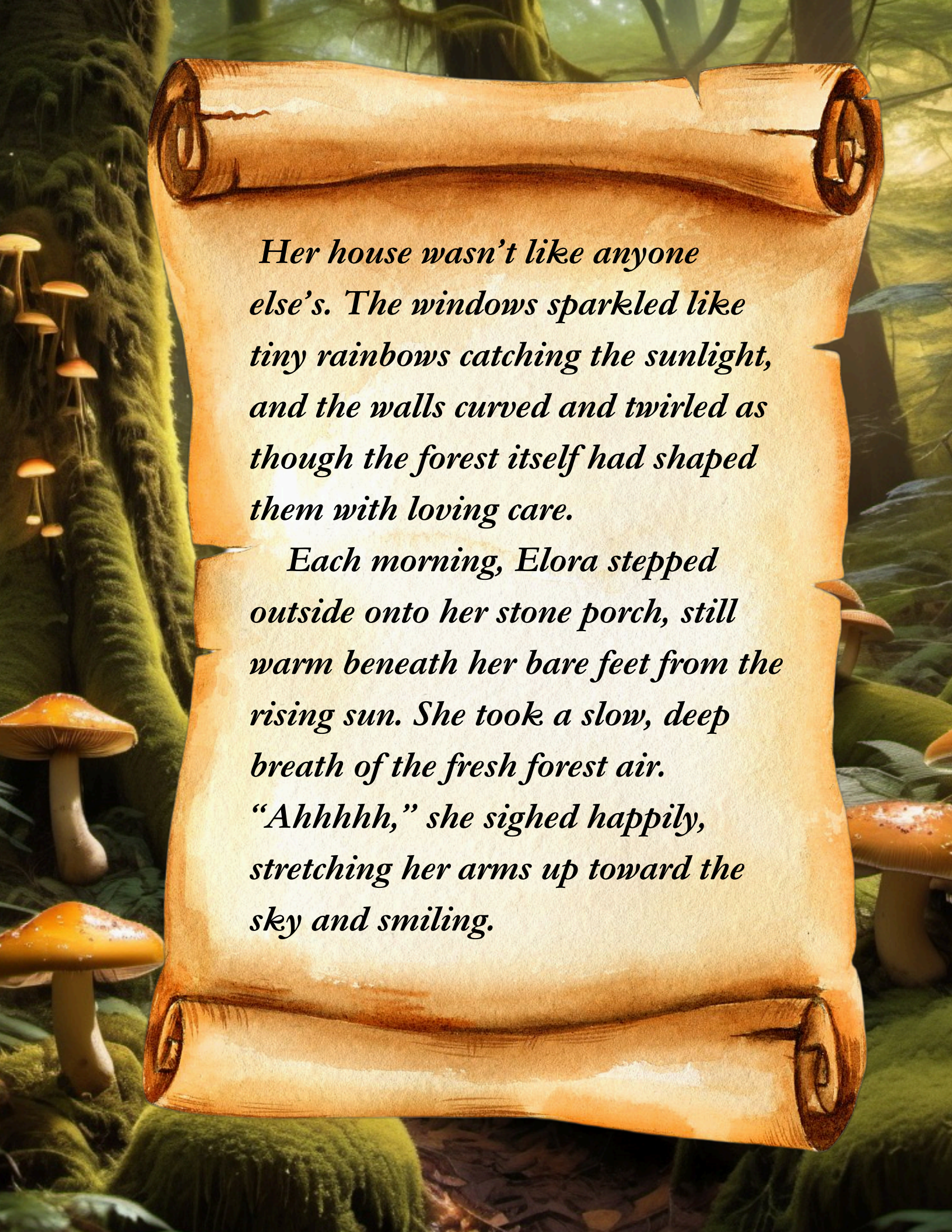
*Let the
Adventure Begin!*

Chapter I

The background of the image is a lush, mossy forest floor. Several mushrooms with orange caps and white stems are scattered around. The parchment scroll is the central focus, with its edges slightly frayed and its surface showing some texture and color variations. The text is written in a black, serif font, and the overall scene is lit with a soft, warm light, suggesting a magical or enchanted atmosphere.

Chapter 1: Meet Elora

Deep in the Enchanted Forest, there was a bright green hill, soft with moss and warm earth, where wildflowers nodded gently in the breeze. Tucked inside that hill was the coziest little home you could imagine, round and welcoming, as if it had grown there naturally over time. This was where Elora the Elf lived, perfectly nestled into the heart of the forest. Elora was always cheerful. Her smile was so warm it seemed to wrap around you like sunshine after the rain, making even the gloomiest day feel lighter and brighter.

A parchment scroll is unrolled in the center of the frame, displaying two paragraphs of text. The scroll is set against a lush, mossy forest background. On the left, a moss-covered tree trunk is visible, with several small, glowing mushrooms growing from it. On the right, more mushrooms and dense foliage are seen. The lighting is soft and dappled, suggesting sunlight filtering through the trees. The text on the scroll is written in a cursive, italicized font.

Her house wasn't like anyone else's. The windows sparkled like tiny rainbows catching the sunlight, and the walls curved and twirled as though the forest itself had shaped them with loving care.

Each morning, Elora stepped outside onto her stone porch, still warm beneath her bare feet from the rising sun. She took a slow, deep breath of the fresh forest air.

"Ahhhhh," she sighed happily, stretching her arms up toward the sky and smiling.





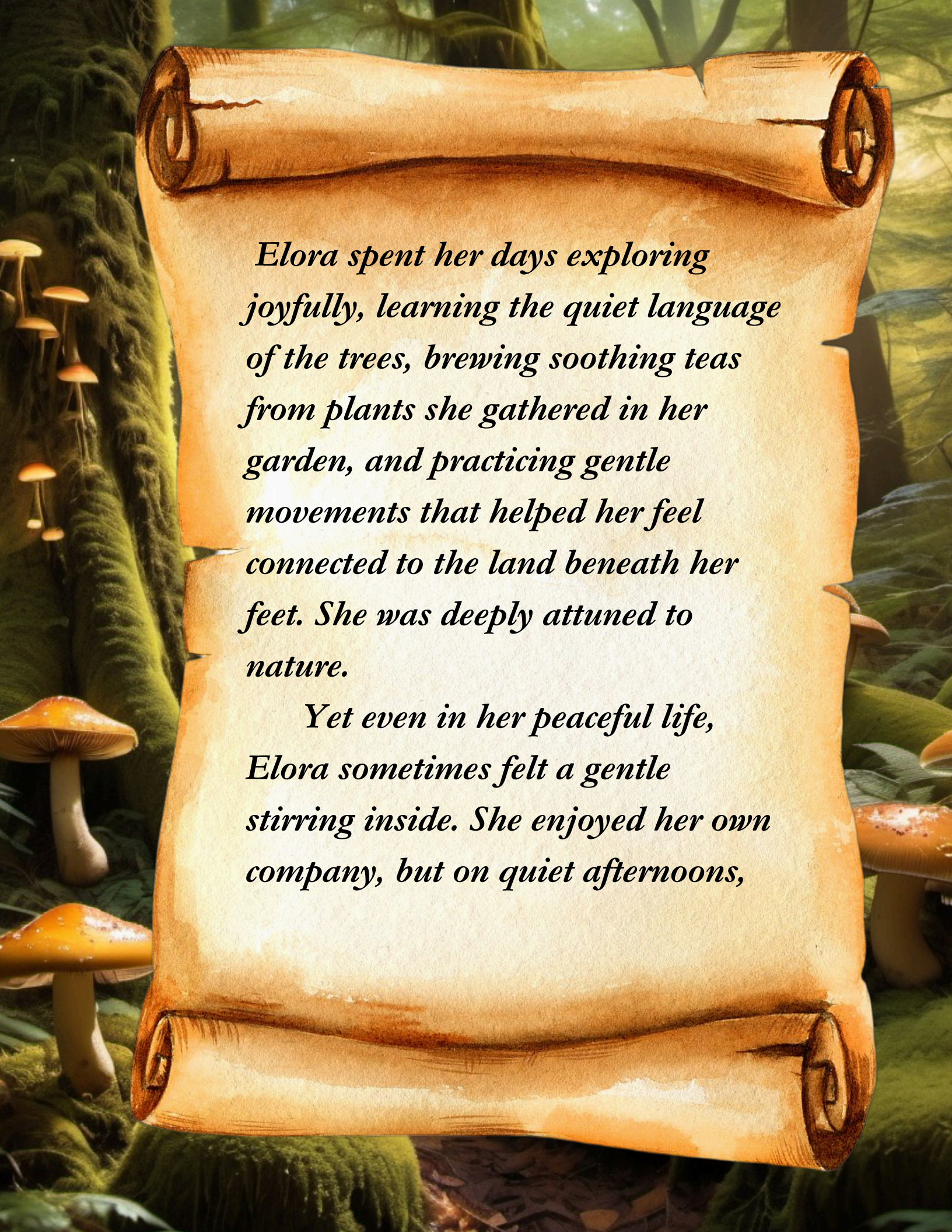
Your Turn

*Stretch your arms up and reach for
the sky.*

*Take a big breath in, then let it out
with a happy sigh. Abhhhh!*

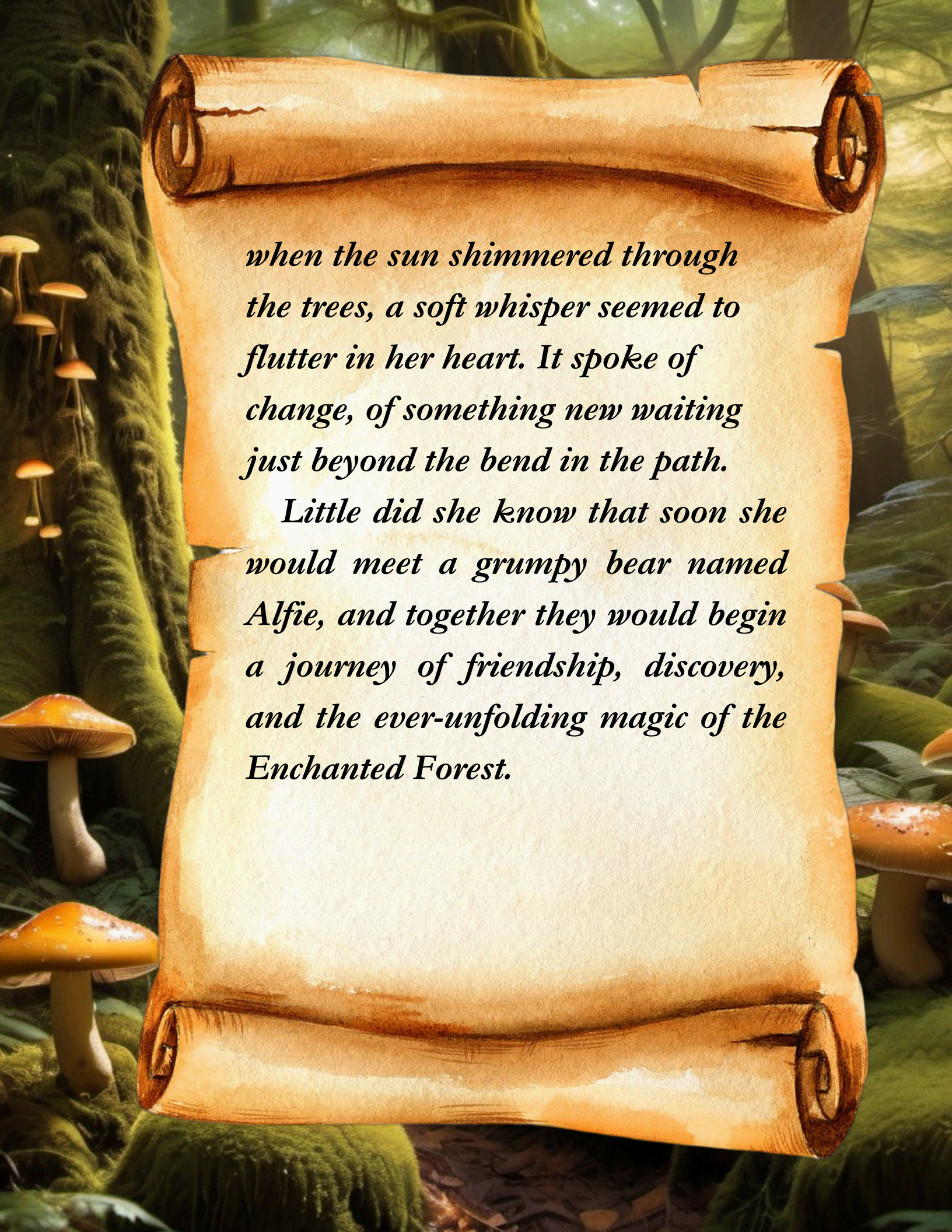
The hillside surrounding her home was filled with birdsong, the whisper of rustling leaves, and the playful gurgle of a nearby brook. Elora was not alone in the forest. Friendly woodland creatures often visited her garden, drawn by her gentle presence and the comforting scents of herbs and healing flowers she tended with care. Squirrels chattered as they nibbled acorns, fireflies glowed like tiny lanterns at dusk, and a wise old owl named Owliver often perched on in a nearby tree, sharing riddles that made Elora laugh and think.



A parchment scroll with text, set against a background of a forest with moss and mushrooms. The scroll is unrolled, showing two paragraphs of text in a cursive font. The background is a lush, green forest floor covered in moss and several large, orange-capped mushrooms with white stems. The lighting is soft and natural, suggesting a sun-dappled forest environment.

Elora spent her days exploring joyfully, learning the quiet language of the trees, brewing soothing teas from plants she gathered in her garden, and practicing gentle movements that helped her feel connected to the land beneath her feet. She was deeply attuned to nature.

Yet even in her peaceful life, Elora sometimes felt a gentle stirring inside. She enjoyed her own company, but on quiet afternoons,

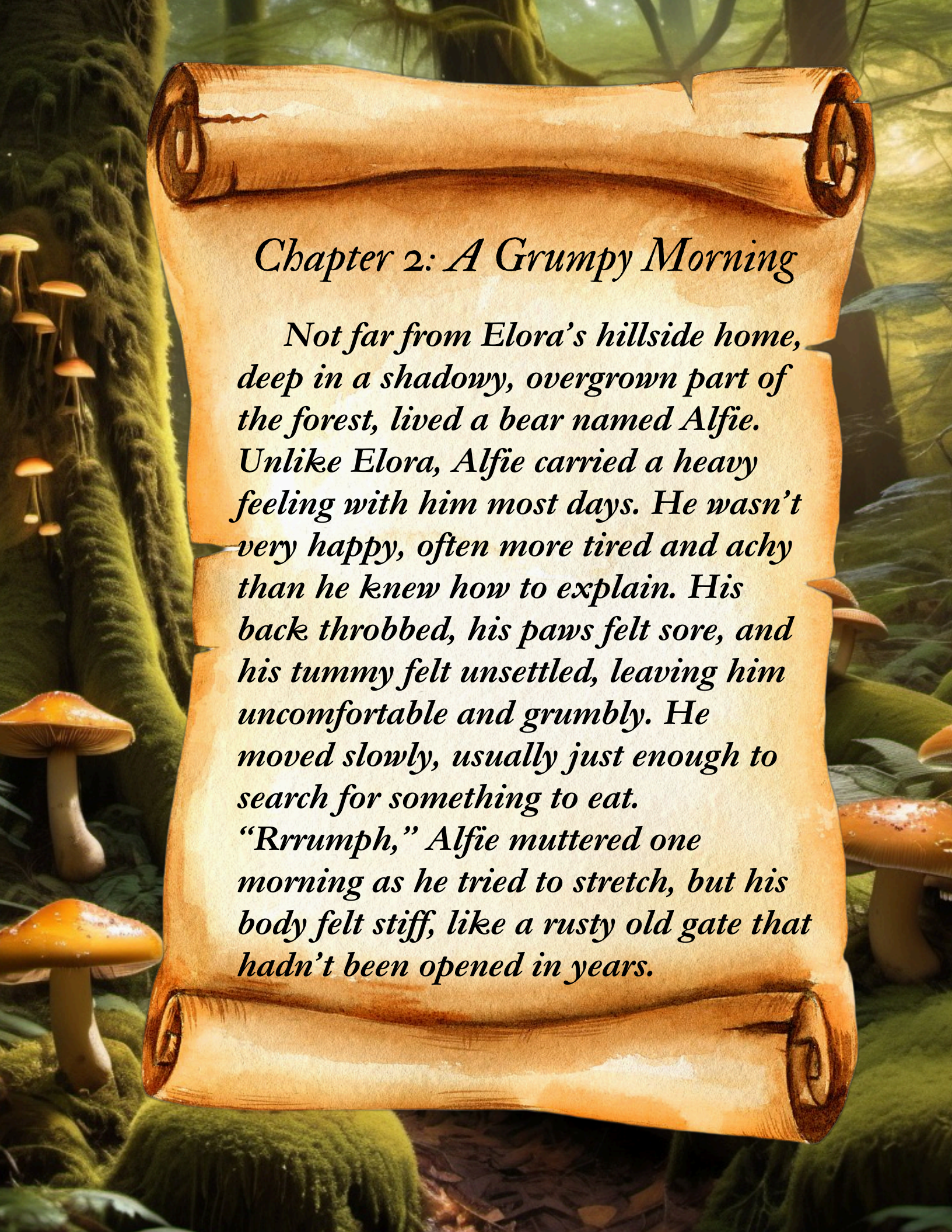
A parchment scroll is unrolled, displaying two paragraphs of text in a cursive script. The scroll is set against a lush, mossy forest background. On the left, a moss-covered tree trunk is adorned with several small, glowing mushrooms. In the foreground, larger orange mushrooms with white stems are visible. The background is filled with dense green foliage and trees, creating a magical atmosphere.

*when the sun shimmered through
the trees, a soft whisper seemed to
flutter in her heart. It spoke of
change, of something new waiting
just beyond the bend in the path.*

*Little did she know that soon she
would meet a grumpy bear named
Alfie, and together they would begin
a journey of friendship, discovery,
and the ever-unfolding magic of the
Enchanted Forest.*



Chapter 2

The background of the page is a lush, mossy forest floor. Several large, orange-capped mushrooms with white stems are scattered around. A large, moss-covered tree trunk is visible on the left. The lighting is soft and dappled, suggesting sunlight filtering through the trees.

Chapter 2: A Grumpy Morning

Not far from Elora's hillside home, deep in a shadowy, overgrown part of the forest, lived a bear named Alfie. Unlike Elora, Alfie carried a heavy feeling with him most days. He wasn't very happy, often more tired and achy than he knew how to explain. His back throbbed, his paws felt sore, and his tummy felt unsettled, leaving him uncomfortable and grumbly. He moved slowly, usually just enough to search for something to eat.

"Rrrumph," Alfie muttered one morning as he tried to stretch, but his body felt stiff, like a rusty old gate that hadn't been opened in years.

His den, tucked among twisted tree roots, was cluttered with broken branches and piles of leaves he had never bothered to tidy. The air inside felt heavy and stale. Alfie barely noticed, except on mornings when his aches felt too big to ignore, which was most mornings. That day, Alfie decided to take a walk. Maybe fresh air would help, he thought.



His paws crunched along the path. Crunch, crunch, crunch. Before long, he stopped short. The dense, tangled branches gave way to a sunny hillside, where a house was built right into the earth itself, as if it had always belonged there. Ahead of him rose a bright green hill, glowing softly in the sunlight. Set into it was a house with shimmering windows. Elora's home.



Your Turn

When Alfie saw Elora's beautiful home for the very first time, his eyes grew wide with wonder.

Have you ever seen something for the first time that made you feel amazed or curious?

*Close your eyes and think about it.
What did you see?*

What sounds did you hear?

How did it make you feel?

Now tell Owliver all about it.



Chapter 3

A parchment scroll is unrolled in the center of the frame, displaying text. The scroll is set against a lush, mossy forest background. To the left, a large tree trunk is covered in thick green moss, with several small, glowing mushrooms growing from it. To the right, more mushrooms and foliage are visible. The lighting is soft and golden, suggesting a sun-dappled forest floor.

Chapter 3: A Shiny New Place

The path led Alfie to the most beautiful place he had ever seen. Alfie sniffed the air. Sniff, sniff. Something smelled wonderful. Sweet smells of herbs and flowers drifted from the garden. The dense, tangled branches gave way to a sunny hillside, where a house was built right into the earth itself, as if it had always belonged there. The house had a round door and windows that shimmered like rainbows. Alfie had never seen anything quite like it. Tall trees stood like silent statues, their limbs forming a canopy that filtered the sunlight into golden sunbeams.



The air smelled fresh and sweet, a mixture of blooming lavender, rosemary, and something warm and earthy that Alfie couldn't quite name.

For the first time in a long while, he felt his grumpy mood shift, just a little. The tightness in his chest eased, and he exhaled, feeling lighter. Just then, a figure looked up from the garden.

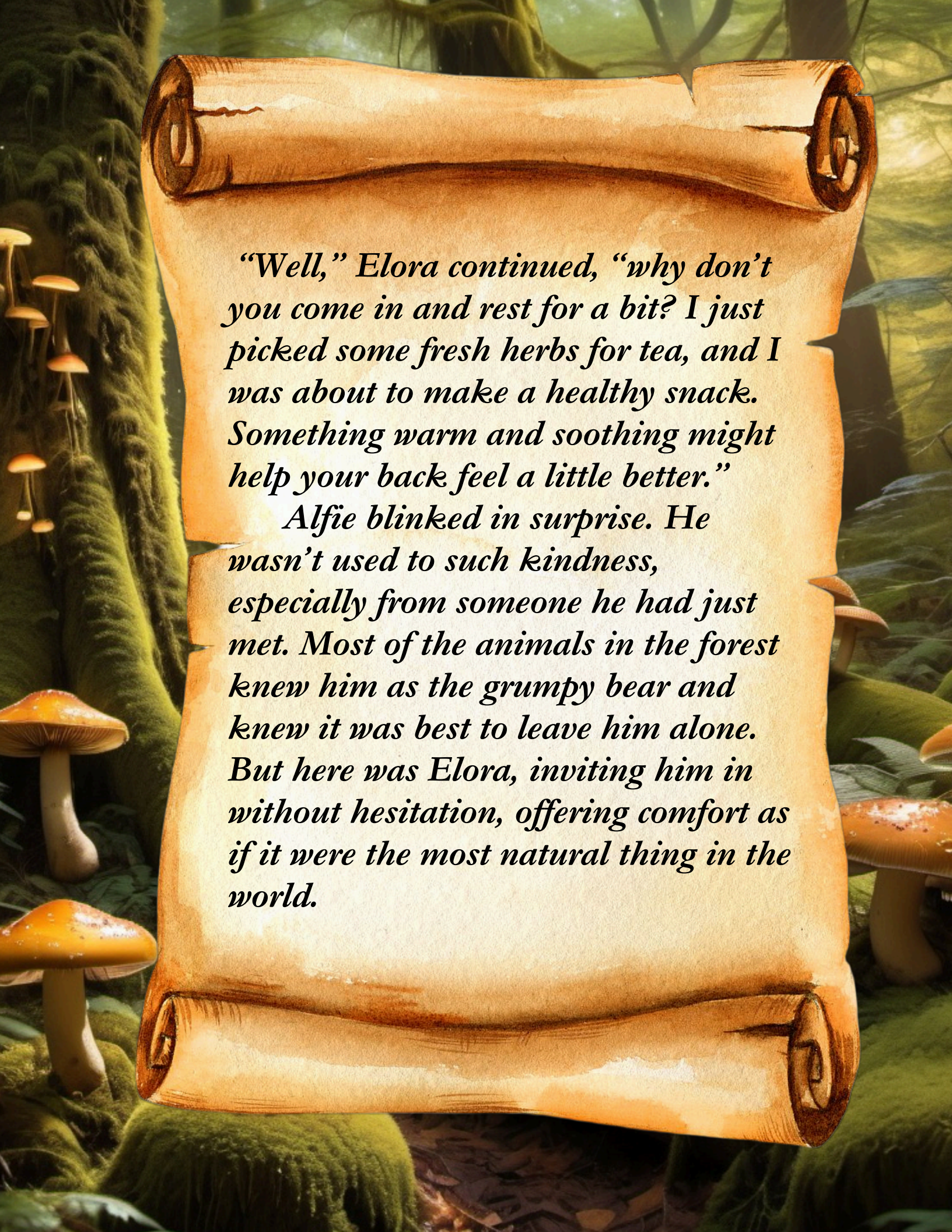
Her sparkling eyes were filled with kindness. She noticed Alfie standing at the edge of her yard and smiled warmly. "Hello there! I don't think I've seen you around here before," she said in a voice as soothing as a babbling brook. "My name is Elora. What brings you to this part of the forest?"



The background of the page is a lush, green forest floor. Several large, orange-capped mushrooms with white stems are scattered throughout. A large, moss-covered tree trunk is visible on the left side. The lighting is soft and dappled, suggesting sunlight filtering through the trees. A large, unrolled scroll is the central focus, with its edges slightly frayed and its surface a warm, yellowish-brown color. The text is written in a black, serif font on the scroll.

Alfie hesitated, shifting his weight from paw to paw. His fur was matted from days of little movement, his belly ached, and he knew he probably looked as grumpy as he felt. But something about Elora's gentle smile made him want to speak. "I'm Alfie," he said gruffly, rubbing the back of his sore neck. "I didn't mean to wander this way, but my back is hurting, and I was just looking for some food."

Elora tilted her head thoughtfully, studying him with kind but curious eyes. "I'm sorry to hear that, Alfie," she said. "You must be feeling really uncomfortable." Alfie huffed and gave a small nod. That was an understatement.

A parchment scroll is unrolled and held in the center of the frame. The background is a lush, mossy forest floor with several large, orange-capped mushrooms. The lighting is soft and dappled, suggesting sunlight filtering through the trees. The scroll has a slightly aged, yellowish-brown tone with visible texture and some minor staining.

“Well,” Elora continued, “why don’t you come in and rest for a bit? I just picked some fresh herbs for tea, and I was about to make a healthy snack. Something warm and soothing might help your back feel a little better.”

Alfie blinked in surprise. He wasn’t used to such kindness, especially from someone he had just met. Most of the animals in the forest knew him as the grumpy bear and knew it was best to leave him alone. But here was Elora, inviting him in without hesitation, offering comfort as if it were the most natural thing in the world.

He glanced back at the path he had come from, dark, tangled and familiar. Then he looked at Elora's home, bright, peaceful, and full of life. His back ached. His paws were sore. And the idea of a rest, a cup of tea, and maybe even something to eat sounded too good to pass up.

With a deep sigh, he nodded. "Alright," he muttered. "But just for a little while."



A parchment scroll is the central focus, featuring a paragraph of text in a cursive script. The scroll is unrolled, showing its texture and the way it is tied at the ends. The background is a lush, green forest floor covered in moss and dotted with several mushrooms, some of which are glowing with a soft light. The overall atmosphere is magical and mysterious.

Elora's smile widened as she stepped aside, gesturing for him to follow her toward the house. As he took his first step past her sunlit yard, Alfie had the strangest feeling as if he had just walked into a place where things might finally start to improve.

Your Turn

*Before we go inside, let's pause for a
breath.*

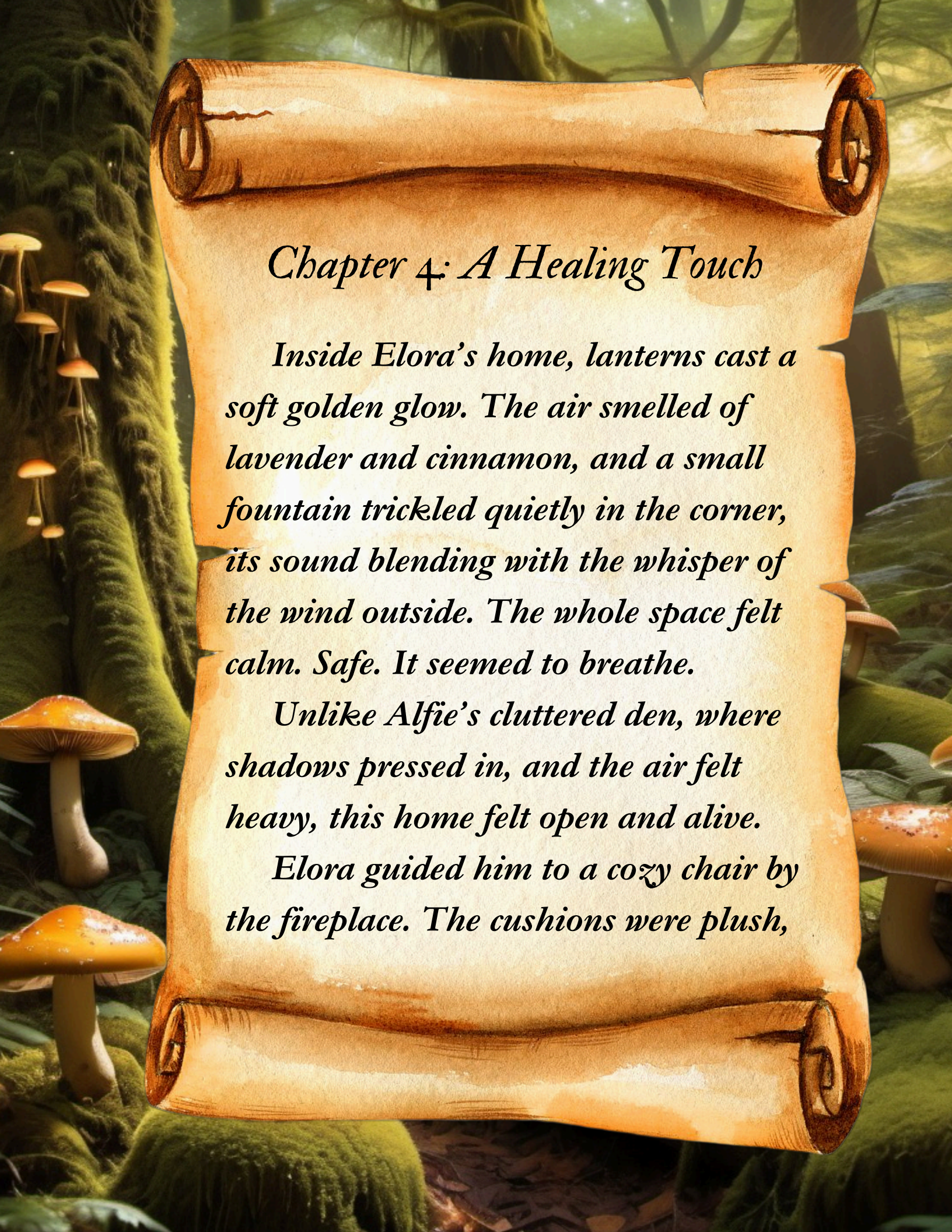
Breathe in through your nose.

*Slowly breathe out through your mouth,
like blowing out birthday candles.*

Do it one more time.



Chapter 4

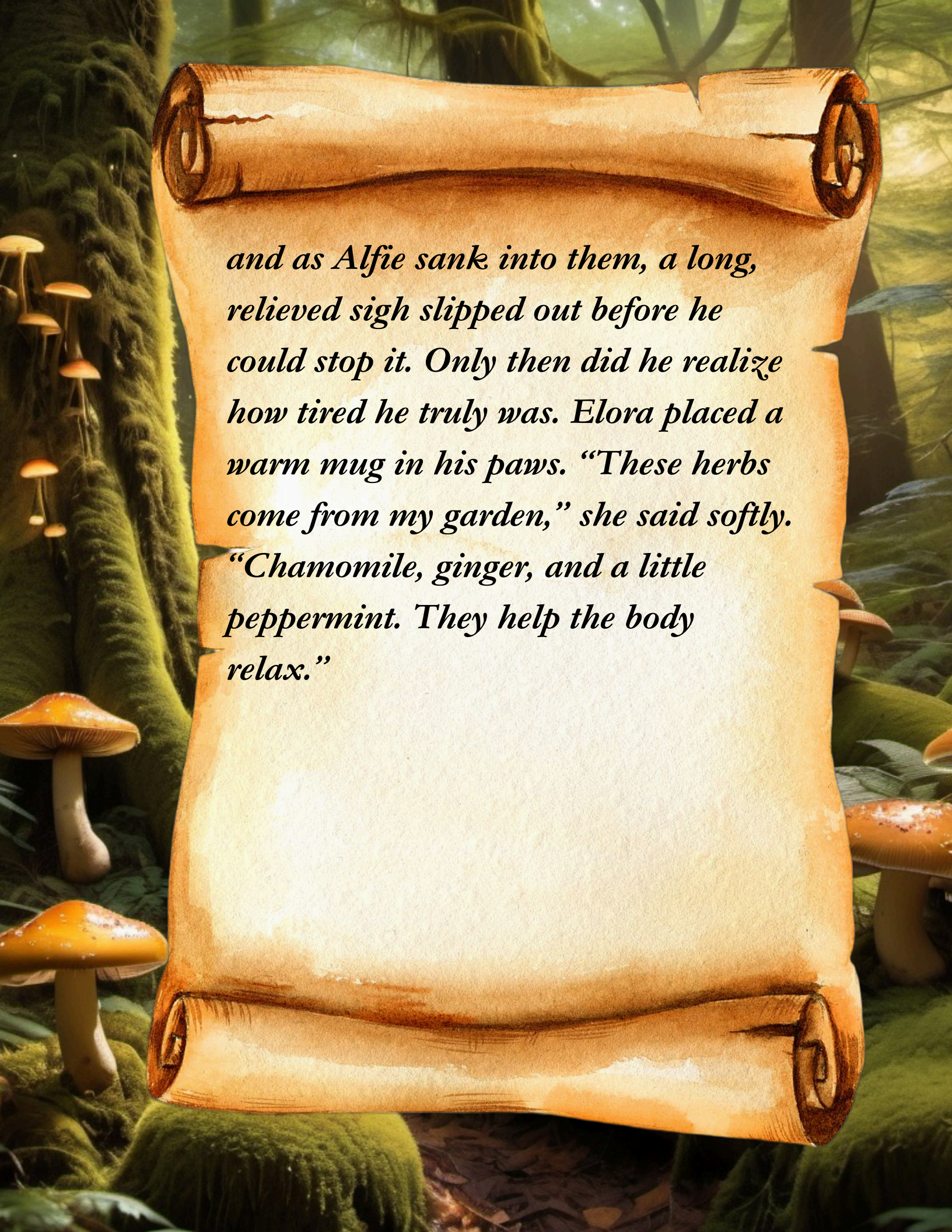
The background of the page is a lush, mossy forest floor. Several large, orange-capped mushrooms with white stems are scattered around. A large, textured tree trunk covered in green moss is on the left. The lighting is soft and dappled, creating a magical atmosphere. The scroll itself is a light tan color with darker brown edges and is unrolled to reveal the text.

Chapter 4: A Healing Touch

Inside Elora's home, lanterns cast a soft golden glow. The air smelled of lavender and cinnamon, and a small fountain trickled quietly in the corner, its sound blending with the whisper of the wind outside. The whole space felt calm. Safe. It seemed to breathe.

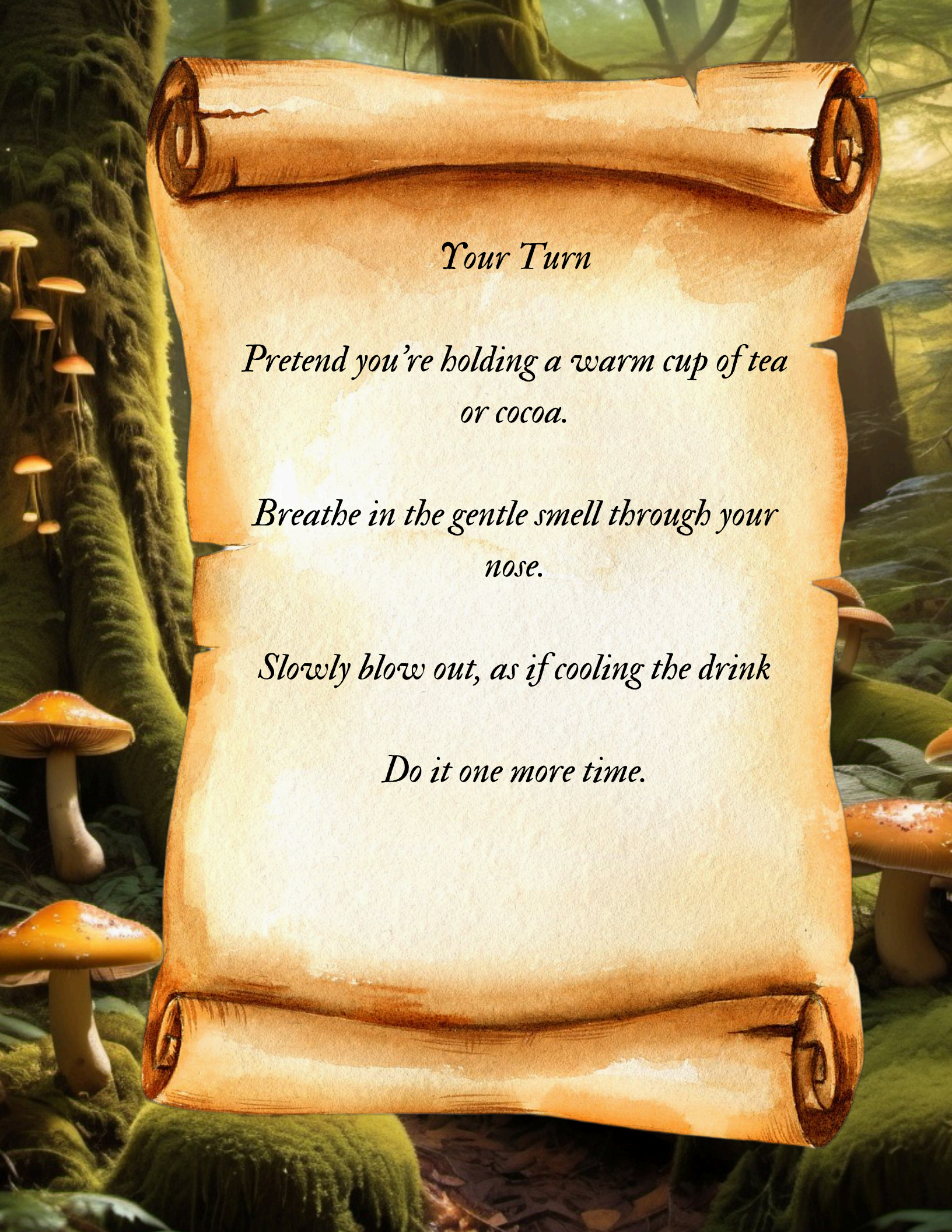
Unlike Alfie's cluttered den, where shadows pressed in, and the air felt heavy, this home felt open and alive.

Elora guided him to a cozy chair by the fireplace. The cushions were plush,

A large, unrolled scroll with a parchment-like texture is the central focus. It is set against a lush, green forest background. On the left, a moss-covered tree trunk is visible, with several small, orange-capped mushrooms growing from the forest floor. On the right, more green foliage and a larger mushroom are partially visible. The scroll is unrolled from the top and bottom, with the ends of the parchment visible. The text on the scroll is written in a black, italicized serif font.

and as Alfie sank into them, a long, relieved sigh slipped out before he could stop it. Only then did he realize how tired he truly was. Elora placed a warm mug in his paws. “These herbs come from my garden,” she said softly. “Chamomile, ginger, and a little peppermint. They help the body relax.”



A parchment scroll is unrolled and held in the center of the frame. The background is a lush, mossy forest floor with several orange-capped mushrooms. The scroll has a weathered, aged appearance with some staining and is tied with wooden rings at the top and bottom.

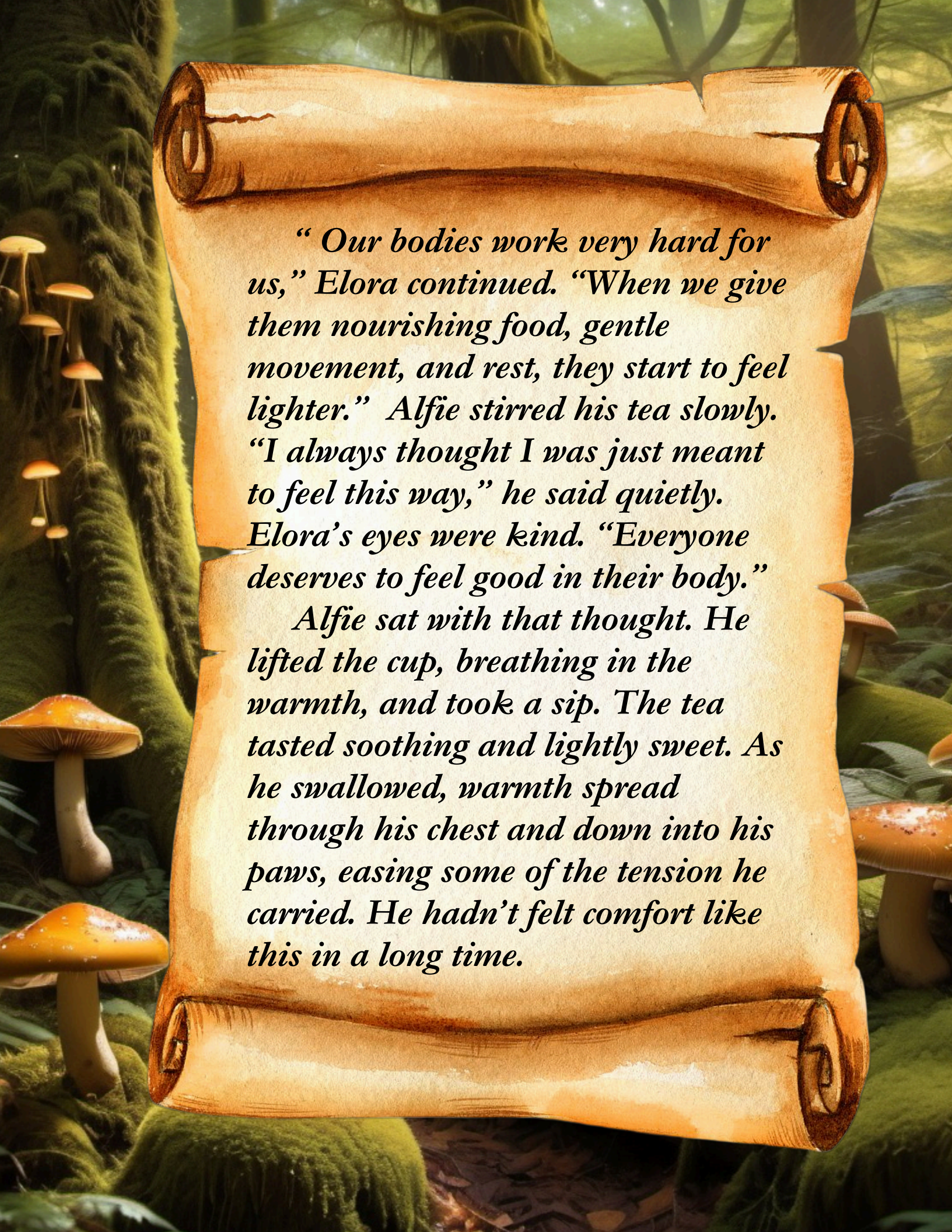
Your Turn

*Pretend you're holding a warm cup of tea
or cocoa.*

*Breathe in the gentle smell through your
nose.*

Slowly blow out, as if cooling the drink

Do it one more time.

A parchment scroll is unrolled in the center of the frame, displaying text in a cursive script. The scroll is set against a lush, mossy forest background. On the left, a tree trunk is heavily covered in green moss, with several small, glowing mushrooms growing from it. On the right, more mushrooms and foliage are visible. The lighting is soft and dappled, creating a magical atmosphere.

“ Our bodies work very hard for us,” Elora continued. “When we give them nourishing food, gentle movement, and rest, they start to feel lighter.” Alfie stirred his tea slowly. “I always thought I was just meant to feel this way,” he said quietly. Elora’s eyes were kind. “Everyone deserves to feel good in their body.”

Alfie sat with that thought. He lifted the cup, breathing in the warmth, and took a sip. The tea tasted soothing and lightly sweet. As he swallowed, warmth spread through his chest and down into his paws, easing some of the tension he carried. He hadn’t felt comfort like this in a long time.

Chapter 5

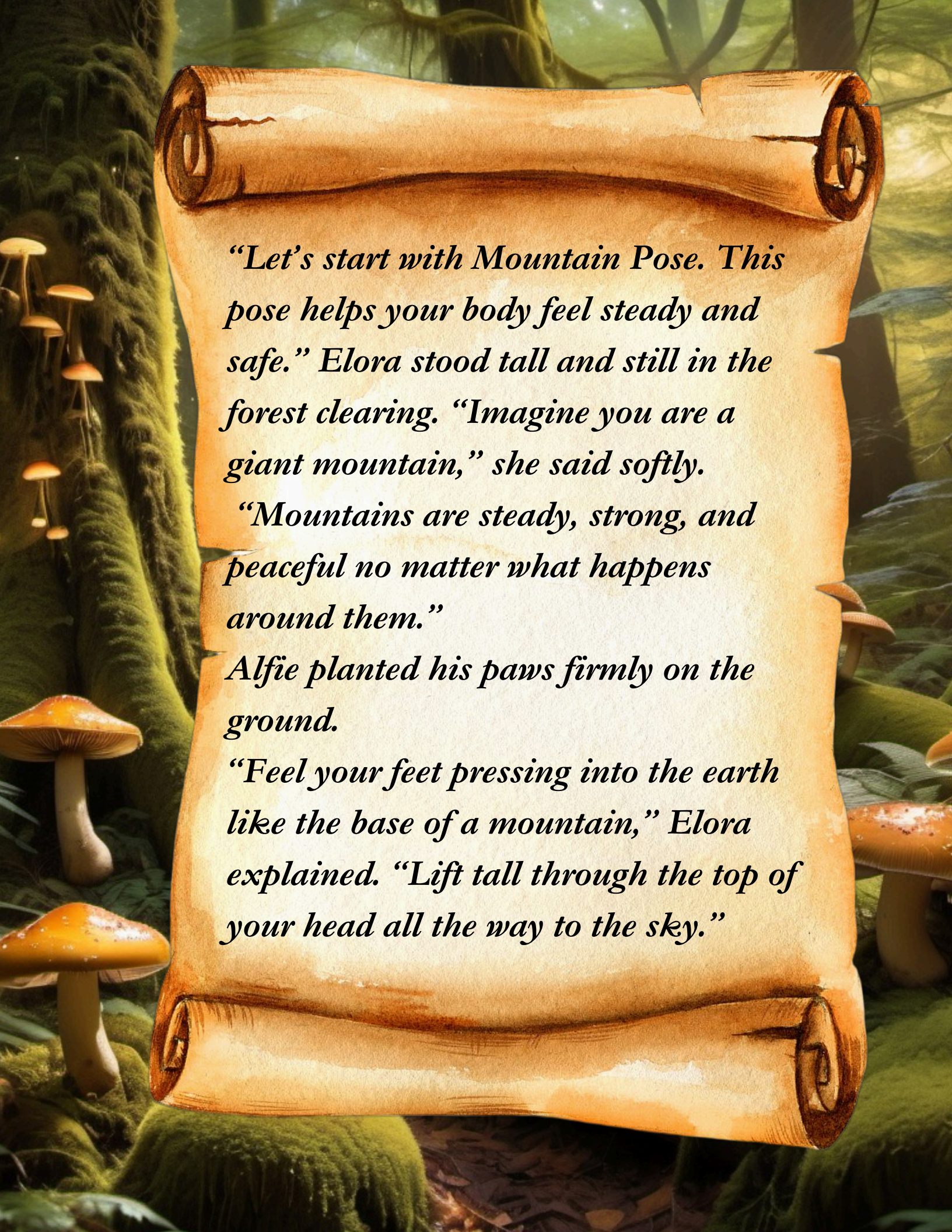
A scroll with text is centered in the image. The scroll is unrolled, showing its edges and the texture of the parchment. It is set against a background of a lush forest. On the left, a mossy tree trunk is visible, and several small, glowing mushrooms are hanging from it. On the right, more mushrooms and foliage are visible. The lighting is soft and warm, suggesting a magical or serene atmosphere.

Chapter 5: A New Friendship

“When our bodies feel busy or tired, yoga can help us feel calm, strong, and peaceful again. Would you like to try a short yoga practice with me?”

“Yes, please!” said Alfie.

“Wonderful,” said Elora. “Let’s step outside for some fresh air,” Elora suggested. Sunlight brushed the hillside as she showed Alfie how to feel good in his mind and body.

A parchment scroll is unrolled in the center of the frame, displaying text in a cursive font. The scroll is set against a lush, mossy forest background. To the left, a tree trunk is heavily covered in green moss, with several small, glowing mushrooms growing from it. In the foreground, there are larger mushrooms with orange caps and white stems. The lighting is soft and dappled, creating a magical atmosphere.

“Let’s start with Mountain Pose. This pose helps your body feel steady and safe.” Elora stood tall and still in the forest clearing. “Imagine you are a giant mountain,” she said softly.

“Mountains are steady, strong, and peaceful no matter what happens around them.”

Alfie planted his paws firmly on the ground.

“Feel your feet pressing into the earth like the base of a mountain,” Elora explained. “Lift tall through the top of your head all the way to the sky.”

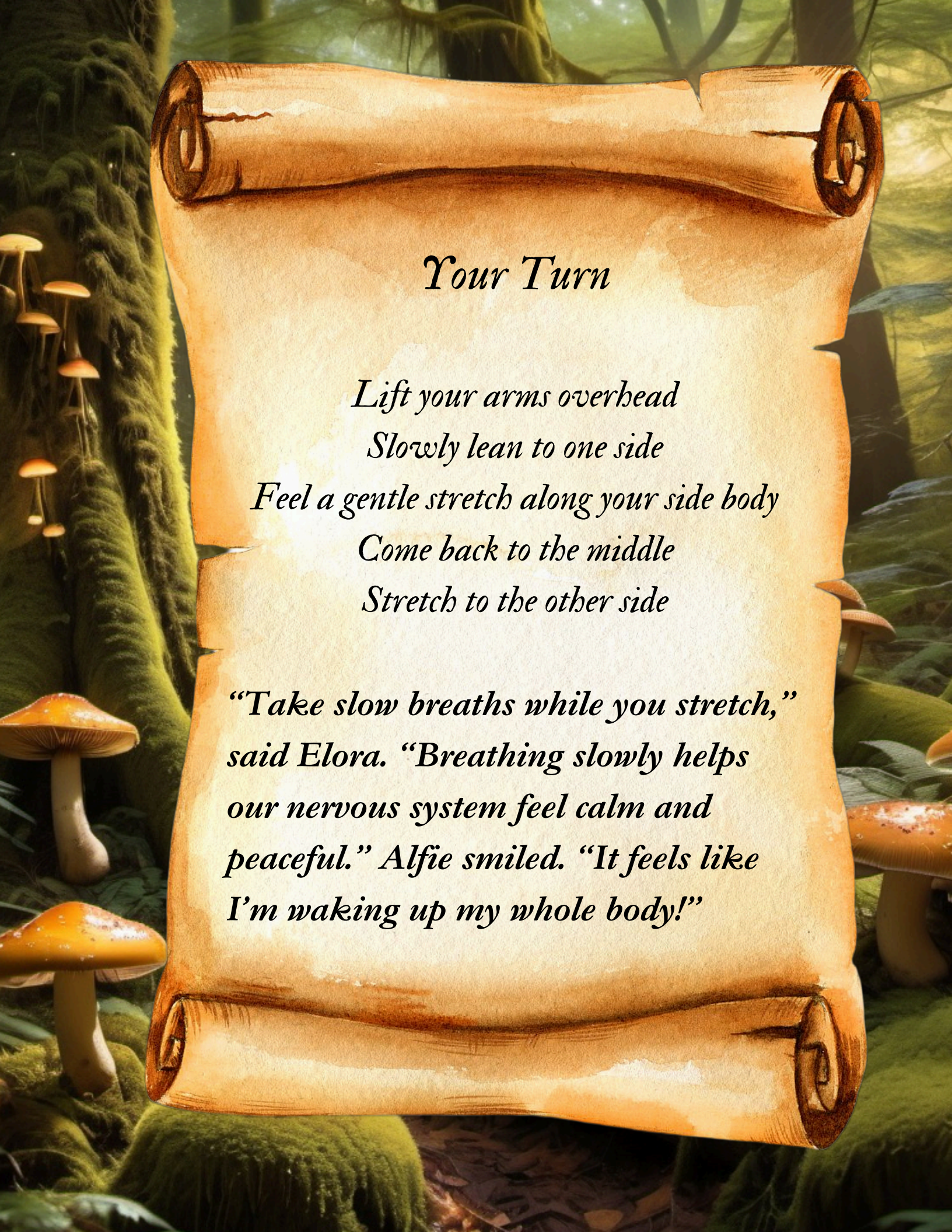
Your Turn

*Stand tall and strong
Keep your feet steady on the ground
Relax your shoulders
Take a slow deep breath in
Breathe out softly and slowly*



“Elora smiled. “When we stand like a mountain and breathe slowly, our bodies begin to feel calm and safe.” Alfie grinned proudly. “I feel big, strong, and peaceful like a mountain!” “Now let’s stretch our sides like a rainbow reaching across the forest.”

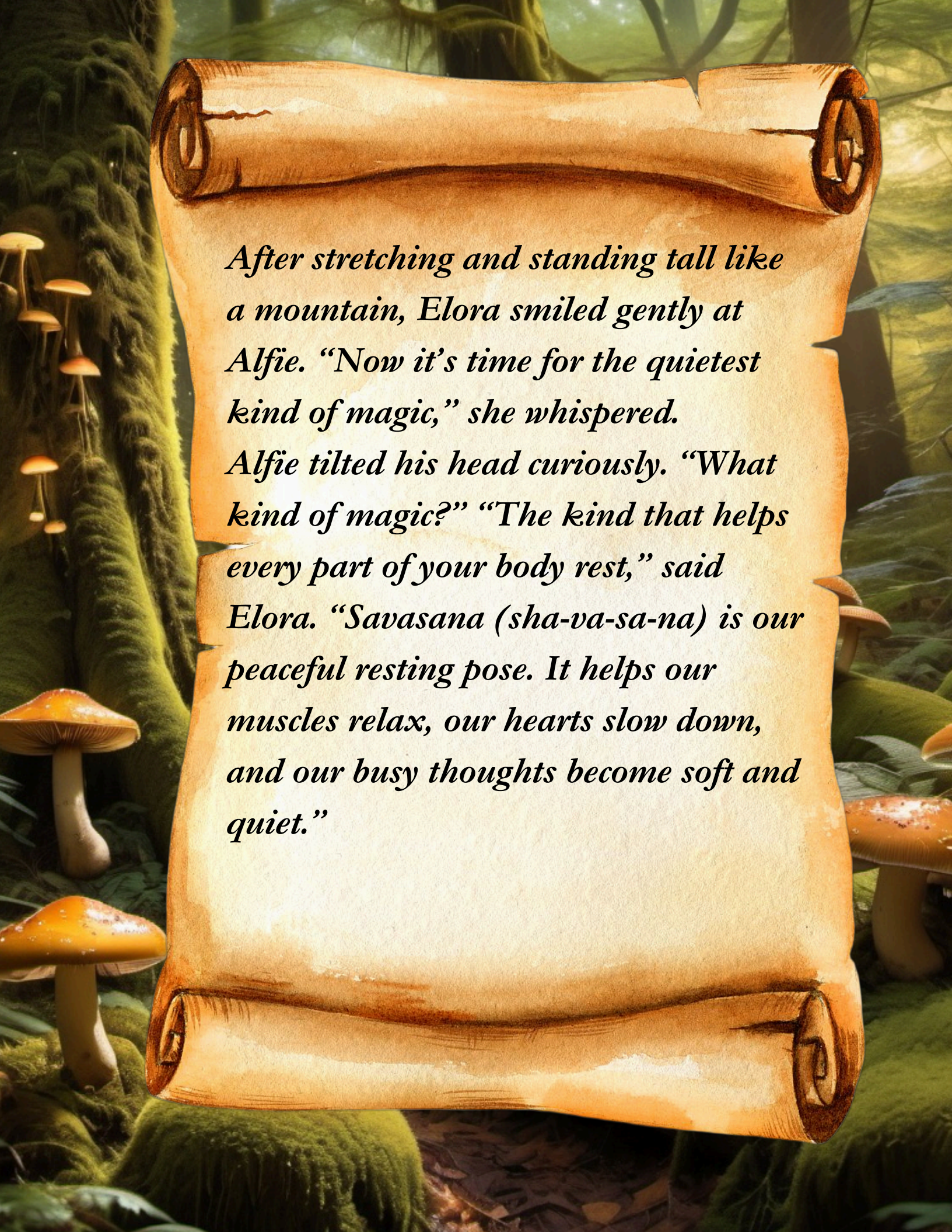


A scroll with text is centered in the image. The scroll is unrolled, showing its edges and the texture of the paper. The background is a lush forest with moss-covered trees and several orange mushrooms with white stems. The lighting is soft and natural, suggesting a daytime scene in a forest.

Your Turn

*Lift your arms overhead
Slowly lean to one side
Feel a gentle stretch along your side body
Come back to the middle
Stretch to the other side*

*“Take slow breaths while you stretch,”
said Elora. “Breathing slowly helps
our nervous system feel calm and
peaceful.” Alfie smiled. “It feels like
I’m waking up my whole body!”*

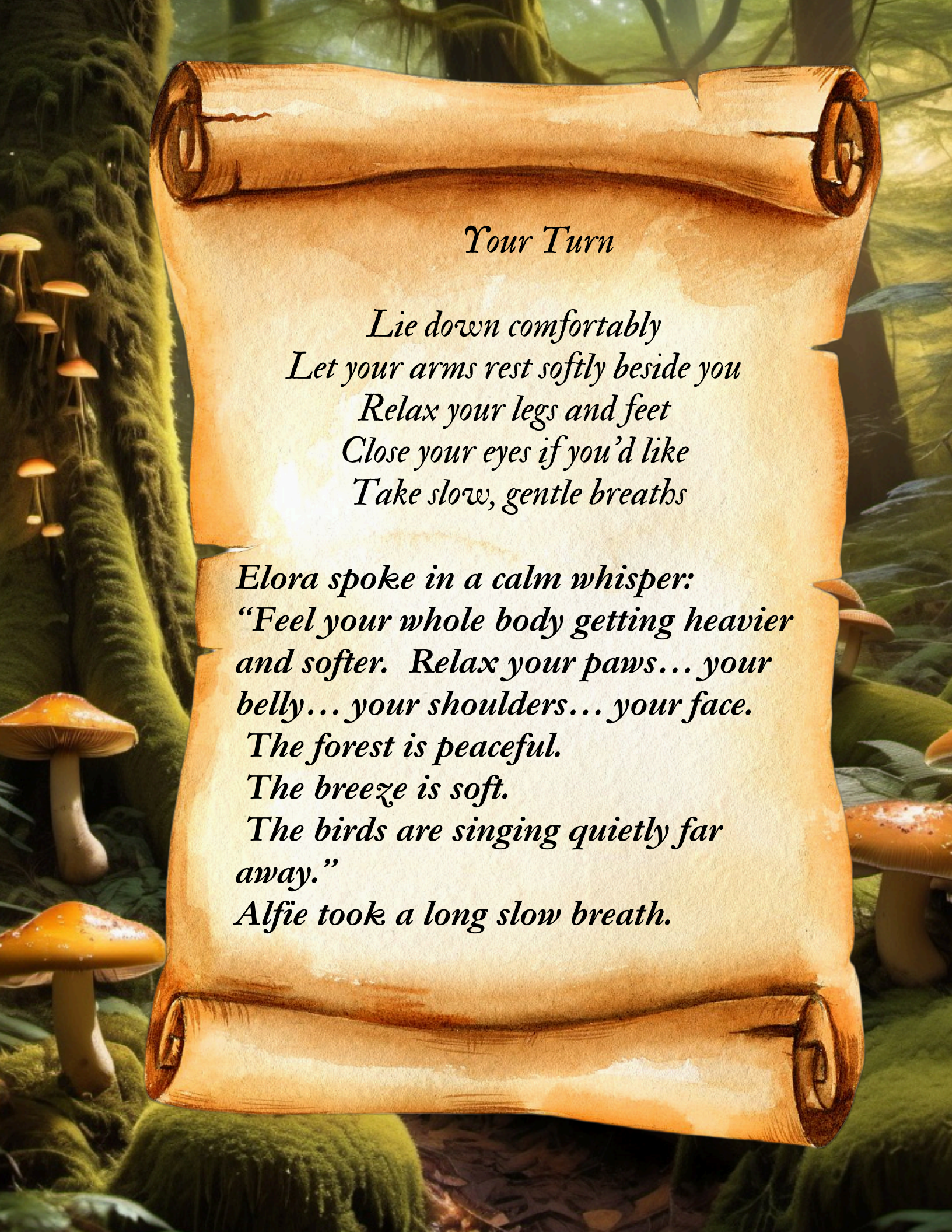
A parchment scroll is unrolled and held in the center of the frame. The scroll has a light tan color with visible texture and some darker staining. It is tied at the ends with dark brown cords. The background is a lush, mossy forest floor. On the left, a large tree trunk is covered in thick green moss, with several small, orange-capped mushrooms growing from it. On the right, more green foliage and mushrooms are visible. The lighting is soft and dappled, suggesting sunlight filtering through the trees.

After stretching and standing tall like a mountain, Elora smiled gently at Alfie. “Now it’s time for the quietest kind of magic,” she whispered. Alfie tilted his head curiously. “What kind of magic?” “The kind that helps every part of your body rest,” said Elora. “Savasana (sha-va-sa-na) is our peaceful resting pose. It helps our muscles relax, our hearts slow down, and our busy thoughts become soft and quiet.”

“Sometimes our bodies feel jumpy like rabbits,” she explained. “Sometimes our thoughts zoom around like buzzing bees. Resting helps everything slow down so we can feel calm, safe, and peaceful again.”

Alfie carefully lay down on the soft forest floor.

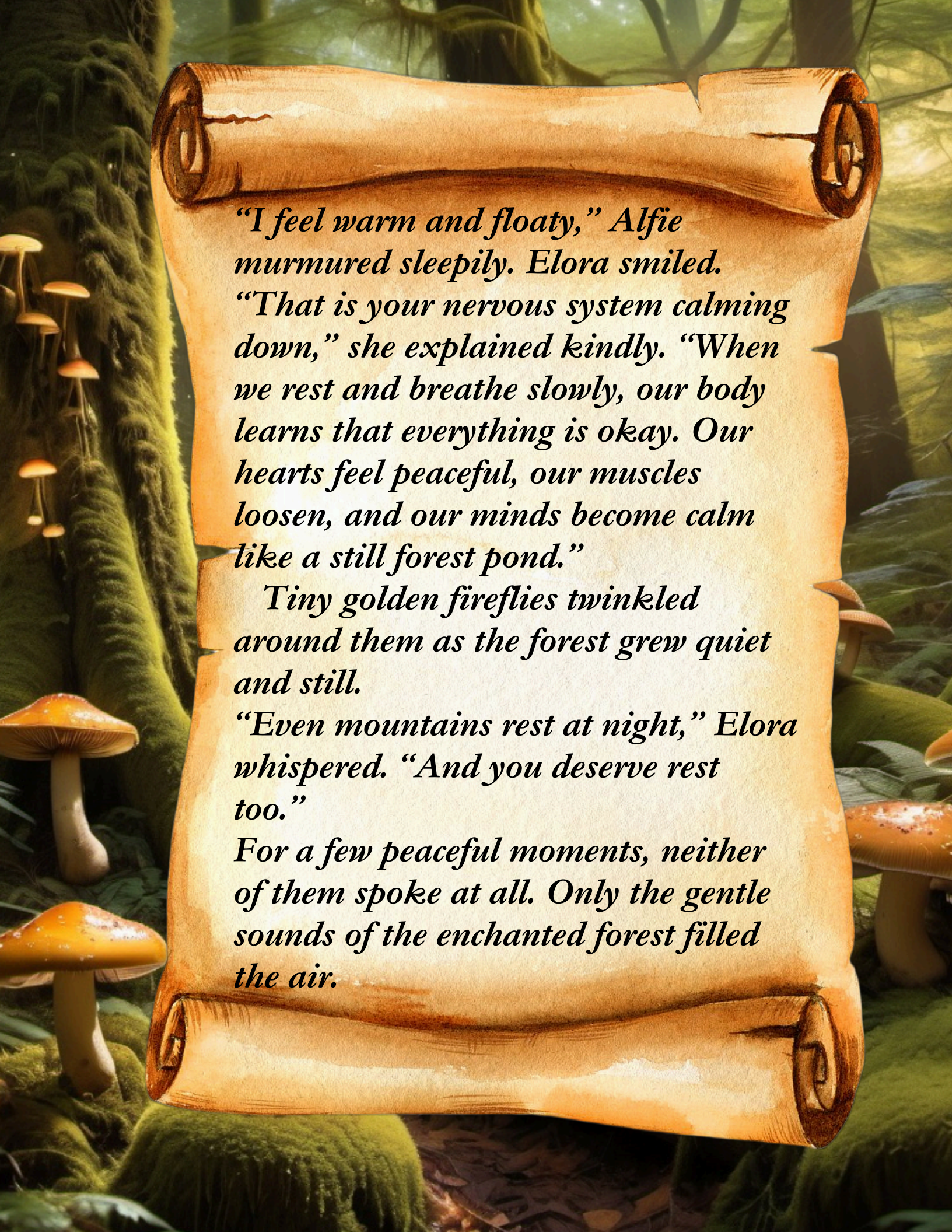


A parchment scroll is unrolled and held in the center of the frame. The scroll has a light tan color with some darker, brownish stains and is tied at the ends with small wooden rings. The background is a lush, green forest floor covered in moss and various mushrooms. Some mushrooms have bright orange caps, while others are smaller and more delicate. The lighting is soft and dappled, suggesting sunlight filtering through the trees.

Your Turn

*Lie down comfortably
Let your arms rest softly beside you
Relax your legs and feet
Close your eyes if you'd like
Take slow, gentle breaths*

*Elora spoke in a calm whisper:
"Feel your whole body getting heavier
and softer. Relax your paws... your
belly... your shoulders... your face.
The forest is peaceful.
The breeze is soft.
The birds are singing quietly far
away."
Alfie took a long slow breath.*

A scroll with text is the central focus, set against a lush, mossy forest background. The scroll is unrolled, showing several paragraphs of text in a cursive font. The forest is filled with green moss, small orange mushrooms, and soft, dappled light filtering through the trees.

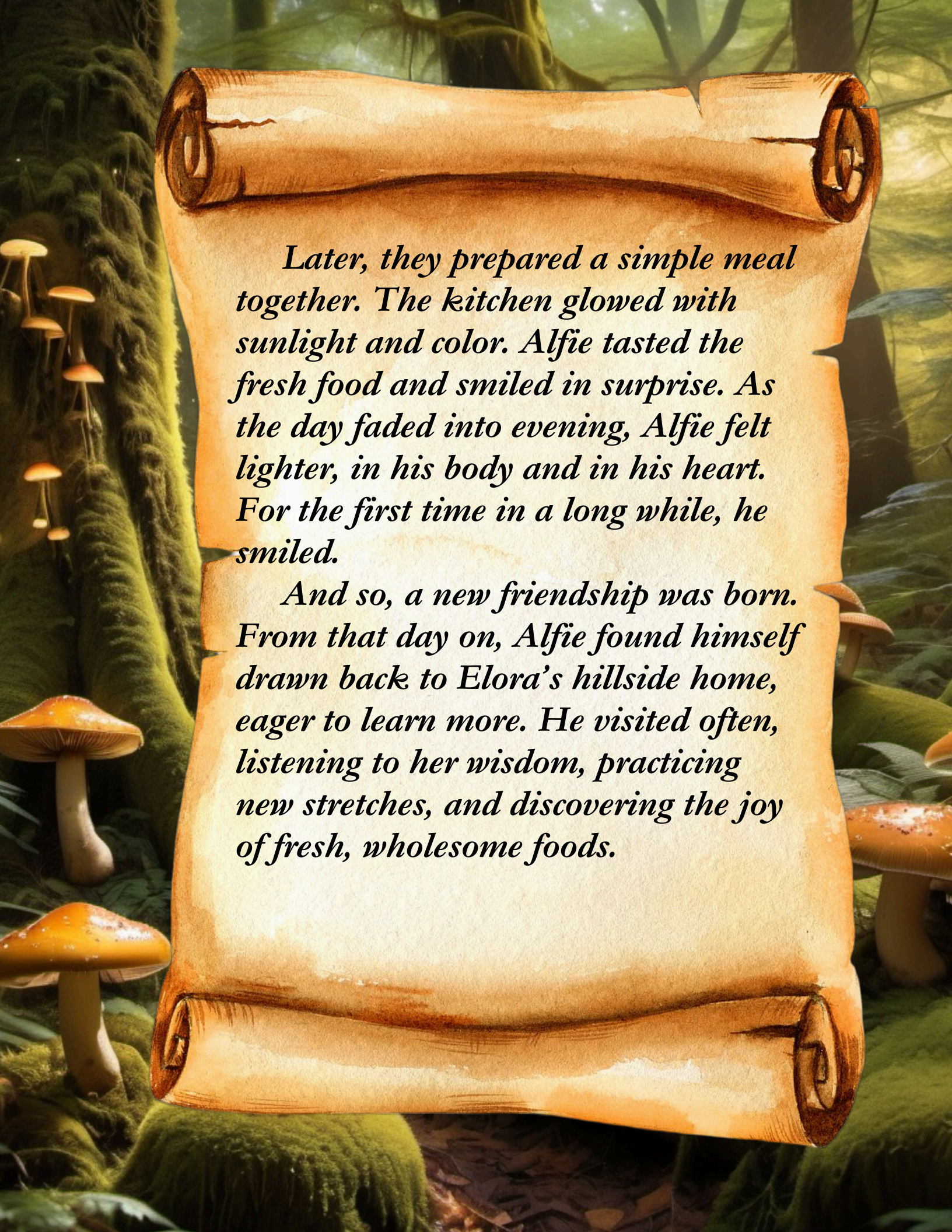
“I feel warm and floaty,” Alfie murmured sleepily. Elora smiled.

“That is your nervous system calming down,” she explained kindly. “When we rest and breathe slowly, our body learns that everything is okay. Our hearts feel peaceful, our muscles loosen, and our minds become calm like a still forest pond.”

Tiny golden fireflies twinkled around them as the forest grew quiet and still.

“Even mountains rest at night,” Elora whispered. “And you deserve rest too.”

For a few peaceful moments, neither of them spoke at all. Only the gentle sounds of the enchanted forest filled the air.

A parchment scroll is unrolled in the center of the frame, displaying two paragraphs of text. The scroll is set against a lush, mossy forest background. To the left, a large tree trunk is covered in thick green moss, with several small, glowing mushrooms growing from it. In the foreground, there are more mushrooms, including a large one with a bright orange cap and white stem. The background is filled with dense green foliage and more mushrooms, creating a magical, enchanted forest atmosphere. The lighting is soft and warm, highlighting the texture of the parchment and the vibrant colors of the forest.

Later, they prepared a simple meal together. The kitchen glowed with sunlight and color. Alfie tasted the fresh food and smiled in surprise. As the day faded into evening, Alfie felt lighter, in his body and in his heart. For the first time in a long while, he smiled.

And so, a new friendship was born. From that day on, Alfie found himself drawn back to Elora's hillside home, eager to learn more. He visited often, listening to her wisdom, practicing new stretches, and discovering the joy of fresh, wholesome foods.

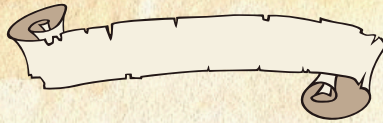
As the days passed, his back pain lessened, his mood lightened, and the grumpy old bear who once lumbered through life without purpose began to see the world in a new, more hopeful light. All thanks to the kindness of a happy elf named Elora, who lived in a magical home nestled in the heart of the Enchanted Forest.

Wise old Owliver peeked down from his tree branch and smiled. "Ahhh," he said softly, "this is the beginning of a beautiful friendship and many magical adventures to come."

The Beginning



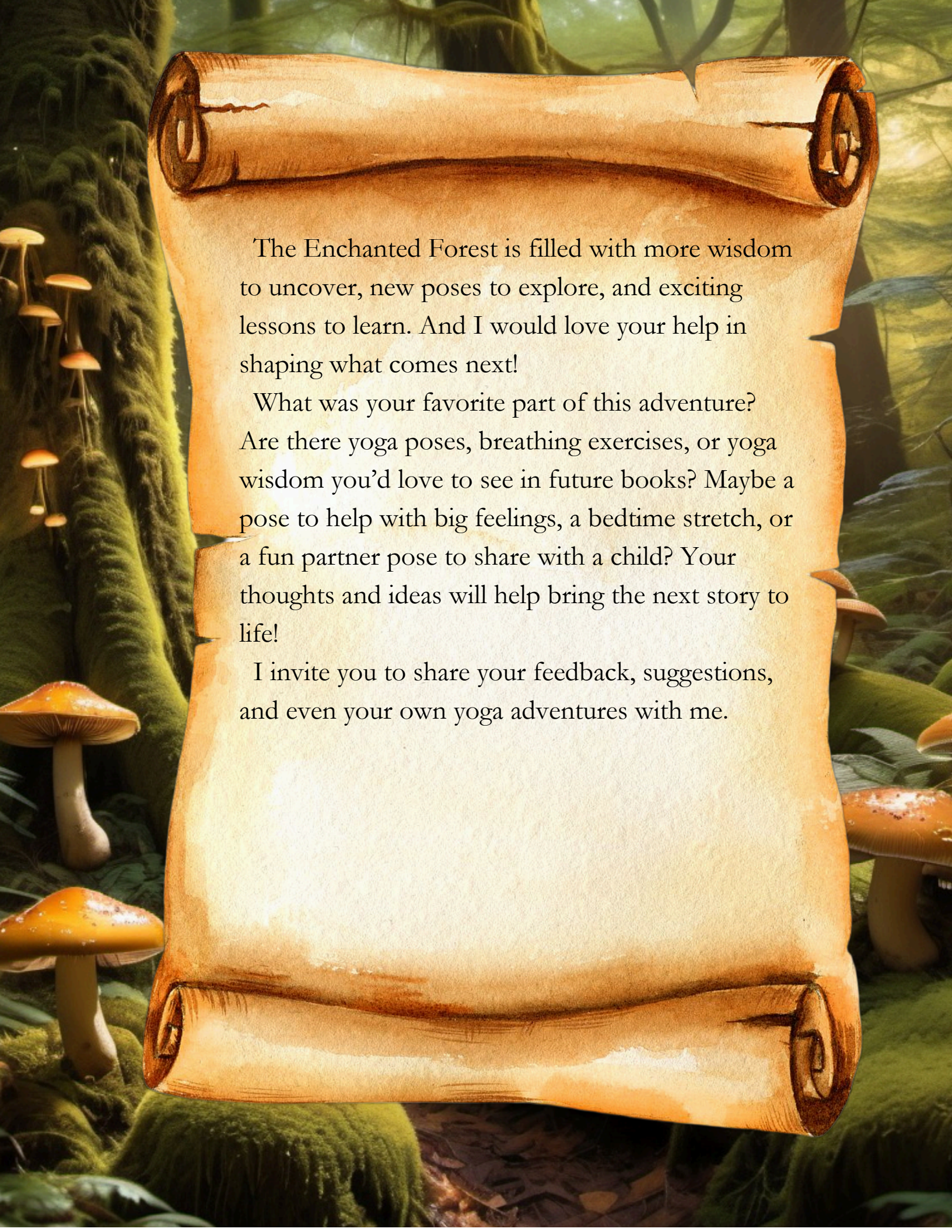
The Adventure Continues



A Heartfelt Thank You from the Author

Dear Reader,

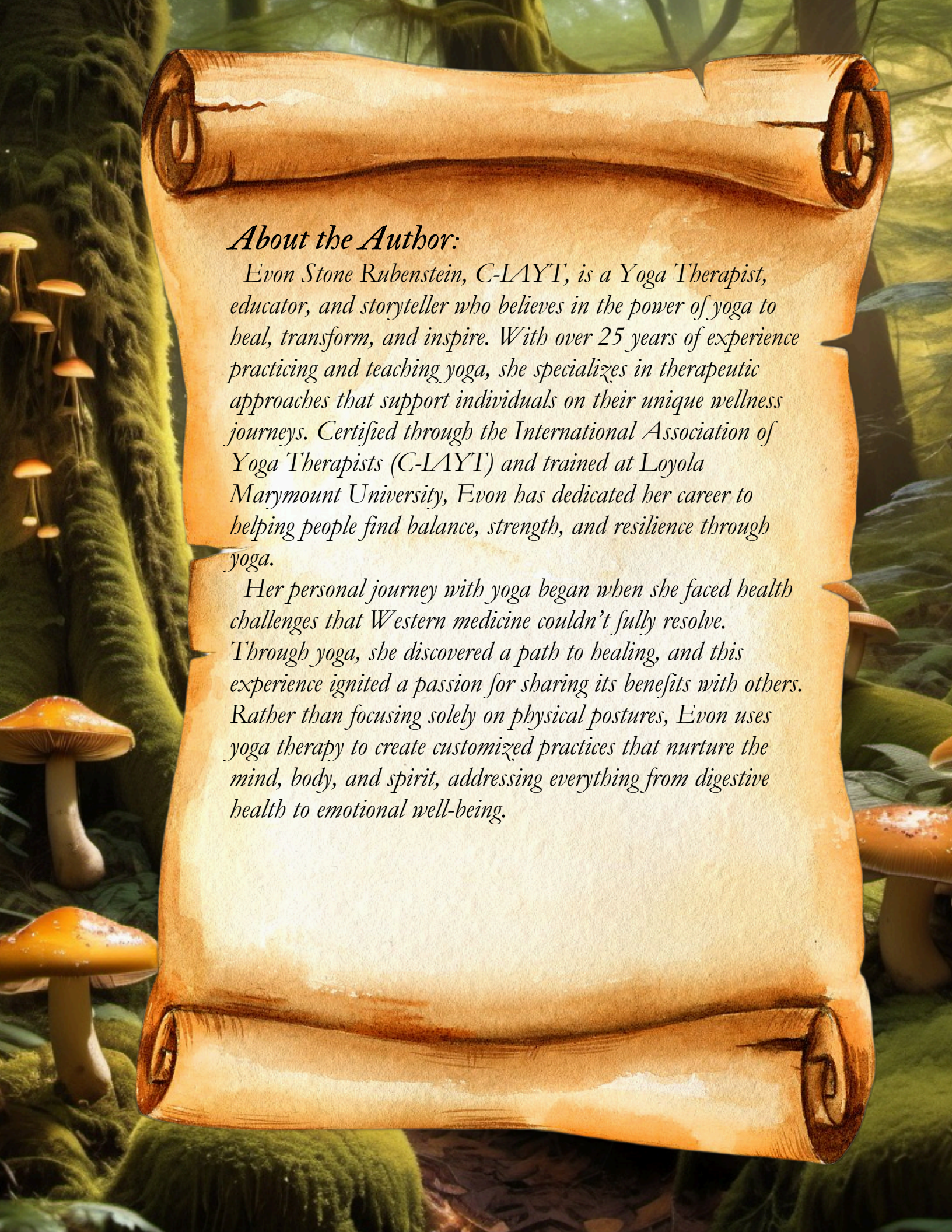
Thank you for stepping into the Enchanted Forest and joining Elora and Alfie on this magical yoga journey! This book is the first in a series of adventures where movement, mindfulness, and storytelling come together to inspire young yogis and their caregivers. I hope this tale has brought joy, relaxation, and a deeper connection to the magic of yoga.

A parchment scroll is unrolled in the center of the frame, displaying three paragraphs of text. The scroll is set against a lush, vibrant background of an enchanted forest. To the left, a moss-covered tree trunk is adorned with a vertical line of small, glowing mushrooms. In the foreground, several large, orange-capped mushrooms with white stems are scattered across a bed of green moss and dark forest floor. The background is filled with dense green foliage and soft, dappled sunlight filtering through the trees, creating a magical atmosphere.

The Enchanted Forest is filled with more wisdom to uncover, new poses to explore, and exciting lessons to learn. And I would love your help in shaping what comes next!

What was your favorite part of this adventure? Are there yoga poses, breathing exercises, or yoga wisdom you'd love to see in future books? Maybe a pose to help with big feelings, a bedtime stretch, or a fun partner pose to share with a child? Your thoughts and ideas will help bring the next story to life!

I invite you to share your feedback, suggestions, and even your own yoga adventures with me.

The background of the image is a lush, mossy forest floor. Several large, orange-capped mushrooms with white stems are scattered throughout. A large, textured tree trunk covered in green moss is on the left. The overall lighting is soft and dappled, typical of a forest setting. A parchment scroll is unrolled across the center, with its edges slightly frayed and its texture visible. The text is written in a cursive, handwritten style.

About the Author:

Evon Stone Rubenstein, C-LAYT, is a Yoga Therapist, educator, and storyteller who believes in the power of yoga to heal, transform, and inspire. With over 25 years of experience practicing and teaching yoga, she specializes in therapeutic approaches that support individuals on their unique wellness journeys. Certified through the International Association of Yoga Therapists (C-LAYT) and trained at Loyola Marymount University, Evon has dedicated her career to helping people find balance, strength, and resilience through yoga.

Her personal journey with yoga began when she faced health challenges that Western medicine couldn't fully resolve. Through yoga, she discovered a path to healing, and this experience ignited a passion for sharing its benefits with others. Rather than focusing solely on physical postures, Evon uses yoga therapy to create customized practices that nurture the mind, body, and spirit, addressing everything from digestive health to emotional well-being.

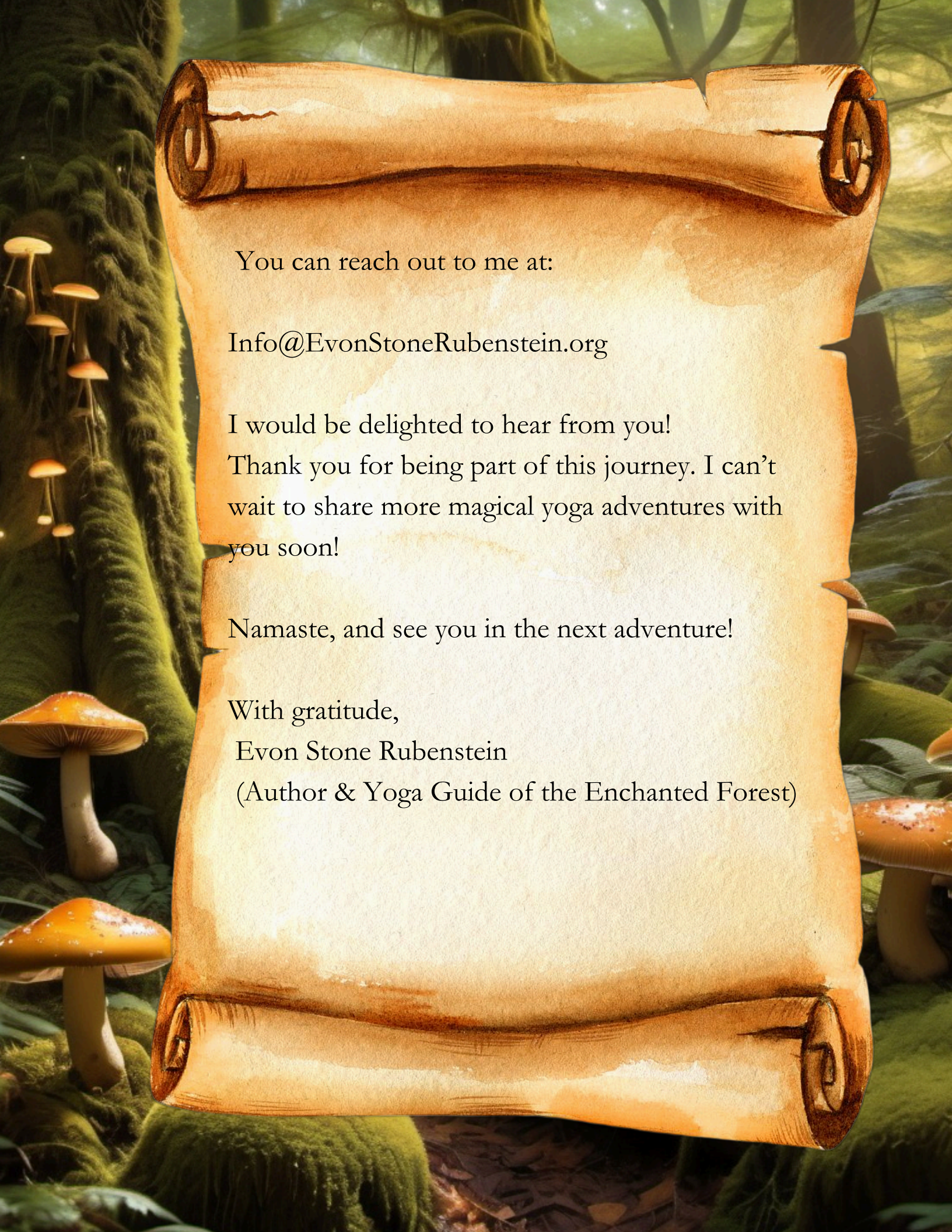
The background of the image is a lush, mossy forest floor. Several large, orange-capped mushrooms with white stems are scattered throughout. A large, textured tree trunk covered in green moss is on the left. The overall lighting is soft and dappled, suggesting sunlight filtering through the trees.

Growing up in Arizona, Evon always had a love for reading, nature, and movement. Now, she combines these passions to create engaging storybooks that introduce children to the magic of yoga. Through the adventures of Elora and Alfie, readers are invited to explore movement, mindfulness, and breathwork in a fun and imaginative way. Each story encourages self-awareness, emotional regulation, and a sense of wonder, helping children build lifelong tools for well-being.

Whether working with adults through yoga therapy or inspiring children through storytelling, Evon's mission remains the same: to empower others to embrace their own healing journey, one mindful breath at a time.

Beyond her books, Evon offers personalized online yoga therapy sessions designed to support individuals with digestive health challenges, stress management, and overall well-being. To learn more about her services and how yoga therapy can enhance your health, visit:

*www.EvonStoneRubenstein.org
email: Info@EvonStoneRubenstein.org*

A parchment scroll is unrolled in the center of the frame, displaying text. The scroll is set against a lush, magical forest background. On the left, a moss-covered tree trunk is adorned with several small, glowing mushrooms. The ground is covered in moss and larger mushrooms with orange caps and white stems. The background is filled with dense green foliage and trees, creating a sense of a deep, enchanted woodland.

You can reach out to me at:

Info@EvonStoneRubenstein.org

I would be delighted to hear from you!

Thank you for being part of this journey. I can't wait to share more magical yoga adventures with you soon!

Namaste, and see you in the next adventure!

With gratitude,

Evon Stone Rubenstein

(Author & Yoga Guide of the Enchanted Forest)