

57. YOGA

Welcome song

K: Welcome to our fun learning radio broadcast with Kiki and Mr. Suits! This program was created in collaboration with Azyzah Educational and Interactive Theatre.

S: Nice to meet you friends!

K: Our question today is from Jitka who is 9 years old from Těšín in the Czech Republic.

S: Hi Kiki and Mr. Suits, could you tell us about yoga?

K: Yes! Ready to learn about yoga?

S: Let's go!

Theme

S: Yoga, nagila, yoga, nagila... Dance with your friends... raise your arms towards the sky... Reach them up really high...

K: What are you doing, Mr. Suits?

S: Bend your knees. Chair pose. I am doing yoga, la, li, la, yoga.

K: Wow! Can I try?

S: Sure. Breathe in, breathe out.

K: Breathe in, breathe out.

S: Close your eyes.

K: Oh, I know what's happening. You will tickle me.

S: Kiki, focus! Breathe out... - Come on, Kiki. You know, people have been doing yoga for 5 thousand years.

K: Wow. That is a long time to hold a pose.

S: Yoga calms you down. Om, om. Try it with me. Om.

K: Om. Mr. Suits, where does yoga come from?

S: It comes from India, Kiki. Now...

K: But aren't there, like, a million poses? Tree, cobra, cat, frog, or my favorite: lion.

S: Yes, there are, Kiki. Each pose stretches different parts of your body.

K: Cool!

S: So, om.

K: Last question.

S: Fine, what?

K: Who can do yoga? Do you need to be super fit?

S: No, Kiki. Anyone can do it, that is the beauty of yoga. Now, let's focus. Om, om, om...

K: Om, om, om... I feel... so... relaxed.

S+K: *Om mani padme hum.*

Story

S: Woohoo, it's story time!

K: Today's story is about making the best of one's life. There was once a selfish and greedy man. He had lots of money, a big house, and healthy children. But he was not satisfied. One day, he went to see a wise man.

(S)MAN: Wise man, how can I make my life even better? Please teach me.

(K)TEACHER: There is not enough time. I saw your future. You only have 10 days to live.

(S)MAN: Oh, no!

K: Over the following days, no one recognized the mean, greedy man. He spent time with his family.

(S)MAN: My children, I love you.

K: He gave money to charities.

(S)MAN: Here, take my money. You need it more than me.

K: He even made peace with his enemies.

(S)MAN: I am sorry I was mean to you. Please forgive me. I want to die in peace.

K: The tenth day came. – And then the eleventh...

(S)MAN: What? How am I still alive?

K: He went to see the wise man again.

(S)MAN: I am still alive. Oh, wise one, will you teach me how to live a better life?

(K)TEACHER: No, my boy. I have already taught you.

THE END

Goodbye song