



Creative Yogis  
Colouring  
Book



Creative Yogis

Belongs to \_\_\_\_\_

What does your yoga tree look like?



Yoga makes me feel good and my heart smile.

Everyone loves to colour in and this is certainly the case for me! I have been an artist for as long as I can remember and one of the things that has always given me great joy and made me feel peaceful inside, and still remains the same is sitting down and coloring in. I just love colour pencils! Taking the time to think about the next colour I want to use and how they look together, creating something beautiful that makes me feel happy inside when I look at it. I started to practice Yoga in 1995 and found that Yoga made me feel great in my body when I moved into all the different shapes and poses and became like the animals at times, roaring like a lion or being as quiet as a mouse, always tricky for me!

So here it is a colouring book that I have created for you which you can both relax and enjoy at anytime, and use as a guide to practice a yoga routine with if you feel like a stretch. Just follow the pictures on each page one after the other or mix them up, be playful, have fun and see how you feel afterwards. You could even show your friends some yoga or share it with your family – it is up to you as you are the artist and special yogi.

Namaste – “The best in me sees the best in you and says thank you and Namaste.”

Have a great day and enjoy the ‘Colour of Yoga’ love Karen.

After you have been colouring for a while and need a stretch remember to breathe, have fun be safe and always listen to your body. Each pose has a different feeling.....

- I am quiet like a Mouse.
- I am light and stretch like a Cat.
- I am playful like a Dog.
- I am long like a Cobra.
- I am solid like a Mountain.
- I am rooted into the Earth like a Tree.
- I am open in all directions like a Triangle.
- I am brave and focused like a Warrior.
- I am able to flutter my wings like a Butterfly.
- I am folded in half like a Sandwich.
- I am flexible like a Twisty Flower.
- I am Relaxed all through my body.
- Om Shanti Shanti Shanti – Peace.

### Appreciation

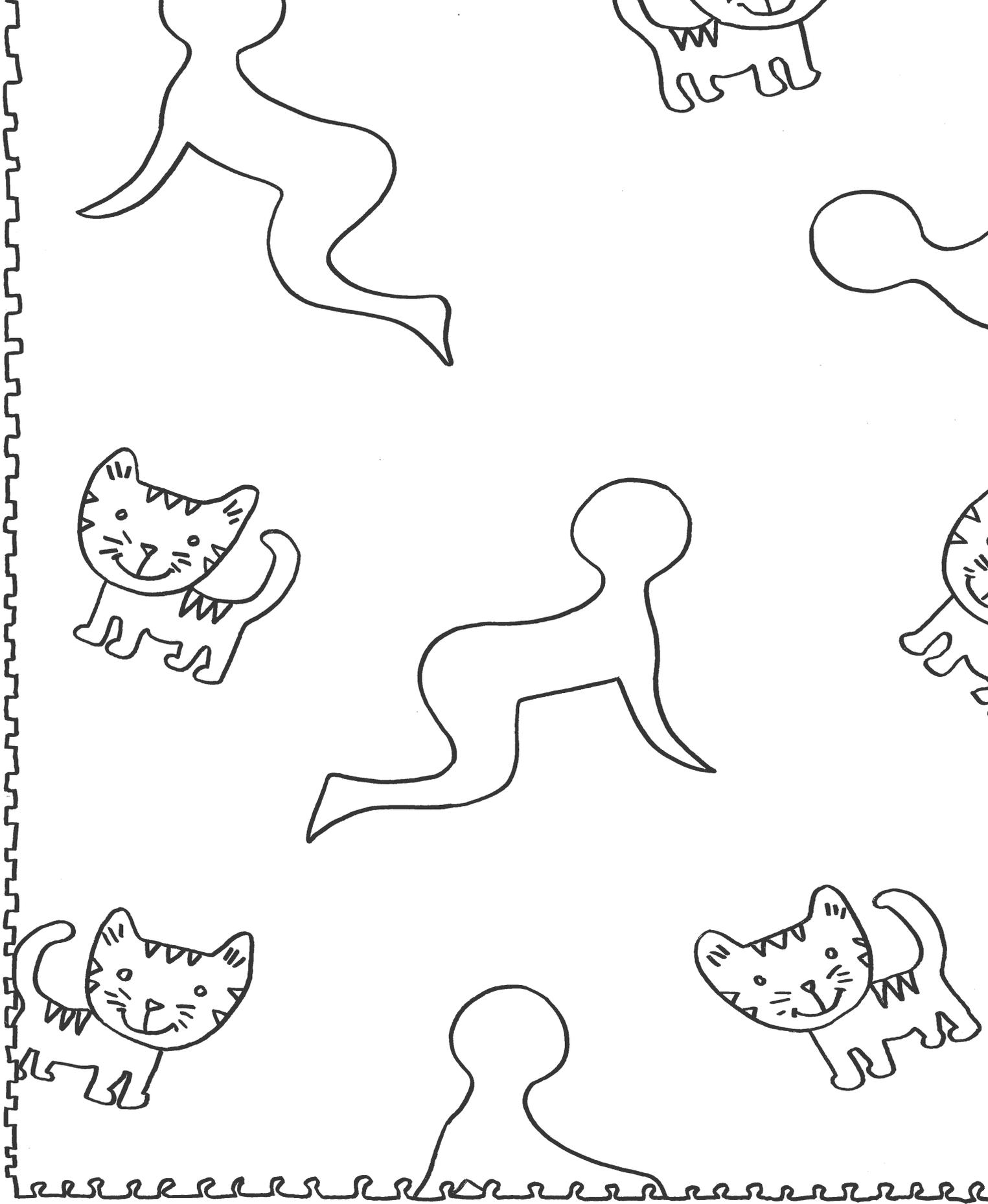
With thanks to Mark at Print Rescue for assisting with the design of this publication. To Yuko for her help in translating this into Japanese. I would also like to express my gratitude to all the wonderful children I have taught and currently teach who love to colour and who have inspired the creation of my first Creative Yogi's Colouring Book.



Namaste

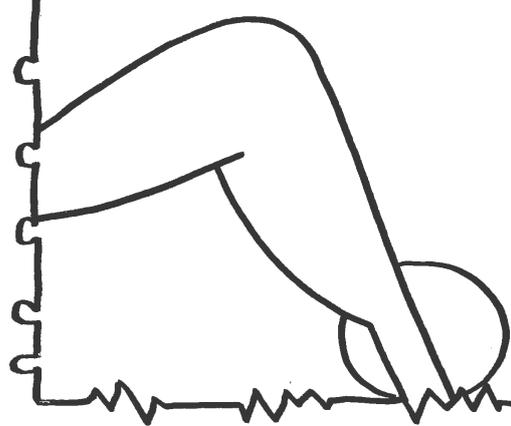
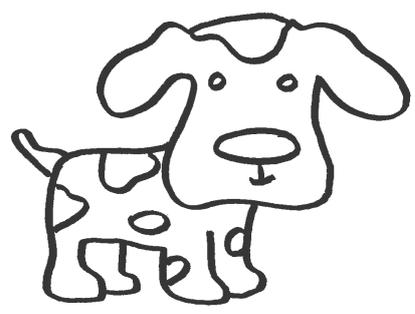
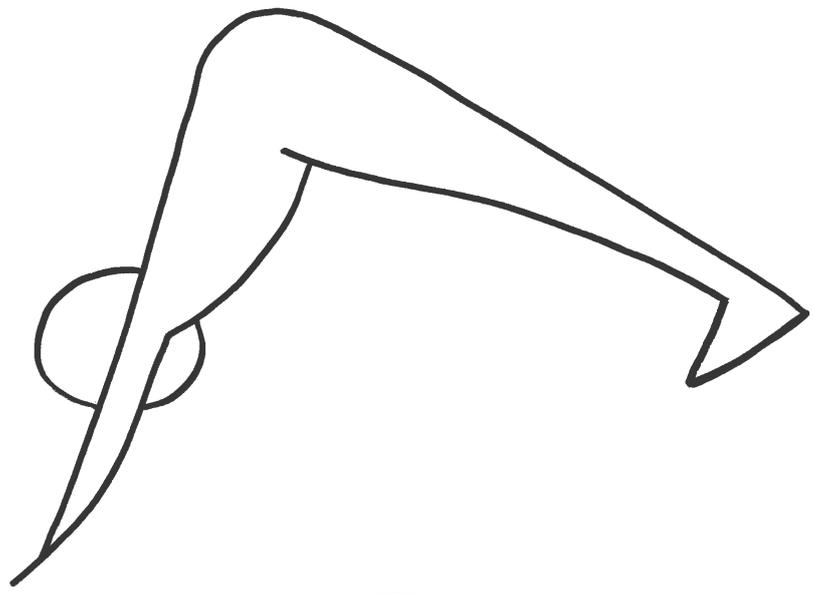
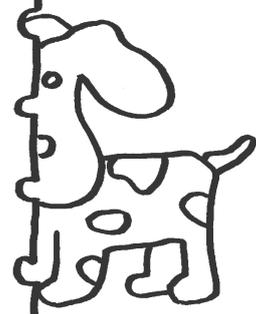
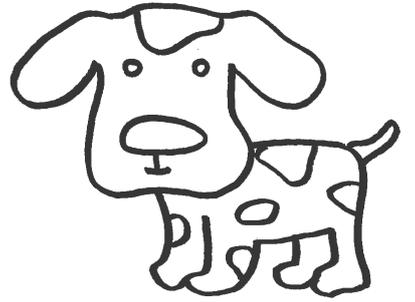
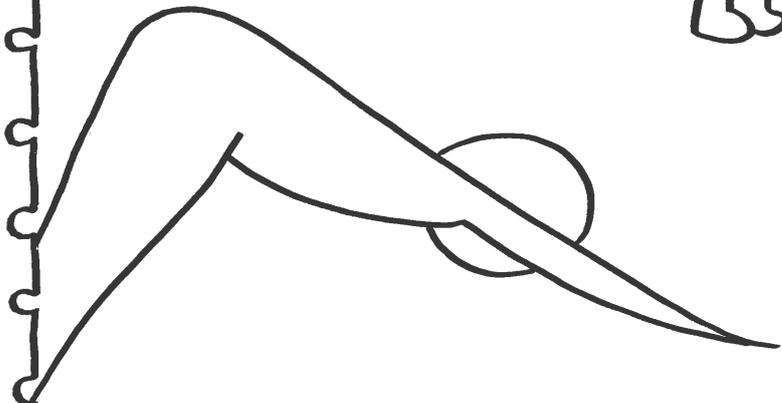


mouse

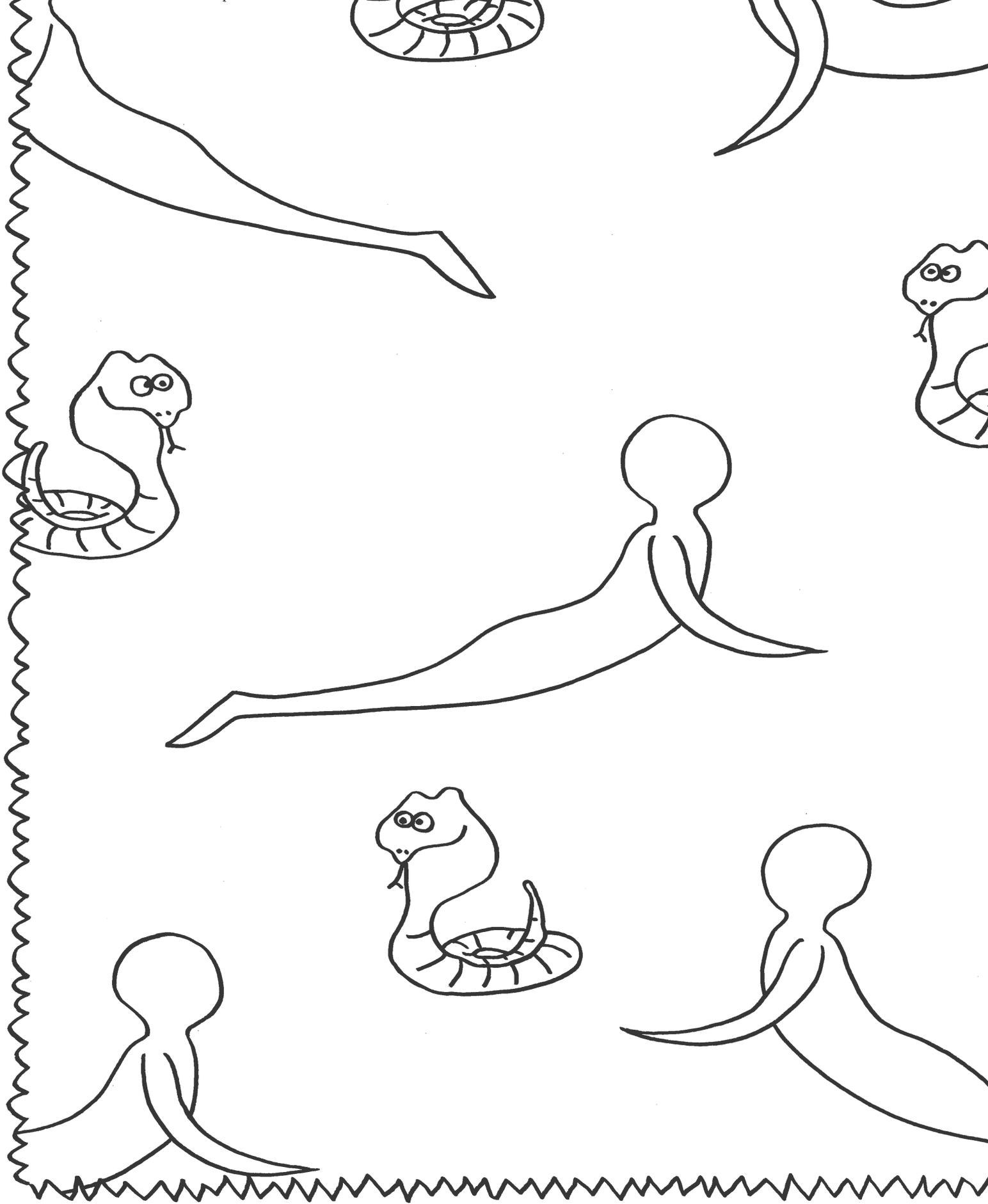


cat

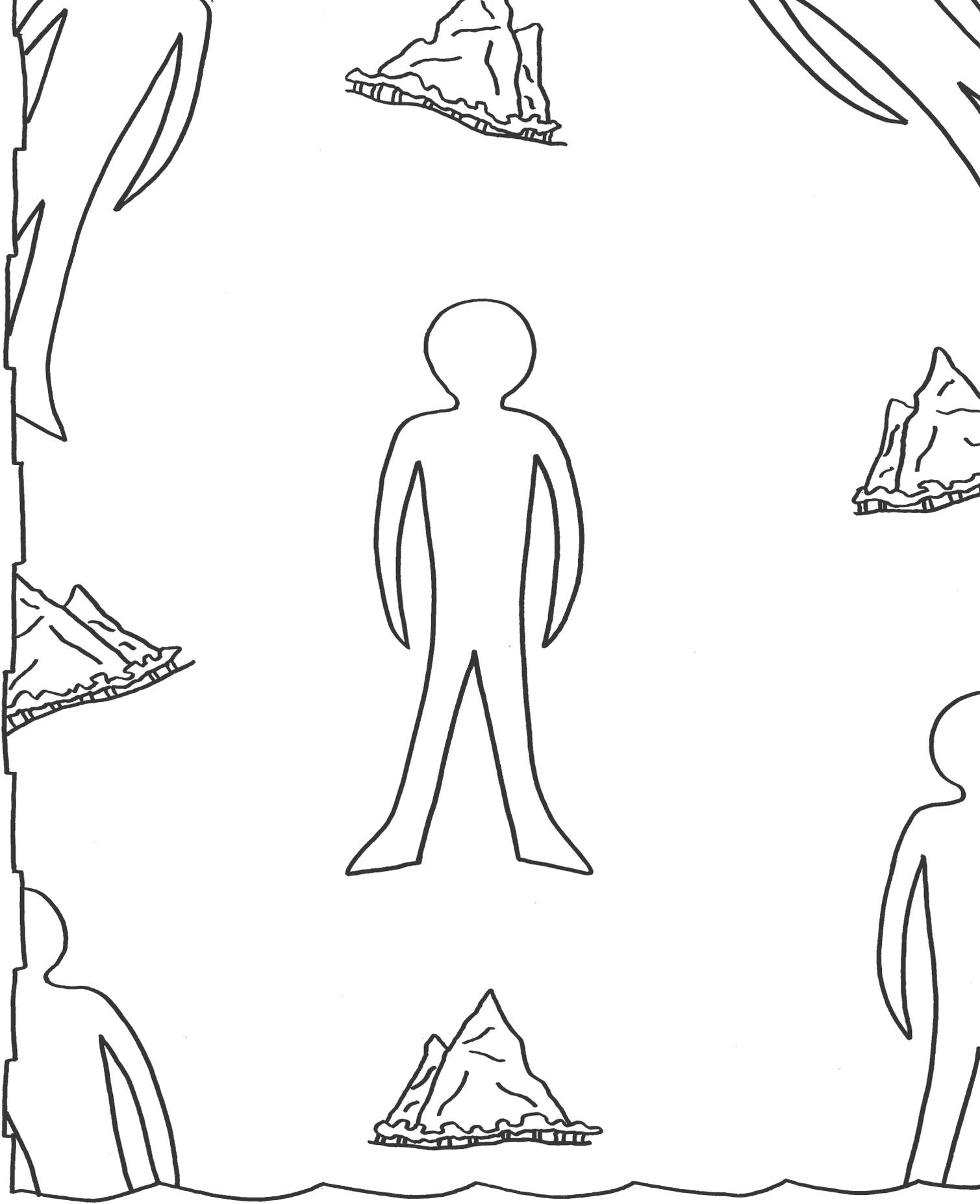
Pup



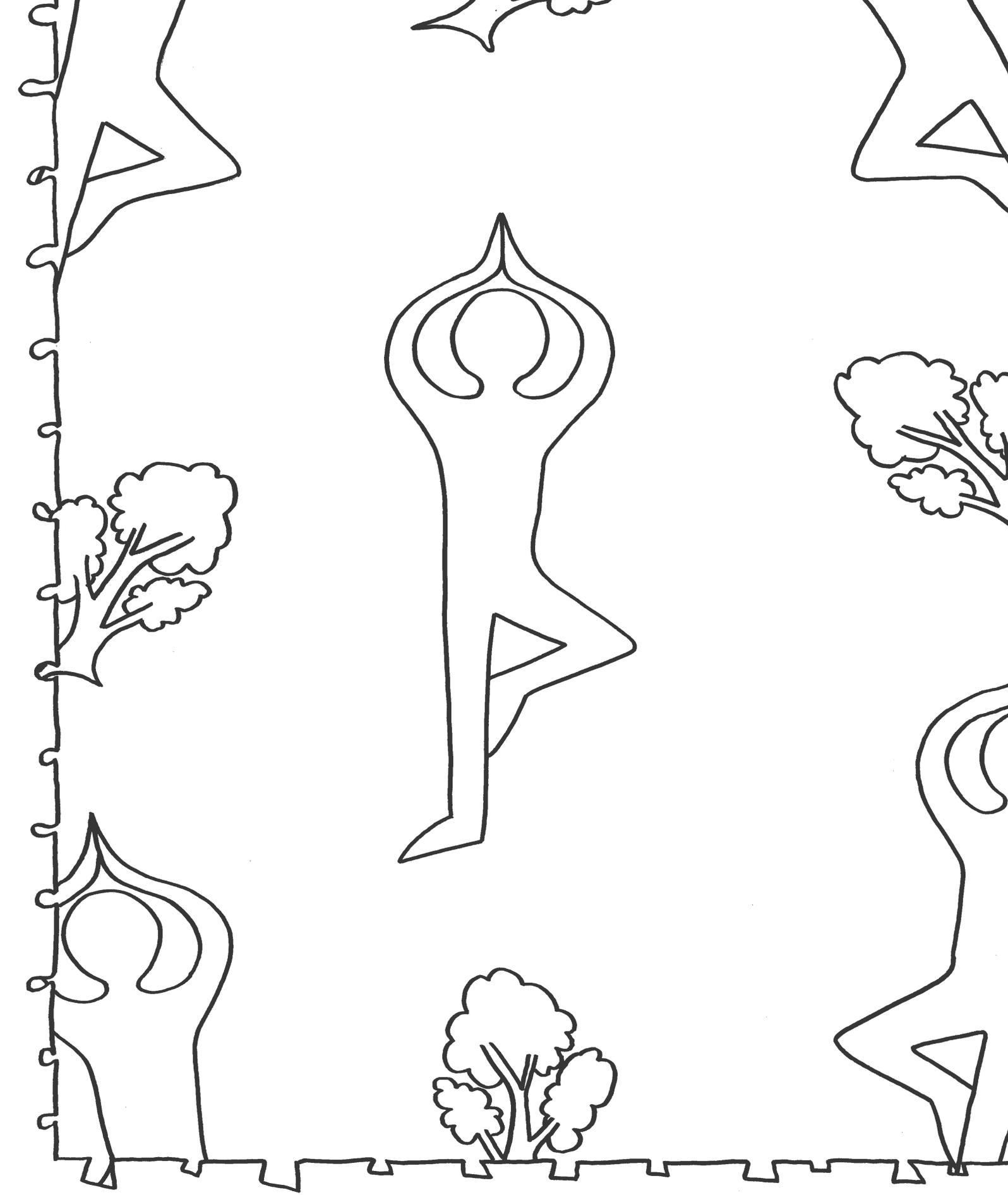
Dog



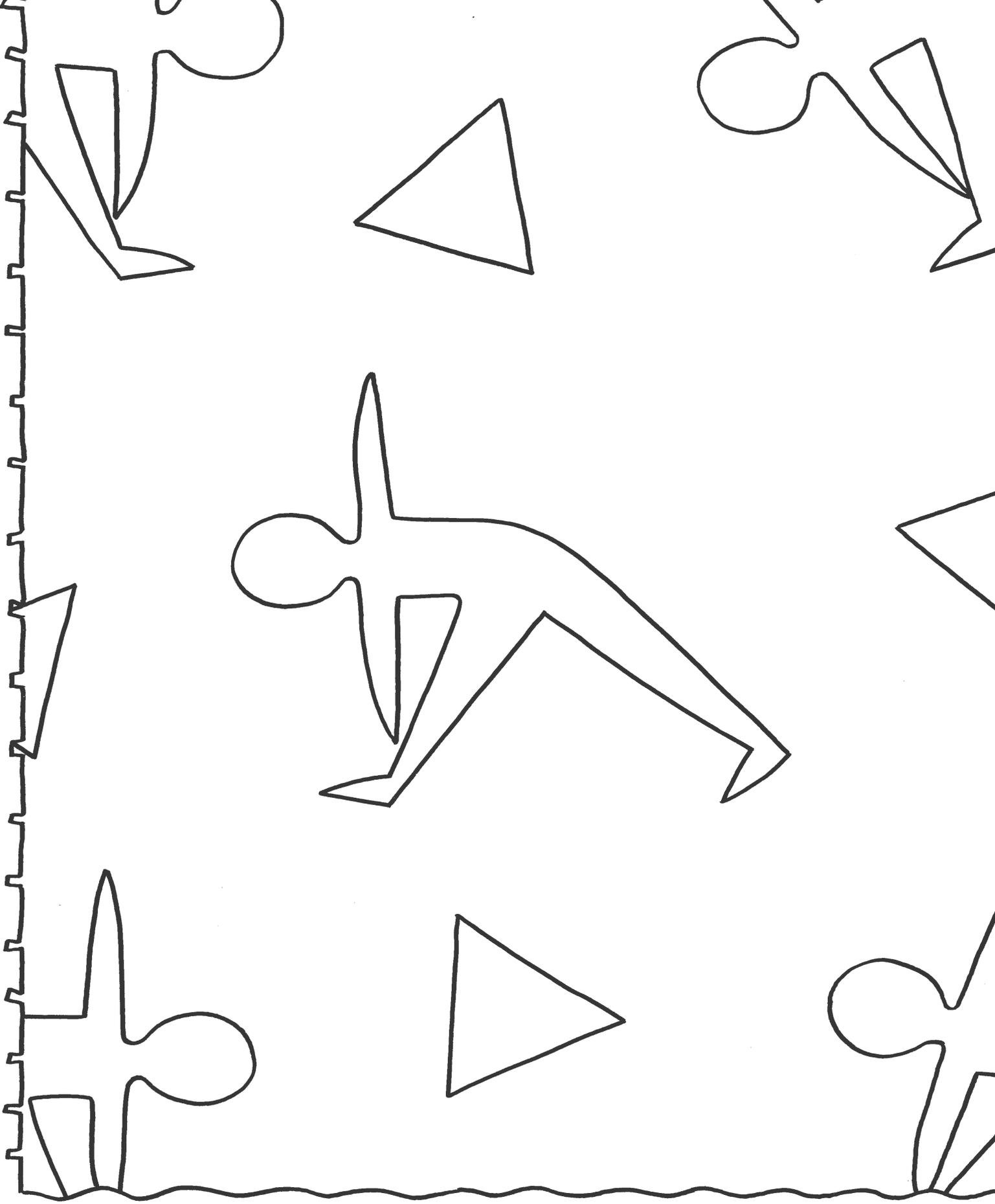
Cobra



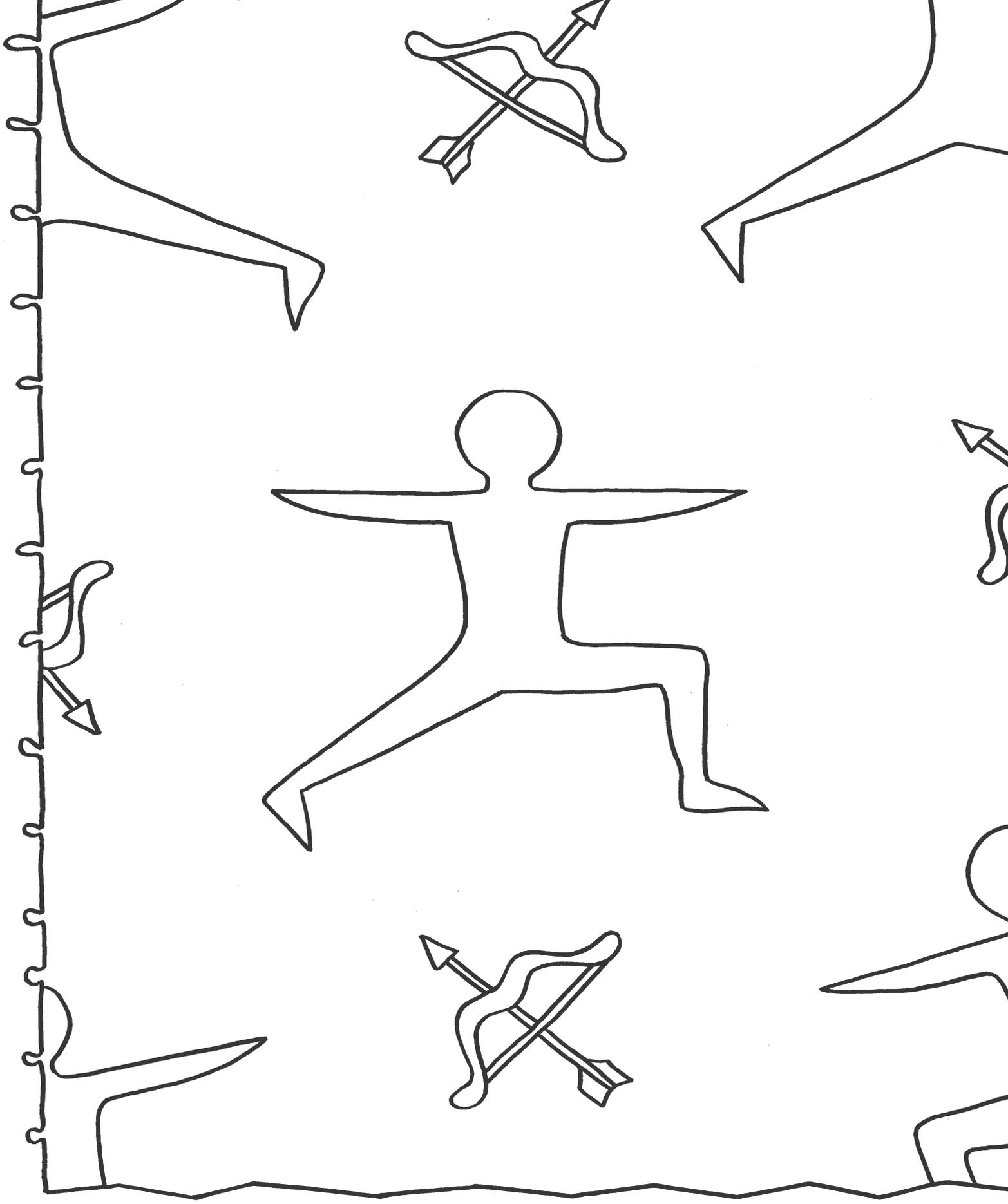
mountain



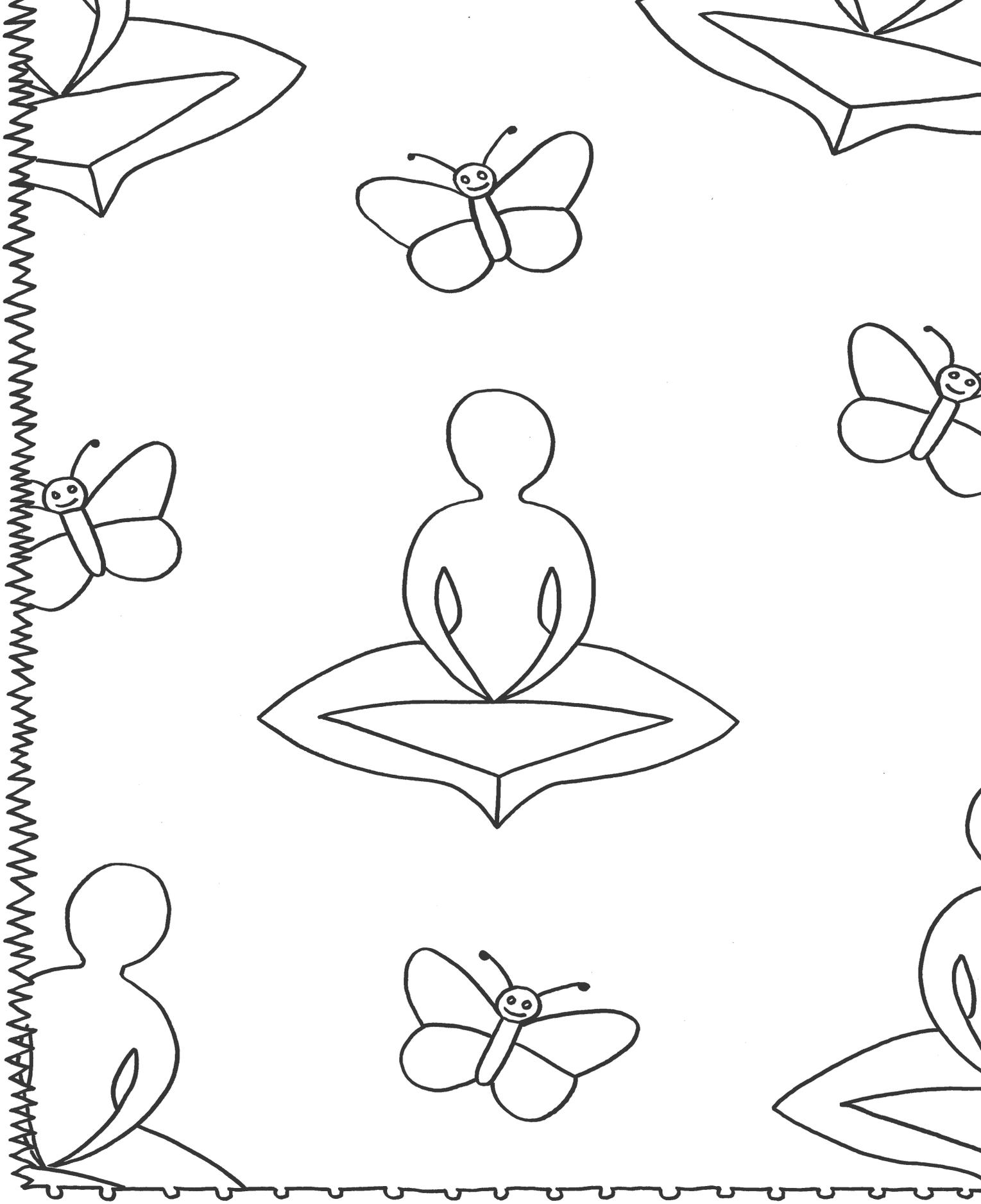
Tree



Triangle



Warrior



Butterfly



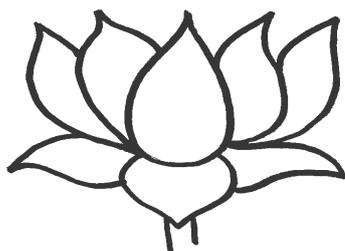
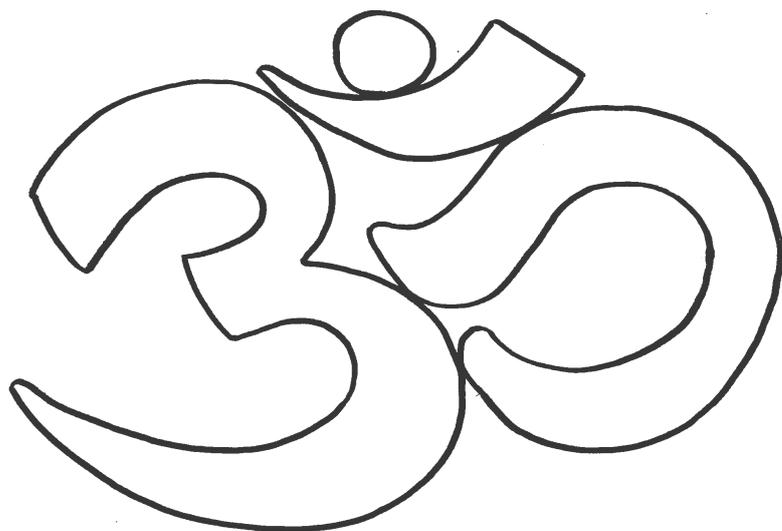
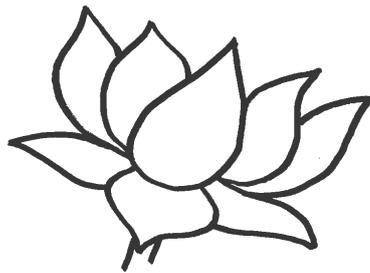
Sandwich



Twisty Flower



Relax



Om



## Creative Yogis Mission

*Children are almost like butterflies of differing types - size, shape, colour and marks, some are heavier and others are lighter.... the thing they seem to have most in common is a willingness to transform moment to moment and demonstrate courage as they fly...and giggle as they attempt it..... What an inspiration they truly are !!!!*

Creative Yogis seeks to support and nourish children of all ages by equipping them with the tools and life-skills to both explore and express their full potential. These children are the seeds of our future and Creative Yogis is committed to helping each child reflect and connect with their own unique joy, happiness, playfulness, creativity and health in a safe and supportive environment.

### About Karen.

Karen is both an E-RYT and a RCYT. She began practicing Yoga in Thailand in 1995. During the last 25 years Karen has dedicated her time to working with children in both the role of art teacher and for over a decade as a children's yoga teacher. In 2006, after 12 years in Thailand she left to follow her passions and immerse herself further in the study of Yoga in order to acquire the skills to become a Yoga teacher in Australia in 2006. Shortly afterwards she settled in the Byron Shire and in 2007 founded Creative Yogis. Since then Karen has been teaching both adults and children of all ages from pre-school to High school, and now runs both professional development workshops and teacher trainings internationally in Children's Yoga and is currently developing a range of Yoga Education resources for children.

To see more on Creative Yogis search for us on Facebook. Also for further information see [www.creativeyogis.com](http://www.creativeyogis.com). And for Karen's inspiring personal art works see [www.karen-wightman.net](http://www.karen-wightman.net) Email Contact: [Karenwightman@hotmail.com](mailto:Karenwightman@hotmail.com).

Namaste - everyone and thank you for supporting the continued development of Creative Yogis.



# Creative Yogis Colouring Book

Children are full of joy, creativity and energy.  
Combine all three and children of all  
ages can enjoy the relaxation of  
colouring and the movement of yoga.  
Discovering the 'Colour of Yoga'

Created by Karen Wightman 2012 ©



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We love trees, so this book is printed on paper from sustainable forests

