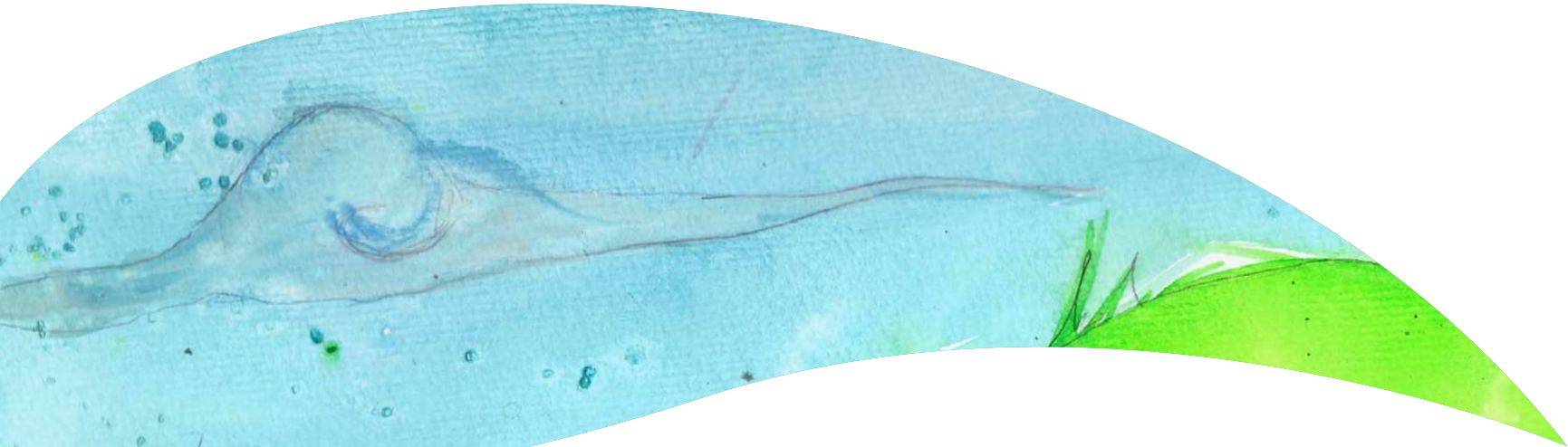
A watercolor illustration of a woman with long brown hair, a bindi on her forehead, and a small yellow flower tucked behind her ear. She is wearing a red top. To her left is a large tree with yellow and orange leaves. The background is a soft green landscape under a blue sky with a white cloud. A teal circle with a white border is centered on the right side of the page, containing the title text.

I TELL YOU
A TALE
AND YOU DO
YOGA

A short story about the origin of yoga written by **Tere Puig**
and illustrated by **Júlia Martínez**

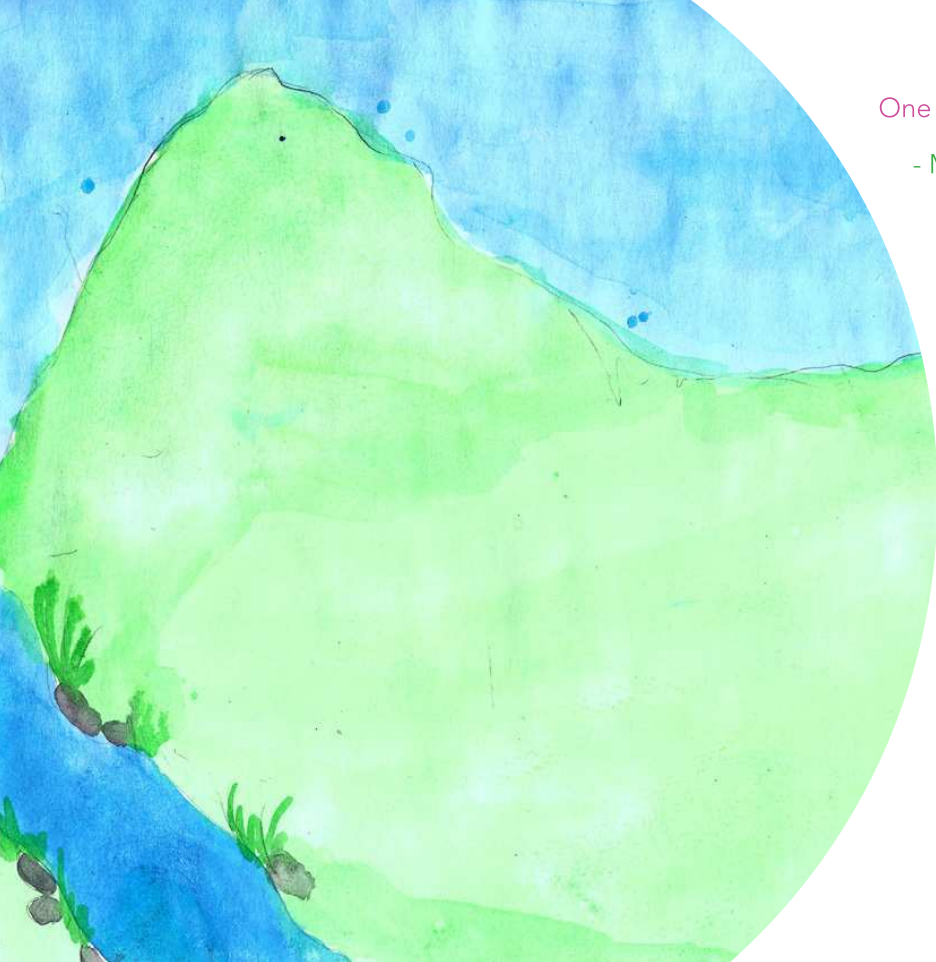
“Don't believe what I say, experience it”

Krishnamurti



Many many years ago, there lived some men and women who made their homes surrounded by animals, plants, rocks, rivers, the moon, the sun and the stars. They were enveloped in Nature. She gave them everything they needed, and they loved her and respected her. Their greatest pleasure was to watch her and learn from her.





One day, one of those men said:

- Maybe if we imitated the mountains, we could be as strong as they are.

Some men thought he was right, others hesitated, but all of them decided to give it a try.

