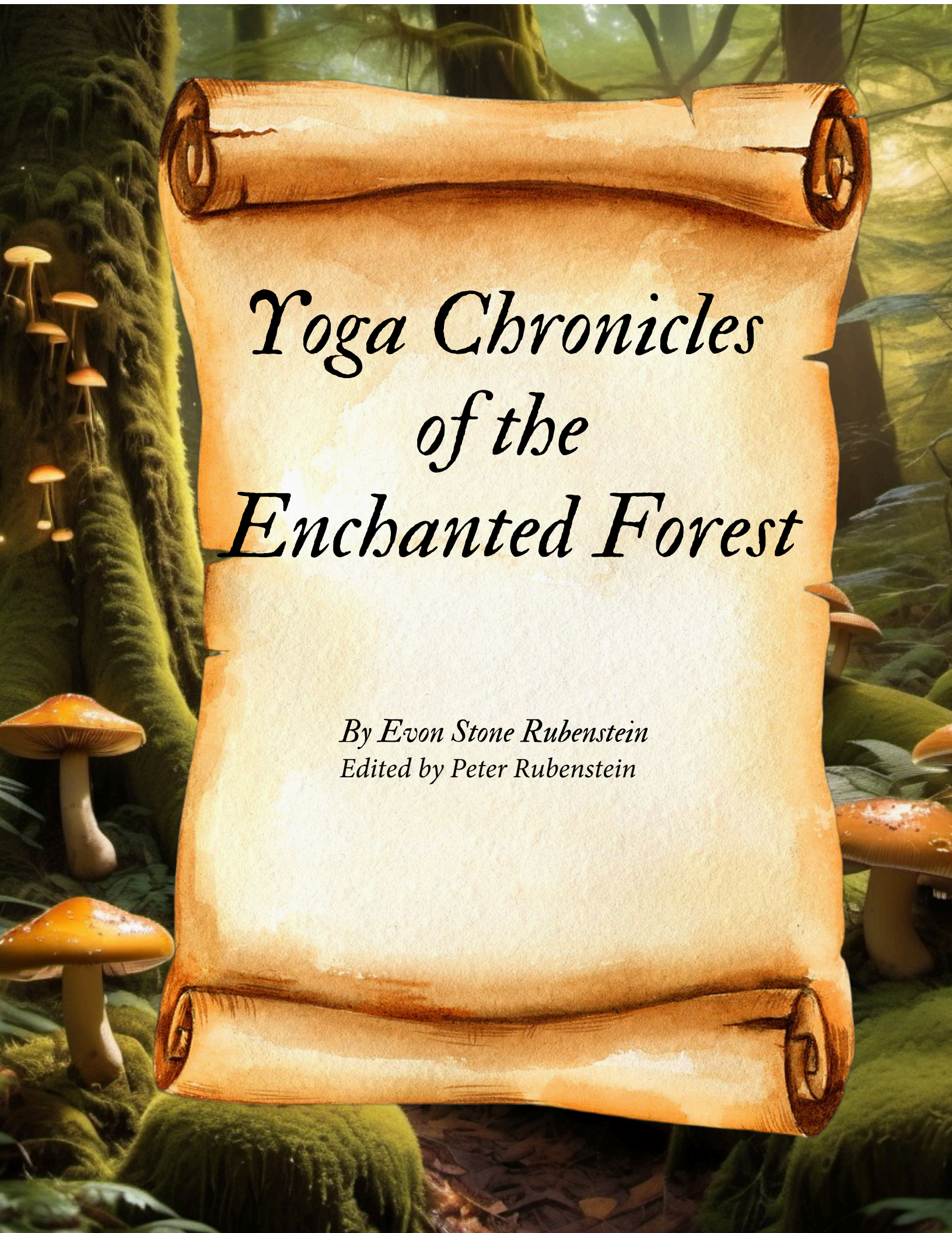

A magical forest scene with a large tree trunk covered in moss and many glowing mushrooms. A scroll is floating in the air with text.

*Yoga Chronicles
of the
Enchanted Forest*

The background of the image is a lush, mossy forest. A large, textured tree trunk is covered in vibrant green moss. Several mushrooms with orange caps and white stems are scattered throughout the scene. The lighting is soft and dappled, creating a magical atmosphere. The parchment scroll is the central focus, with its edges slightly frayed and its surface showing some water damage or staining. The text is written in a classic, elegant script.

*Yoga Chronicles
of the
Enchanted Forest*

*By Evon Stone Rubenstein
Edited by Peter Rubenstein*

A lush, magical forest scene. A large tree trunk on the left is covered in vibrant green moss. Numerous glowing mushrooms with orange caps and white stems are scattered throughout the forest floor, which is also covered in moss and ferns. A bright sunburst effect is visible in the upper right background. A scroll with a golden border and rolled-up ends is floating in the center of the scene, containing a dedication.

To my loving husband and life partner, 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.

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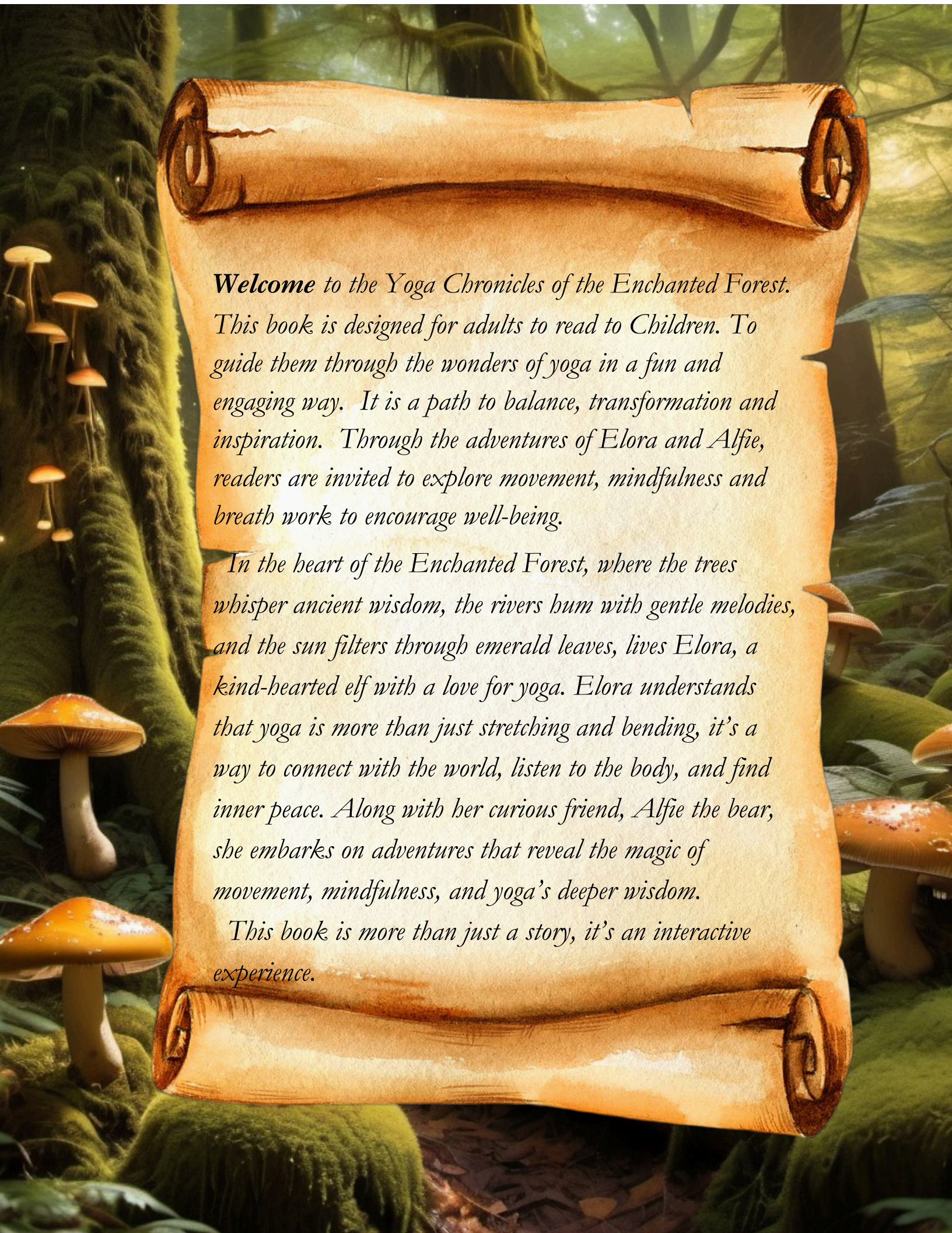
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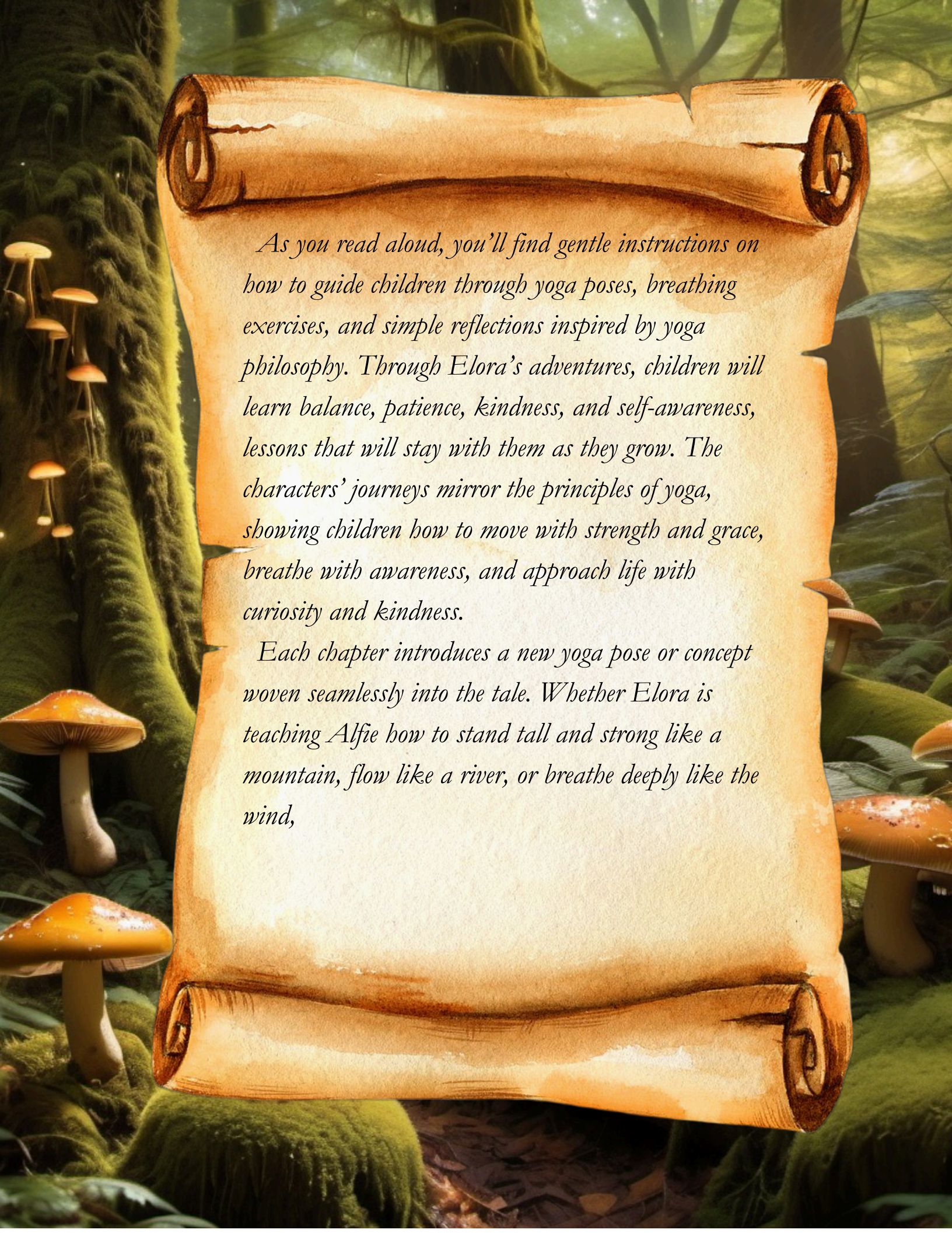
Evon@A-Path-To-Balance.com



Welcome to the Yoga Chronicles of the Enchanted Forest. This book is designed for adults to read to Children. To guide them through the wonders of yoga in a fun and engaging way. It is a path to balance, transformation and inspiration. Through the adventures of Elora and Alfie, readers are invited to explore movement, mindfulness and breath work to encourage well-being.

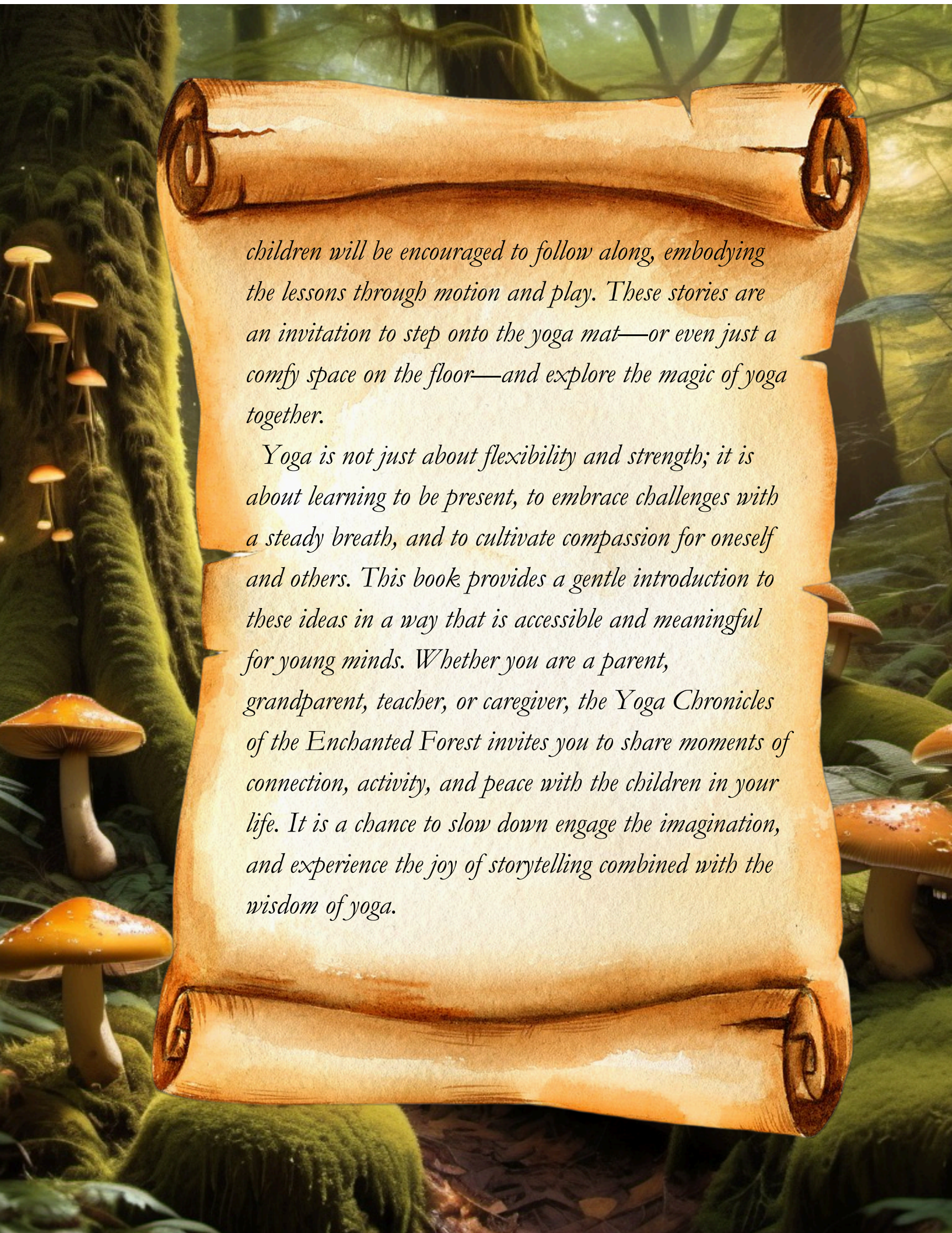
In the heart of the Enchanted Forest, where the trees whisper ancient wisdom, the rivers hum with gentle melodies, and the sun filters through emerald leaves, lives Elora, a kind-hearted elf with a love for yoga. Elora understands that yoga is more than just stretching and bending, it's a way to connect with the world, listen to the body, and find inner peace. Along with her curious friend, Alfie the bear, she embarks on adventures that reveal the magic of movement, mindfulness, and yoga's deeper wisdom.

This book is more than just a story, it's an interactive experience.

A scroll of parchment is unrolled, displaying text in a cursive font. The scroll is set against a background of a forest with mossy trees and mushrooms. The text on the scroll is as follows:


As you read aloud, you'll find gentle instructions on how to guide children through yoga poses, breathing exercises, and simple reflections inspired by yoga philosophy. Through Elora's adventures, children will learn balance, patience, kindness, and self-awareness, lessons that will stay with them as they grow. The characters' journeys mirror the principles of yoga, showing children how to move with strength and grace, breathe with awareness, and approach life with curiosity and kindness.

Each chapter introduces a new yoga pose or concept woven seamlessly into the tale. Whether Elora is teaching Alfie how to stand tall and strong like a mountain, flow like a river, or breathe deeply like the wind,

A scroll with text is the central focus, set against a lush, mossy forest background. The scroll is unrolled, showing two paragraphs of text in a cursive font. The forest is filled with green moss, various mushrooms, and tree trunks, creating a magical atmosphere. The lighting is soft and natural, highlighting the textures of the scroll and the forest floor.

children will be encouraged to follow along, embodying the lessons through motion and play. These stories are an invitation to step onto the yoga mat—or even just a comfy space on the floor—and explore the magic of yoga together.

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. 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, the Yoga Chronicles of the Enchanted Forest invites you to share moments of connection, activity, 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.

A scroll of parchment is the central focus, featuring two paragraphs of text. The parchment is aged and slightly wrinkled, with a warm, golden-brown hue. The background is a lush, green forest scene. On the left, a moss-covered tree trunk is visible, with several small, glowing mushrooms growing from it. In the foreground, there are several larger mushrooms with orange caps and white stems. The overall atmosphere is magical and serene.

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



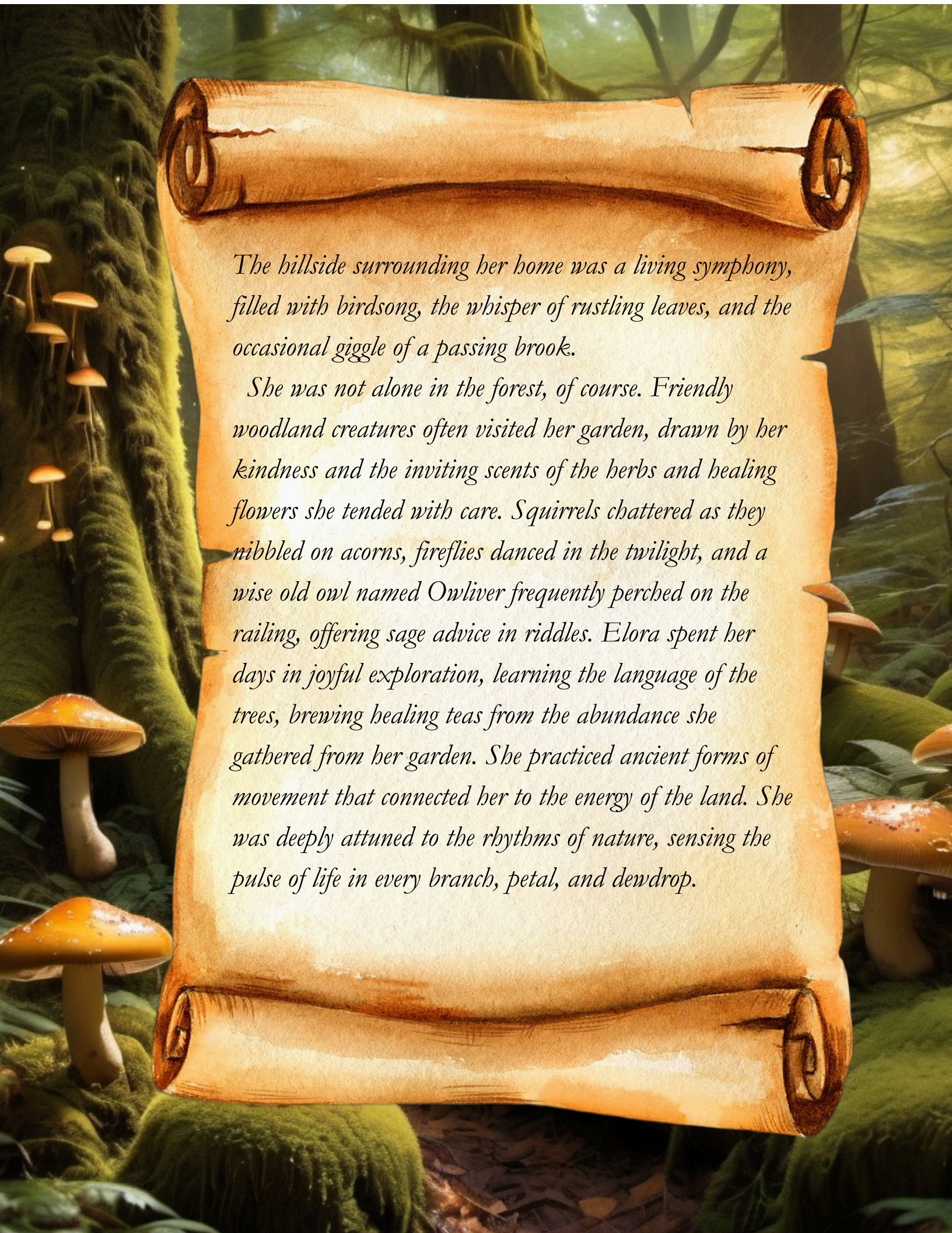
*Elora and Alfie:
How the Elf Met the Bear*

Elora's Enchanted Home

In the heart of the Enchanted Forest, nestled within a lush green hillside, was a home unlike any other. This was the dwelling of Elora, a joyful elf with a love for life and a positive attitude that could brighten even the darkest days.

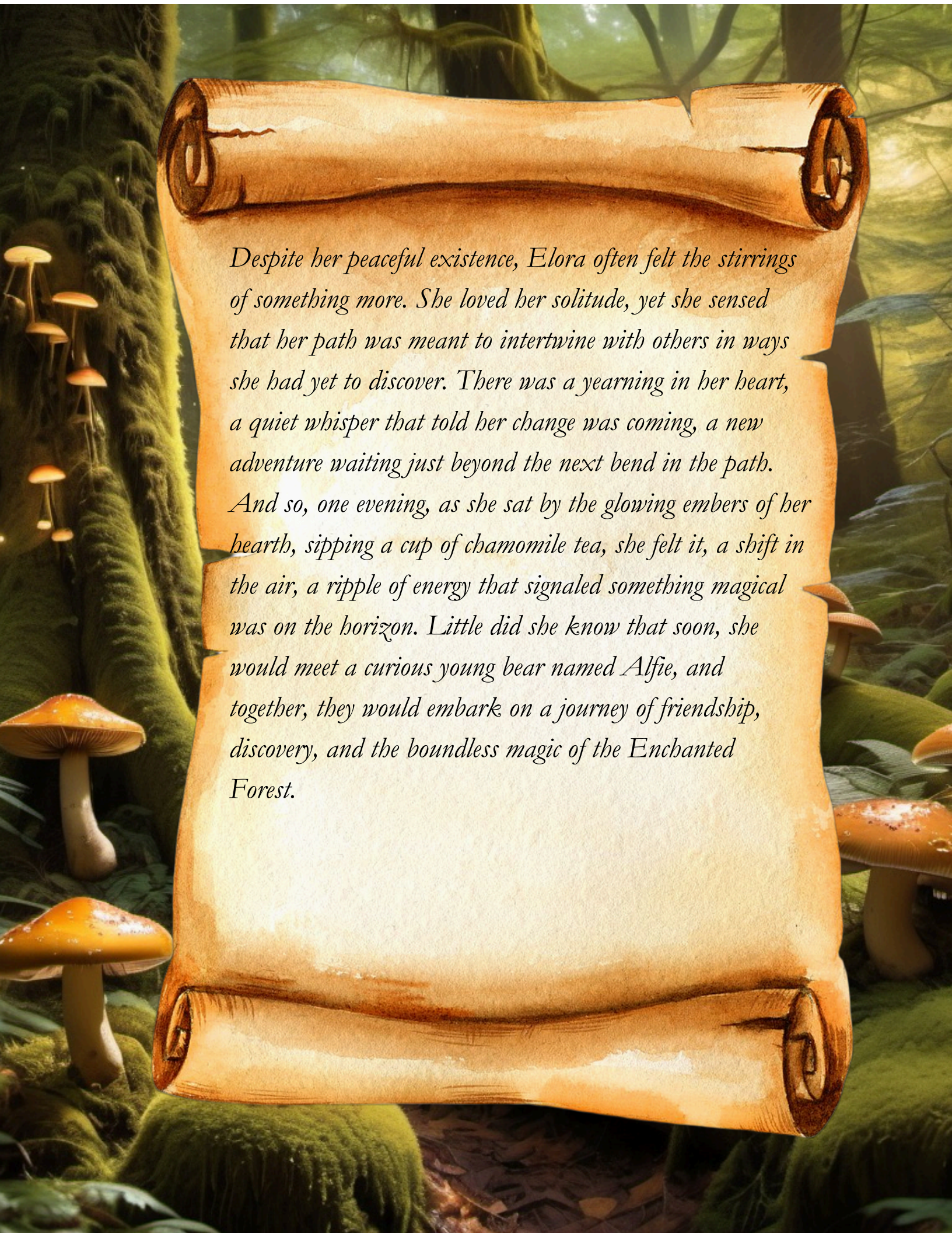
Her home wove itself into the hillside, with elegant curves, geometric patterns, and gleaming leaded-glass windows that reflected the sunlight in an array of patterns. Elora adored her home, a place infused with warmth and tranquility.

Each morning, she greeted the dawn with a deep breath of crisp forest air, stepping onto her sunlit terrace to begin her day with yoga. The smooth stone floor, warmed by the rising sun, was her sanctuary. A place where she stretched, balanced, and found harmony with the world around her.

A scroll of parchment is the central focus, featuring two paragraphs of text in a cursive font. The scroll is unrolled and has a slightly aged, yellowish-brown appearance. The background is a lush, green forest scene. On the left, a moss-covered tree trunk is visible, with several small, glowing mushrooms growing from it. In the foreground, there are several larger mushrooms with orange caps and white stems. The overall atmosphere is magical and serene, with soft lighting filtering through the trees.

The hillside surrounding her home was a living symphony, filled with birdsong, the whisper of rustling leaves, and the occasional giggle of a passing brook.

She was not alone in the forest, of course. Friendly woodland creatures often visited her garden, drawn by her kindness and the inviting scents of the herbs and healing flowers she tended with care. Squirrels chattered as they nibbled on acorns, fireflies danced in the twilight, and a wise old owl named Owliver frequently perched on the railing, offering sage advice in riddles. Elora spent her days in joyful exploration, learning the language of the trees, brewing healing teas from the abundance she gathered from her garden. She practiced ancient forms of movement that connected her to the energy of the land. She was deeply attuned to the rhythms of nature, sensing the pulse of life in every branch, petal, and dewdrop.



Despite her peaceful existence, Elora often felt the stirrings of something more. She loved her solitude, yet she sensed that her path was meant to intertwine with others in ways she had yet to discover. There was a yearning in her heart, a quiet whisper that told her change was coming, a new adventure waiting just beyond the next bend in the path. And so, one evening, as she sat by the glowing embers of her hearth, sipping a cup of chamomile tea, she felt it, a shift in the air, a ripple of energy that signaled something magical was on the horizon. Little did she know that soon, she would meet a curious young bear named Alfie, and together, they would embark on a journey of friendship, discovery, and the boundless magic of the Enchanted Forest.



Chapter 2

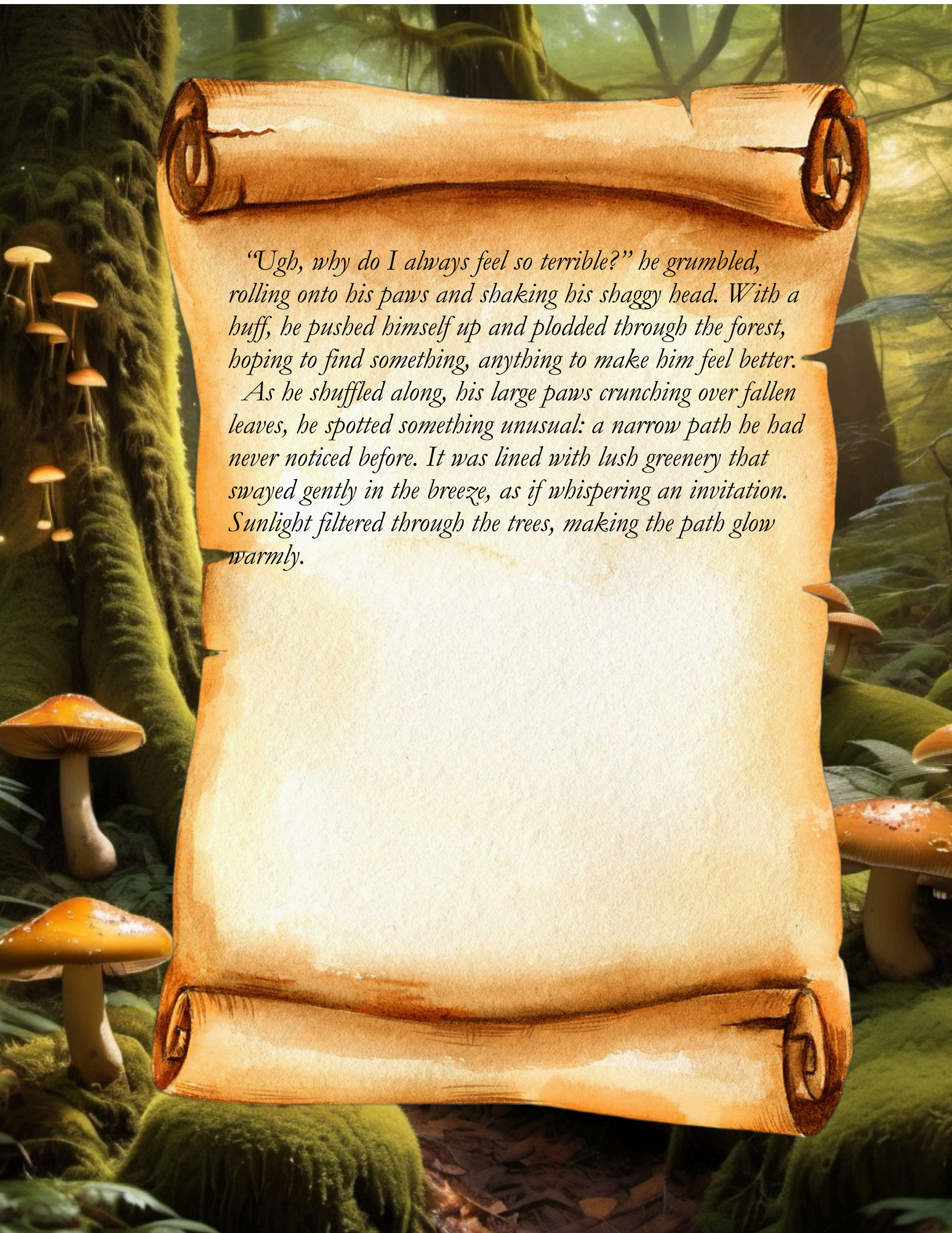
A scroll of parchment is unrolled, showing text. The background is a lush forest with moss-covered tree trunks and several mushrooms. The scroll is the central focus, with the text written in a cursive font. The parchment has a slightly aged, yellowish-brown tone. The forest background is dark and moody, with green moss and brown mushrooms providing a natural setting for the scroll.

Alfie's Grumpy Morning

Not far from Elora's hillside home, deep in a dark and overgrown part of the forest, lived a bear named Alfie. But unlike Elora, Alfie wasn't very happy. In fact, Alfie was almost always grumpy. His back ached, his feet hurt, and he just didn't feel good in his body. He had a poor diet of mostly junk food, sticky honey buns, stale crackers, and whatever scraps he could find at campsites. He rarely moved around except to lumber from one place to another in search of more snacks.

His home, nestled among gnarled tree roots, was cluttered with empty food wrappers, bits of broken branches, and piles of leaves he had never bothered to clean up. The air inside was stuffy, thick with the scent of old food. Alfie didn't mind, except for when his aches became unbearable, which was most mornings.

One particular morning, the stiffness in his back was worse than usual. He groaned as he tried to stretch, but every movement felt like dragging a fallen tree across the forest floor. His shoulders ached, his legs felt heavy, and his belly was full but never quite satisfied.

A scroll of parchment is unrolled, showing text in a cursive font. The scroll is set against a background of a forest with moss-covered trees and mushrooms. The text on the scroll reads:

“Ugh, why do I always feel so terrible?” he grumbled, rolling onto his paws and shaking his shaggy head. With a huff, he pushed himself up and plodded through the forest, hoping to find something, anything to make him feel better.

As he shuffled along, his large paws crunching over fallen leaves, he spotted something unusual: a narrow path he had never noticed before. It was lined with lush greenery that swayed gently in the breeze, as if whispering an invitation. Sunlight filtered through the trees, making the path glow warmly.



Chapter 3

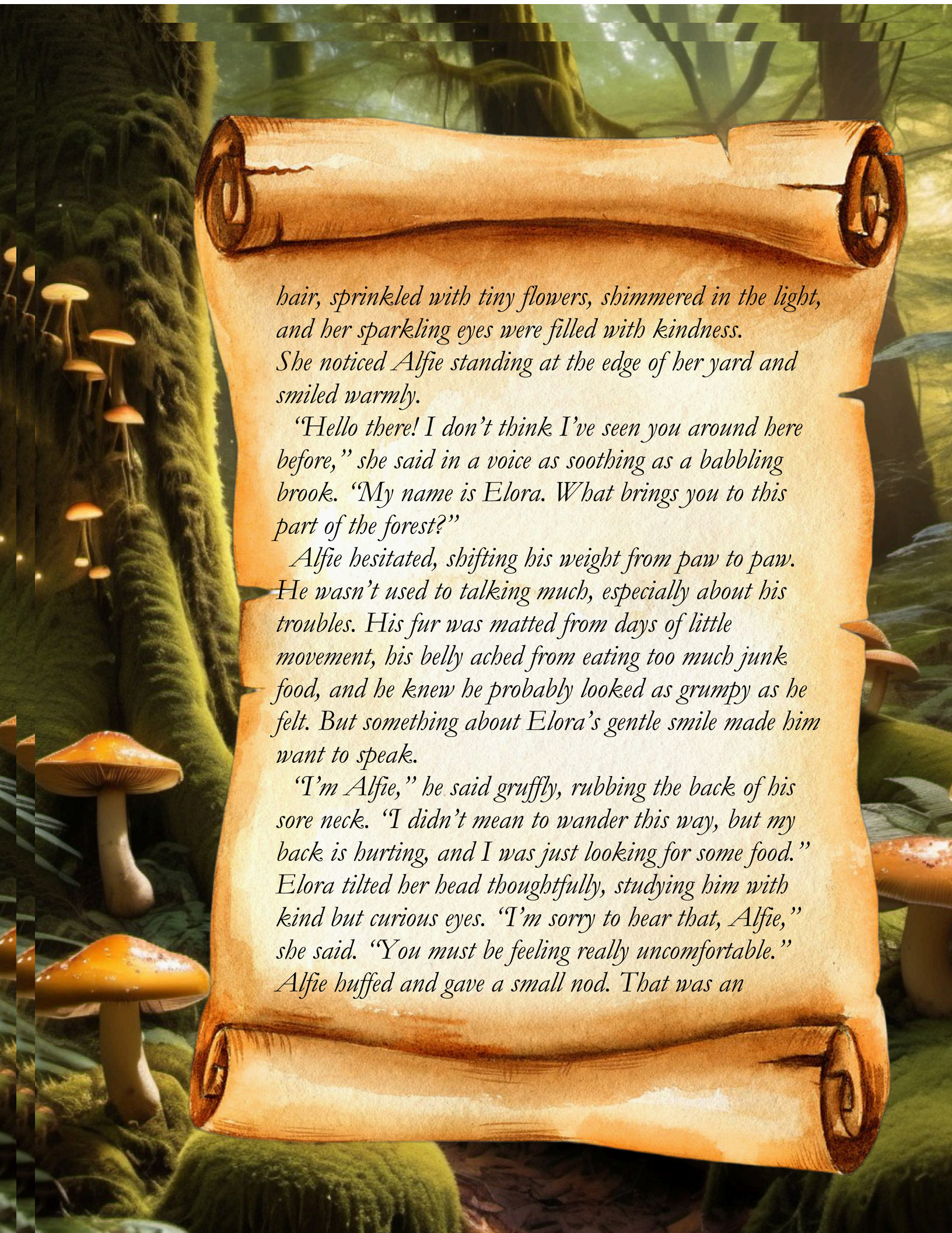


A Surprising Encounter

The path led Alfie to the most beautiful place he had ever seen. The dense, tangled branches gave way to a sun-drenched hillside, where a stunning home was built right into the earth itself, as if it had always belonged there. The house had elegant, curved doorways, lead-glass windows that shimmered in the light, and intricate golden details that reflected the afternoon sun. Alfie had never seen anything quite like it. It was as if the hillside itself had been sculpted into a masterpiece.

Tall, graceful trees stood like silent guardians, their limbs forming a canopy that filtered the sunlight into golden beams. 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 appeared from the garden, carrying a woven basket filled with freshly picked herbs. She moved with effortless grace, her long, flowing tunic the color of the blue sky. Her

A scroll with text is the central focus, set against a lush forest background. The background features moss-covered tree trunks, several glowing mushrooms with orange caps and white stems, and a soft, dappled light filtering through the trees. The scroll is unrolled, showing three paragraphs of text in a cursive font.

hair, sprinkled with tiny flowers, shimmered in the light, and 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?”

Alfie hesitated, shifting his weight from paw to paw. He wasn’t used to talking much, especially about his troubles. His fur was matted from days of little movement, his belly ached from eating too much junk food, 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

A scroll of parchment is unrolled, showing text. The background is a lush forest with moss-covered trees and glowing mushrooms. The scroll is the central focus, with the text written in a cursive font. The forest scene is detailed, with various types of mushrooms and dense foliage.

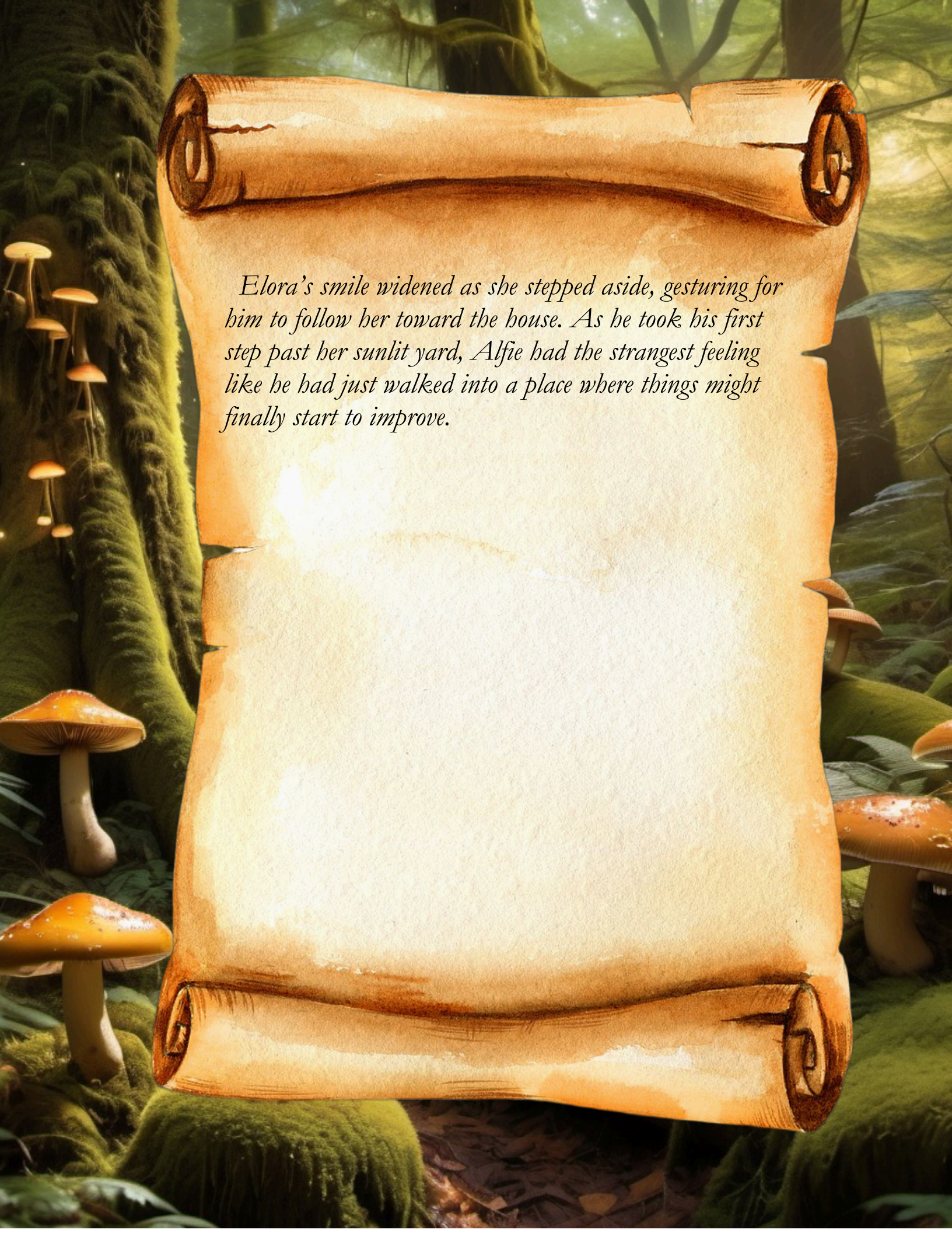
understatement.

“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 scroll of parchment is the central focus, unrolled to reveal text. The parchment is a warm, golden-brown color with some darker staining and texture. The text is written in a cursive, handwritten style. The background is a lush, green forest scene. On the left, a large tree trunk is covered in thick, vibrant green moss. Several small, glowing mushrooms with orange caps and thin stems are scattered around the base of the tree. In the foreground, there are larger mushrooms with orange caps and white stems, some with small white spots on their caps. The overall atmosphere is magical and serene, with soft lighting filtering through the trees.

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 like he had just walked into a place where things might finally start to improve.



Chapter 4

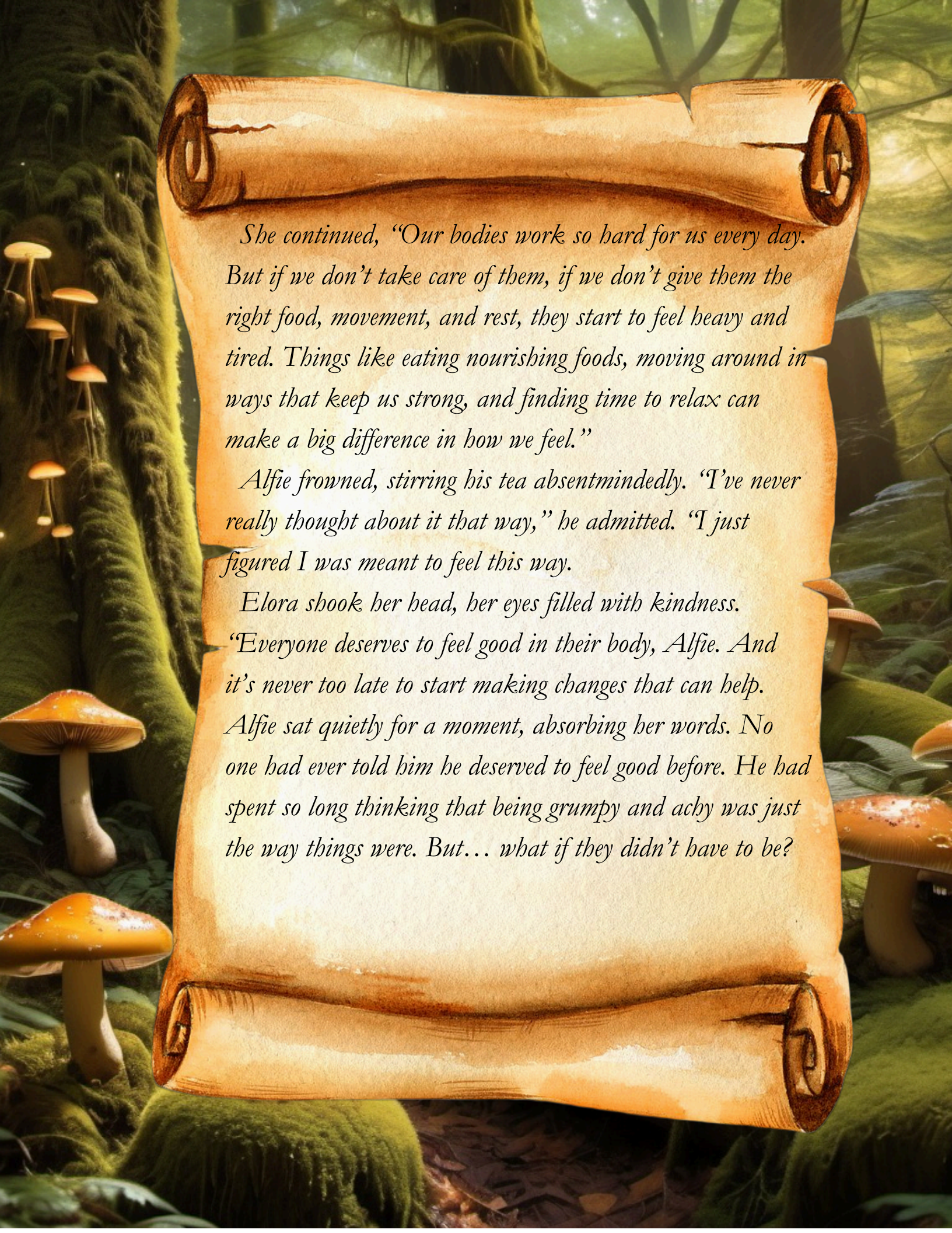
A scroll of parchment is unrolled, showing text. The background is a lush forest scene with moss-covered trees, glowing mushrooms, and soft lighting. The scroll is the central focus, with the text written in a cursive font. The parchment has a warm, golden-brown hue and is slightly wrinkled and aged. The forest background is vibrant with green moss and glowing orange mushrooms, creating a magical atmosphere.

A Healing Touch

Inside Elora's home, Alfie couldn't help but marvel at the elegant design and the peaceful atmosphere. The walls were smooth and curved, following the natural shape of the hillside, with intricate golden patterns etched into the archways. Soft lanterns cast a warm glow, and the air carried the gentle scent of lavender and cinnamon. A small fountain trickled in the corner, its soothing rhythm blending with the soft rustling of the wind outside.

The space felt... calm. Safe. Unlike the cluttered den Alfie called home, where shadows loomed and the air was heavy with stale food, this place seemed to breathe.

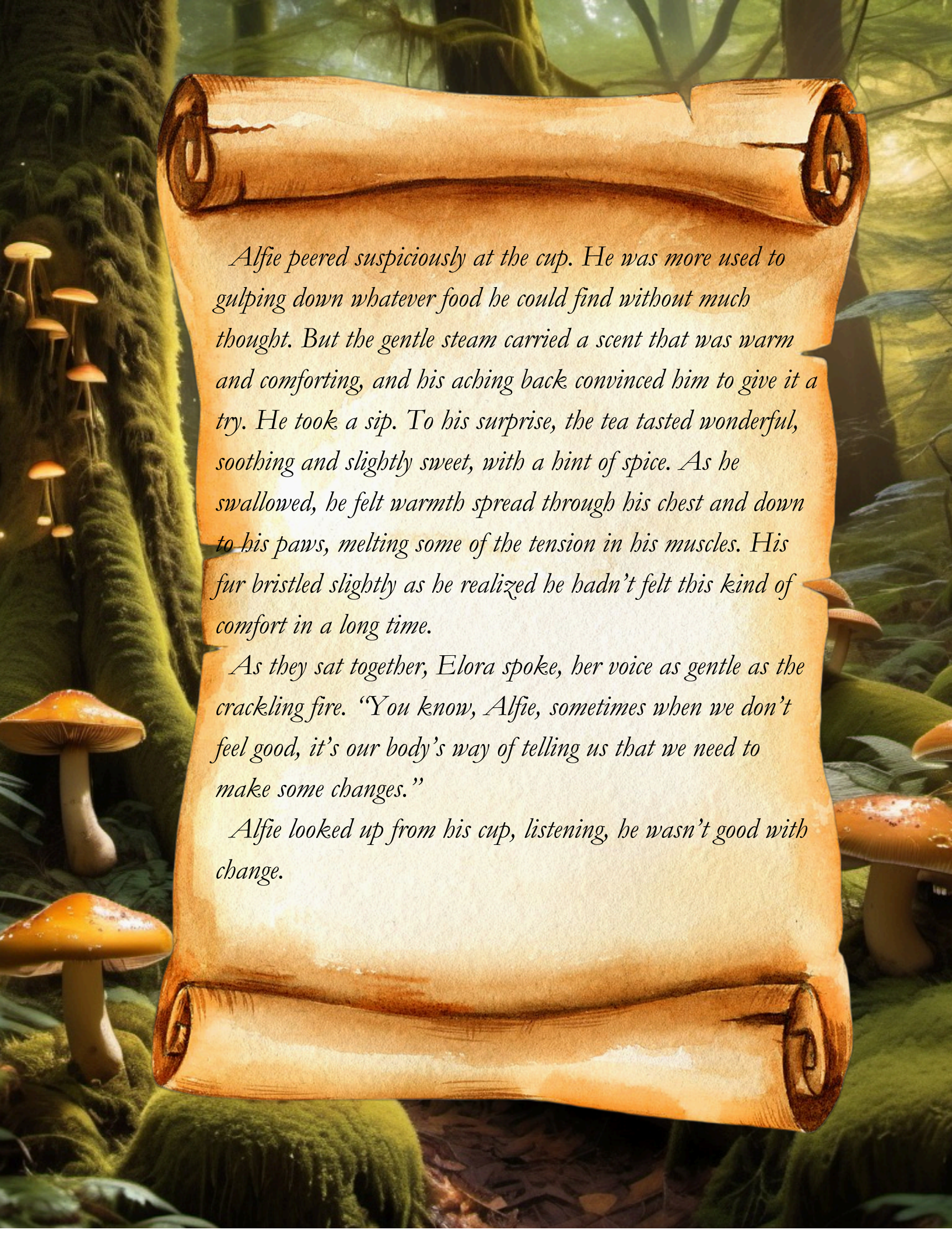
Elora led him to a cozy chair by the fireplace, its cushions plush and inviting. As soon as he sank into it, a relieved sigh escaped his lips. He hadn't realized just how exhausted he was. Elora handed him a steaming cup of herbal tea in a delicate, earth-toned mug. "This is made from herbs I grow myself," she explained, settling into a chair across from him. Chamomile, ginger, and a bit of peppermint. It's good for relaxation and easing muscle pain."

A scroll of parchment is unrolled, showing text written in a cursive font. The scroll is set against a background of a forest with moss and mushrooms. The text on the scroll is as follows:

She continued, "Our bodies work so hard for us every day. But if we don't take care of them, if we don't give them the right food, movement, and rest, they start to feel heavy and tired. Things like eating nourishing foods, moving around in ways that keep us strong, and finding time to relax can make a big difference in how we feel."

Alfie frowned, stirring his tea absentmindedly. "I've never really thought about it that way," he admitted. "I just figured I was meant to feel this way."

Elora shook her head, her eyes filled with kindness. "Everyone deserves to feel good in their body, Alfie. And it's never too late to start making changes that can help. Alfie sat quietly for a moment, absorbing her words. No one had ever told him he deserved to feel good before. He had spent so long thinking that being grumpy and achy was just the way things were. But... what if they didn't have to be?"

A scroll of parchment is unrolled, showing text written in a cursive script. The scroll is set against a background of a forest with moss-covered trees and several glowing mushrooms. The text on the scroll is as follows:

Alfie peered suspiciously at the cup. He was more used to gulping down whatever food he could find without much thought. But the gentle steam carried a scent that was warm and comforting, and his aching back convinced him to give it a try. He took a sip. To his surprise, the tea tasted wonderful, soothing and slightly sweet, with a hint of spice. As he swallowed, he felt warmth spread through his chest and down to his paws, melting some of the tension in his muscles. His fur bristled slightly as he realized he hadn't felt this kind of comfort in a long time.

As they sat together, Elora spoke, her voice as gentle as the crackling fire. "You know, Alfie, sometimes when we don't feel good, it's our body's way of telling us that we need to make some changes."

Alfie looked up from his cup, listening, he wasn't good with change.



Chapter 5

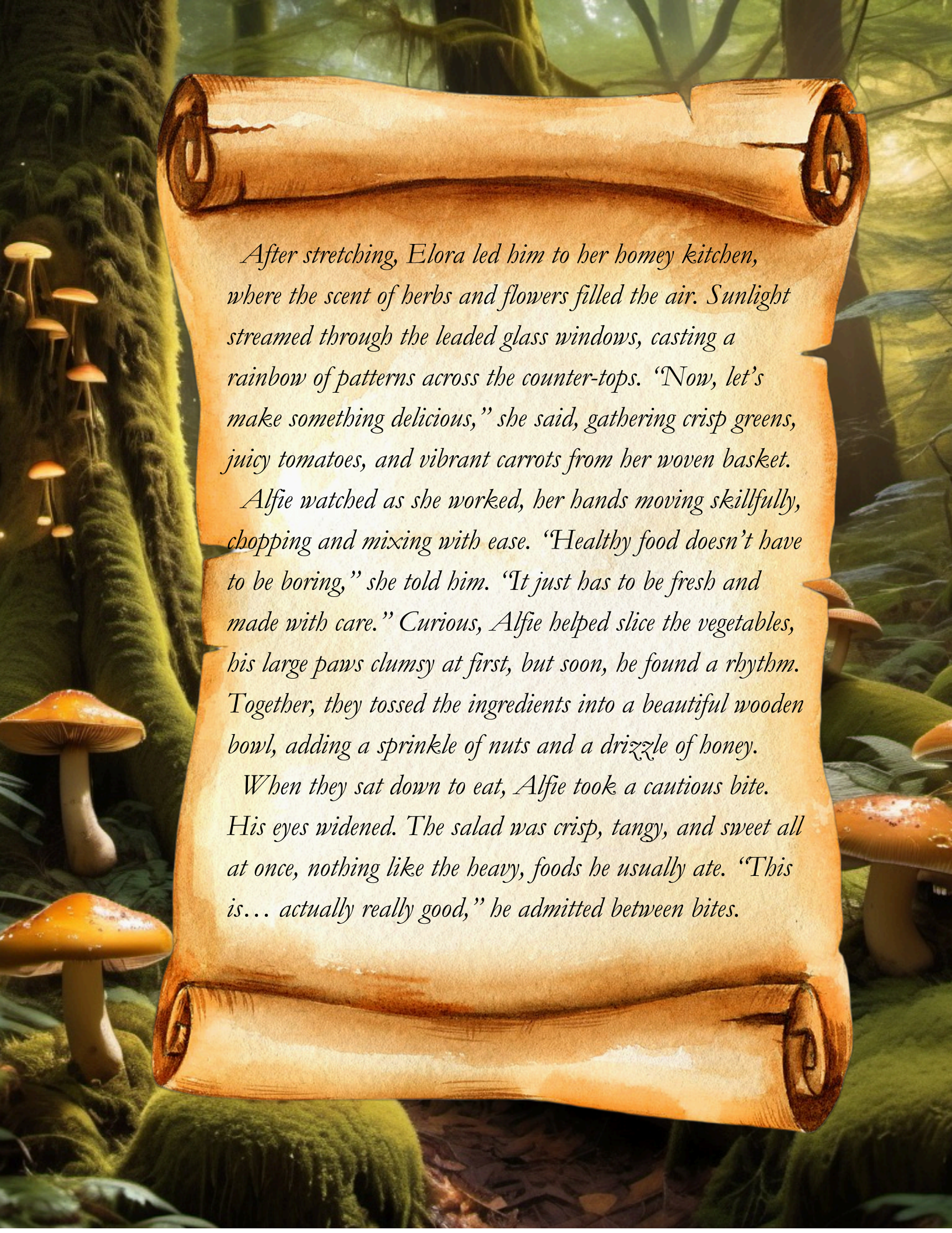
A scroll of parchment is unrolled, showing text. The background is a lush forest with moss-covered trees and glowing mushrooms. The scroll is the central focus, with the text written in a cursive font. The forest scene is detailed, with various types of mushrooms and dense foliage.

A New Friendship Begins

He took another sip of tea, savoring the warmth as a new thought began to take root, perhaps, just perhaps, change wasn't as impossible as he had always believed. Elora demonstrated a simple pose. She moved with a grace that fascinated him. "Try this," she encouraged, placing her hands on her hips and stretching slowly to one side. "Breathe deeply, and don't force it."

Alfie mimicked her movements, awkward at first, but as he followed her lead, he noticed something surprising. His muscles, though stiff, began to loosen just a little. He let out a deep sigh, feeling a small flicker of relief.

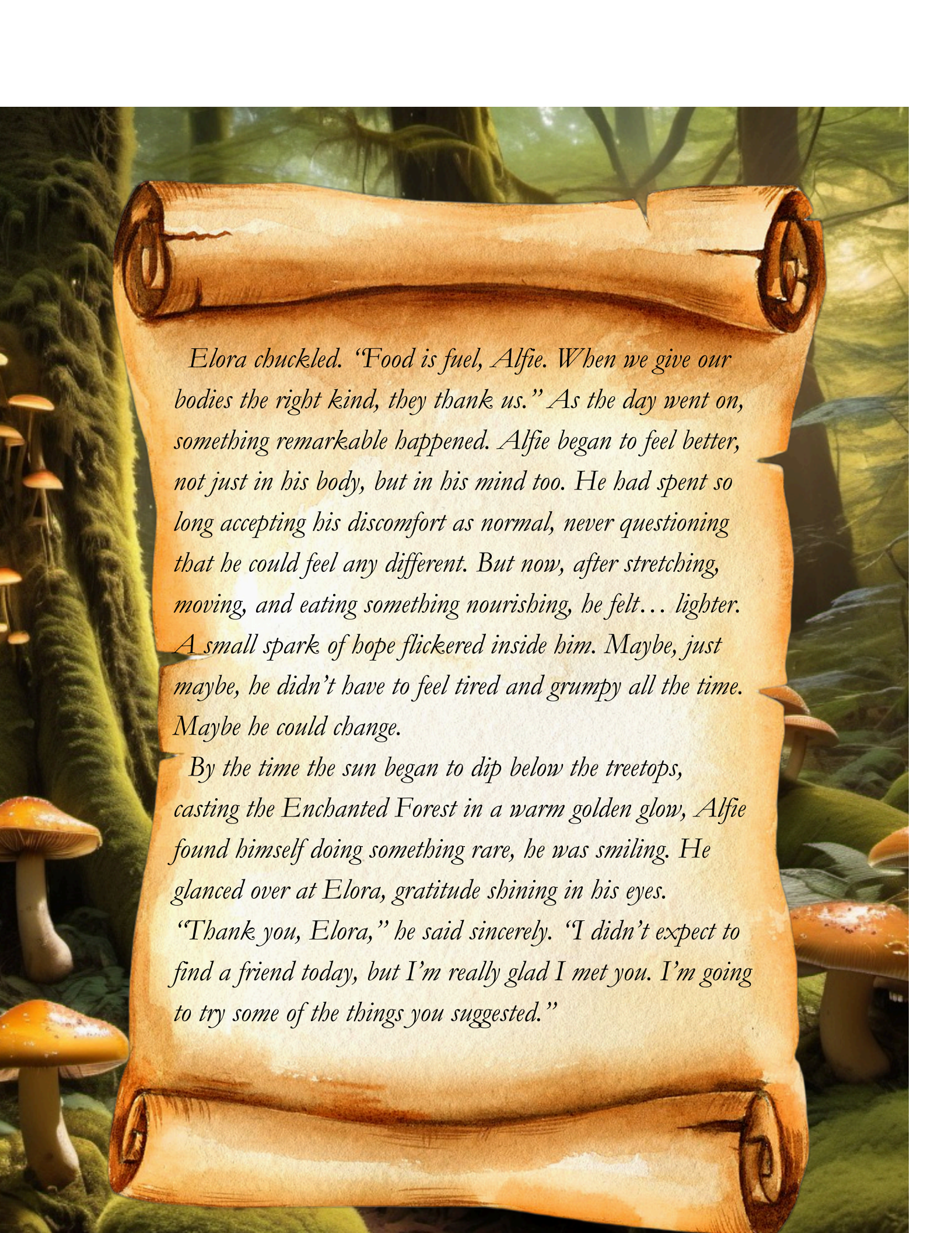
"That's it," Elora said encouragingly. "Small movements, deep breaths. It all adds up."

A scroll of parchment is unrolled, showing text in a cursive font. The scroll is set against a background of a forest with mossy trees and mushrooms. The text on the scroll is as follows:

After stretching, Elora led him to her homey kitchen, where the scent of herbs and flowers filled the air. Sunlight streamed through the leaded glass windows, casting a rainbow of patterns across the counter-tops. “Now, let’s make something delicious,” she said, gathering crisp greens, juicy tomatoes, and vibrant carrots from her woven basket.

Alfie watched as she worked, her hands moving skillfully, chopping and mixing with ease. “Healthy food doesn’t have to be boring,” she told him. “It just has to be fresh and made with care.” Curious, Alfie helped slice the vegetables, his large paws clumsy at first, but soon, he found a rhythm. Together, they tossed the ingredients into a beautiful wooden bowl, adding a sprinkle of nuts and a drizzle of honey.

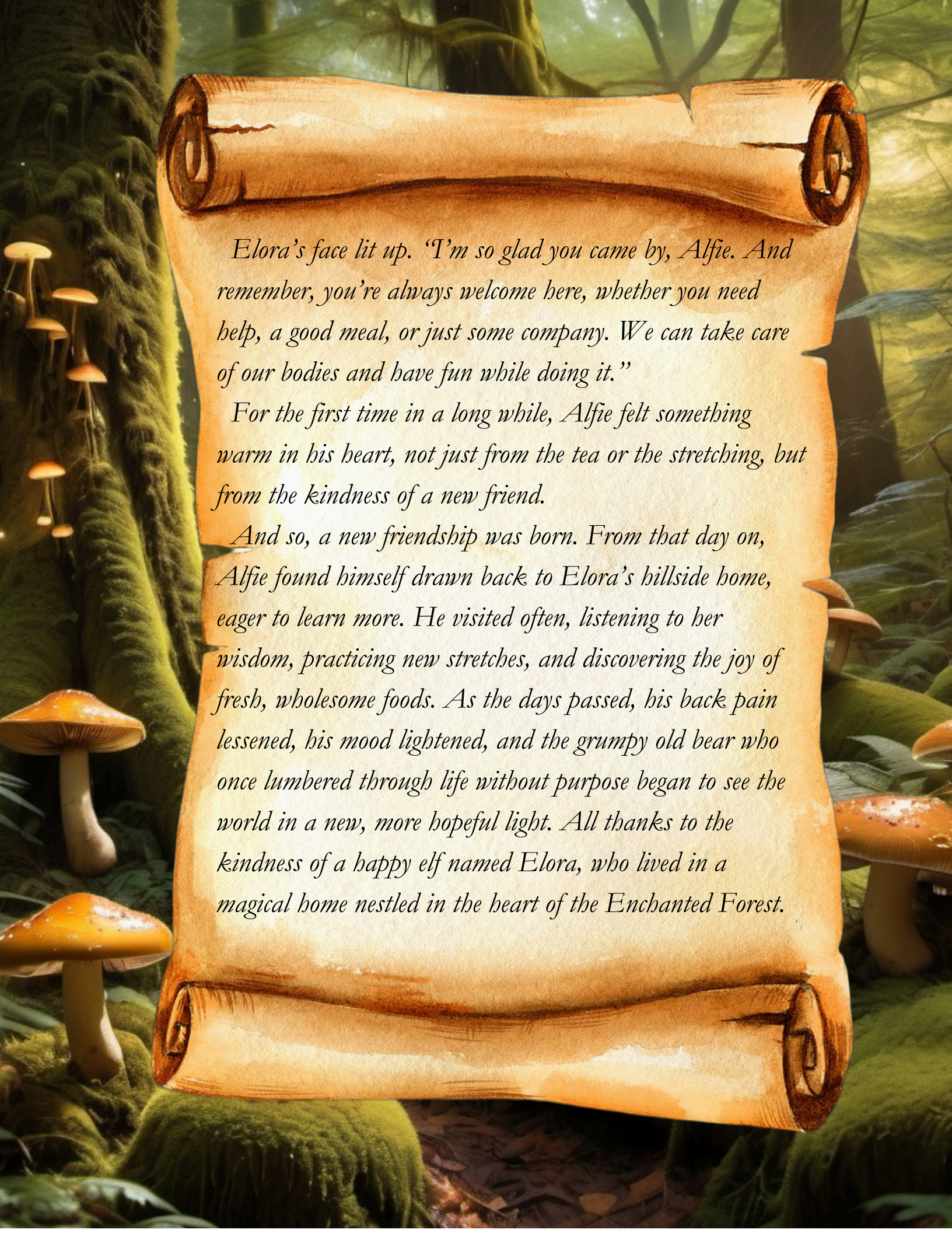
When they sat down to eat, Alfie took a cautious bite. His eyes widened. The salad was crisp, tangy, and sweet all at once, nothing like the heavy, foods he usually ate. “This is... actually really good,” he admitted between bites.

A scroll with text is the central focus, set against a lush, mossy forest background. The forest floor is covered in green moss and several glowing mushrooms with orange caps and white stems. The background is filled with dense green foliage and tree trunks, creating a magical atmosphere. The scroll is unrolled, showing the text in a cursive font.

Elora chuckled. "Food is fuel, Alfie. When we give our bodies the right kind, they thank us." As the day went on, something remarkable happened. Alfie began to feel better, not just in his body, but in his mind too. He had spent so long accepting his discomfort as normal, never questioning that he could feel any different. But now, after stretching, moving, and eating something nourishing, he felt... lighter. A small spark of hope flickered inside him. Maybe, just maybe, he didn't have to feel tired and grumpy all the time. Maybe he could change.

By the time the sun began to dip below the treetops, casting the Enchanted Forest in a warm golden glow, Alfie found himself doing something rare, he was smiling. He glanced over at Elora, gratitude shining in his eyes.

"Thank you, Elora," he said sincerely. "I didn't expect to find a friend today, but I'm really glad I met you. I'm going to try some of the things you suggested."

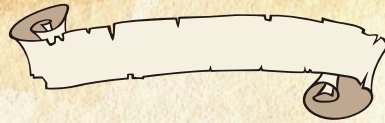


Elora's face lit up. 'I'm so glad you came by, Alfie. And remember, you're always welcome here, whether you need help, a good meal, or just some company. We can take care of our bodies and have fun while doing it.'

For the first time in a long while, Alfie felt something warm in his heart, not just from the tea or the stretching, but from the kindness of a new friend.

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.

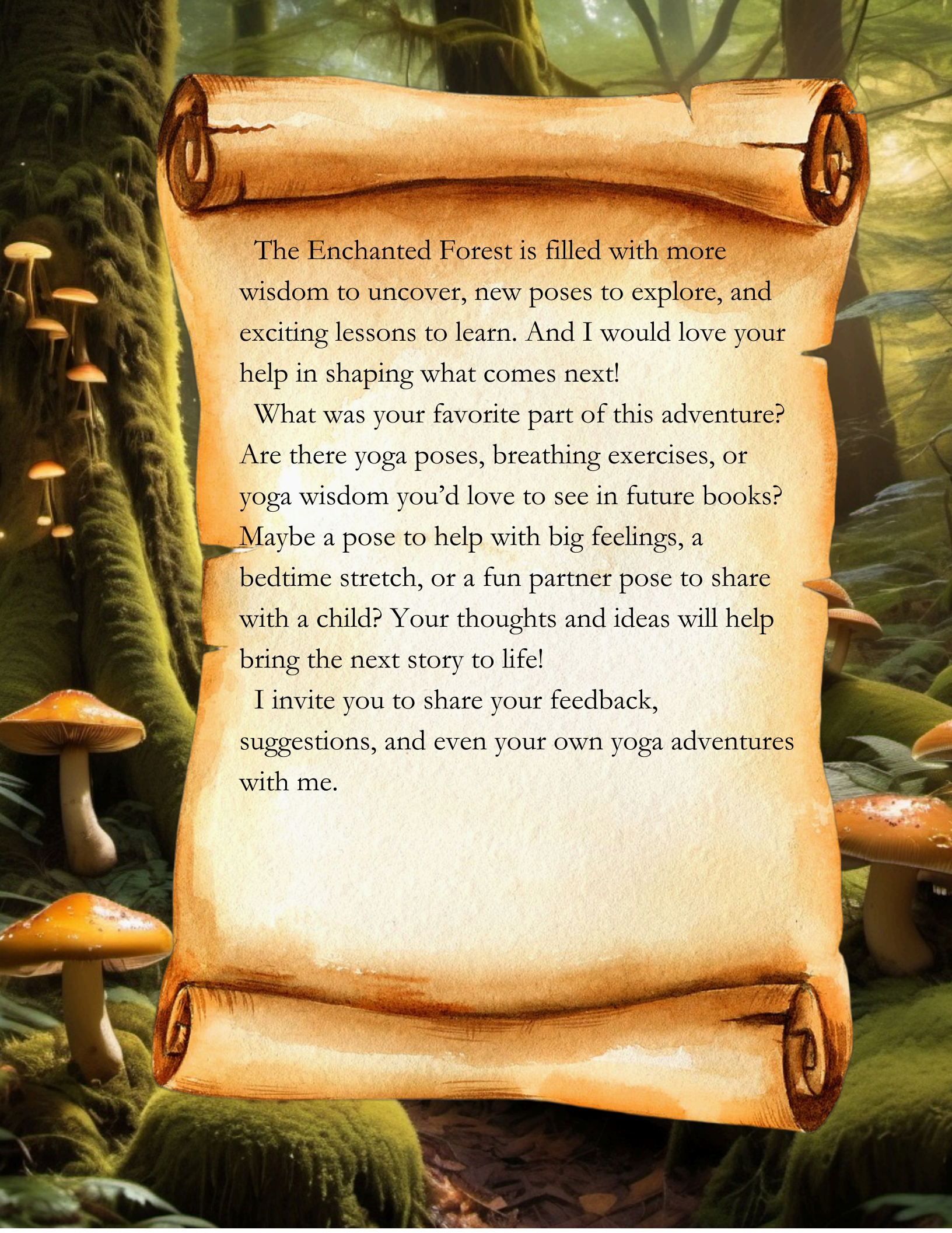
The Beginning



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 just 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. But this is only the beginning!

A scroll of parchment is the central focus, featuring three paragraphs of text. The scroll is unrolled and has a slightly aged, yellowish-brown appearance. The background is a lush, green forest scene with moss-covered trees and several glowing mushrooms. The lighting is soft and natural, suggesting a sunlit forest floor.

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!

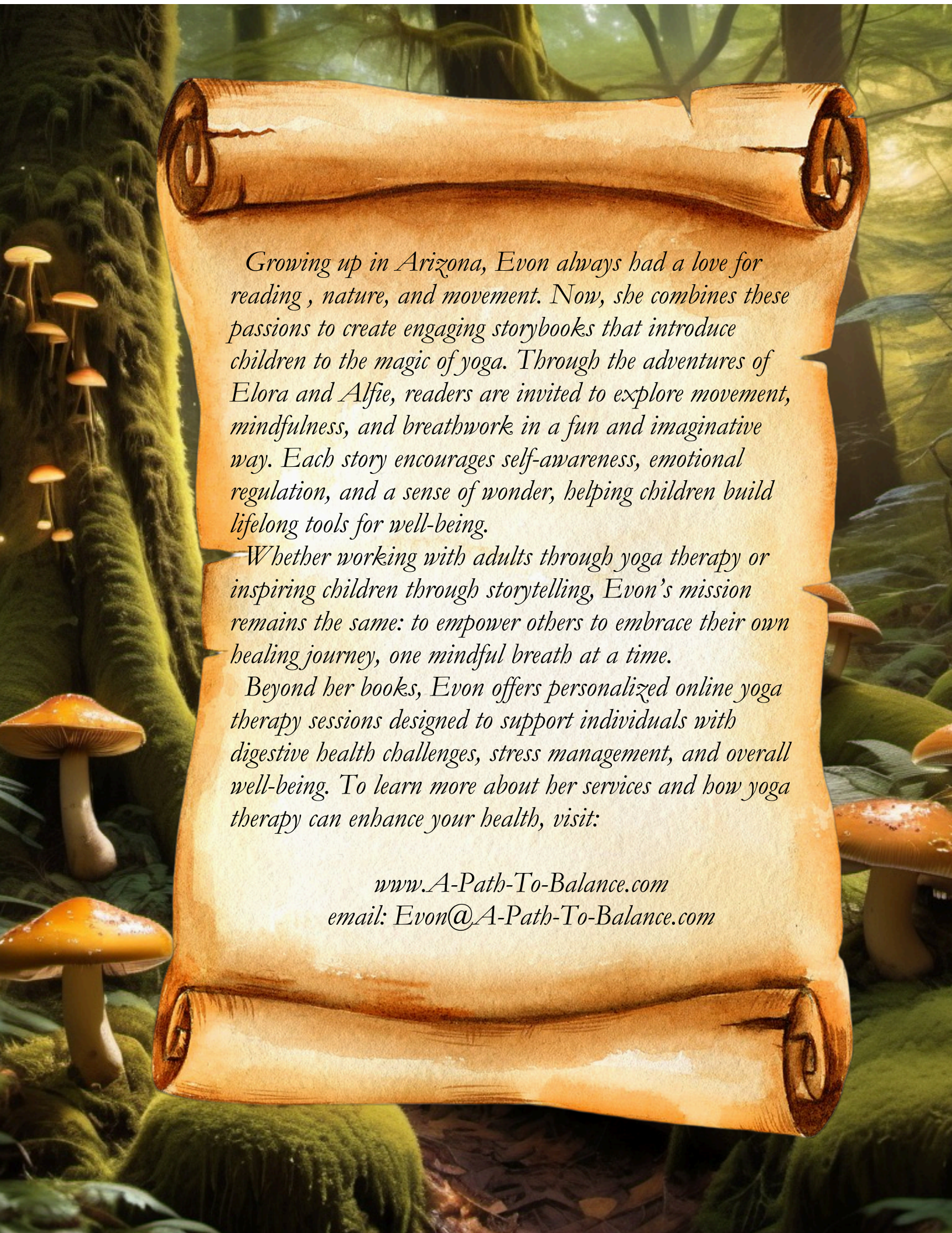
I invite you to share your feedback, suggestions, and even your own yoga adventures with me.

A scroll of parchment is the central focus, featuring two paragraphs of text. The scroll is unrolled and has a slightly aged, yellowish-brown appearance. The background is a lush, green forest scene with moss-covered trees and several glowing mushrooms. The lighting is soft and natural, creating a serene and magical atmosphere. The text is written in a classic serif font, with the first paragraph starting with a bolded section header.

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.

A scroll with text set against a forest background with mushrooms and moss. The scroll is unrolled and has a parchment-like texture. The background is a lush green forest with moss-covered trees and several glowing mushrooms.

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.A-Path-To-Balance.com

email: Evon@A-Path-To-Balance.com



You can reach out to me at:

Evon@A-Path-To-Balance.com .

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)