

## **Valentine's Day (Cupid and Psyche Love Story, slightly altered for Yoga purposes)**

*Poses: Goddess, Hero, Bow, Shooting Bow(Arrow), Mountain, Camel, Dog, Tree, Eagle, Child's Pose, Cat*

The Story goes, that a King had 3 lovely daughters, of which the youngest, Psyche, was very beautiful. This made the **Goddess** Venus very jealous. So Venus sent her son the **hero**, Cupid to cast a spell with his **bow and arrow**. Instead of **shooting the arrow** he fell in love with Psyche. In order to marry Cupid, Psyche had to pass 4 tests.

1<sup>st</sup>, She had to gather all the beans, barley and wheat in the land up to the **mountain**. She needed a **camel** to carry it up the **mountain**.

After she passed that test, the 2<sup>nd</sup> test was to shave all the wool from the golden sheep and bring it to the **Goddess** Venus. So Psyche used her sheep herding **dog** to help her gather the sheep **up** the hillside and back **down** the hillside.

Psyche was successful again, making the **Goddess** angry. So Venus made the 3<sup>rd</sup> test even harder, which was for Psyche to fill a crystal vessel full of special spring water from the top of the tallest **tree** in the land. To accomplish this task, Psyche used the help of a friendly **Eagle** which flew her up to the **tree**(other leg), and flew her back down (**eagle other side**).

Feeling victorious Psyche was ready for the 4<sup>th</sup> and final task. Venus the **Goddess** instructed Psyche to go to the Underworld (**lay down on belly**) and grab a special box full of beauty cream, that she was not to open. Psyche was scared (**child's pose**), but she grabbed the box. Psyche was too tempted to open the box, and unfortunately, as the saying goes, curiosity got the **cat**. Psyche opened the box which cast a magic spell, and made Psyche fall into a deep sleep...

*Like all the similar fairy tales, which you can reference to get the kids excited, it has a happy ending. You can continue the story to bring kids out of secret garden.*

Cupid pleas with the Gods and they agree to **awaken** Psyche so the 2 can get married and live happily ever after ;)!