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.

1st, 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 2nd 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 3rd 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 4th 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 ;)!