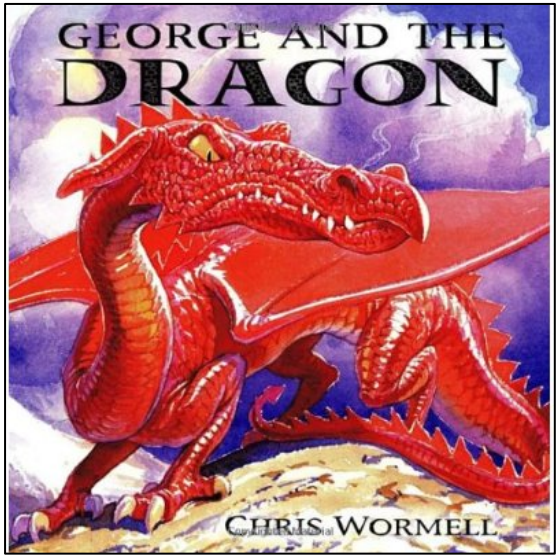


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# George and the Dragon

by Chris Wormell

High, high up in the tall, tall **mountains**, in a deep, deep **valley**, in a dark, dark **cave**… there lived a mighty **dragon**.

The **dragon** is the most fierce, treacherous and frightening that you can possibly imagine.

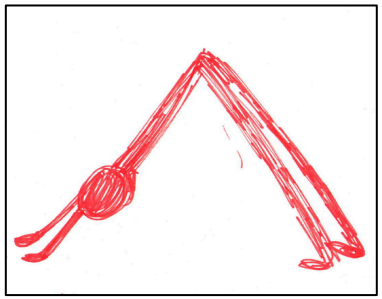
But he has a BIG secret.

Actually, a small secret.

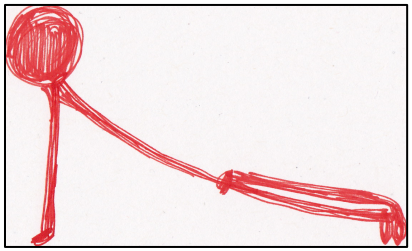
He was terrified of mice!

Which was a pity, because that very day a mouse named George moved into the cave next door. George soon realised he had no sugar for his **tea**, and went next door to see if he could borrow some.

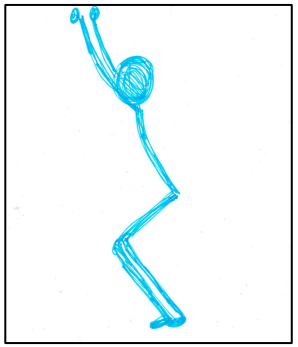
What happened next brought him all the way to the **castle**!



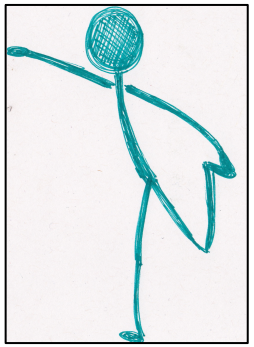
**Mountain / Cave**
(Adho Mukha Svanasana)



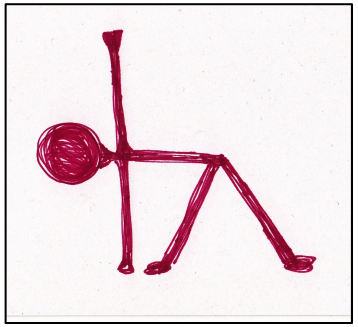
**Valley**
(Urdhva Mukha Svanasana)



**Dragon**
(Utkanasana)



**George's Teapot**
(Natarajasana)



**Castle**
(Trikonasana)

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