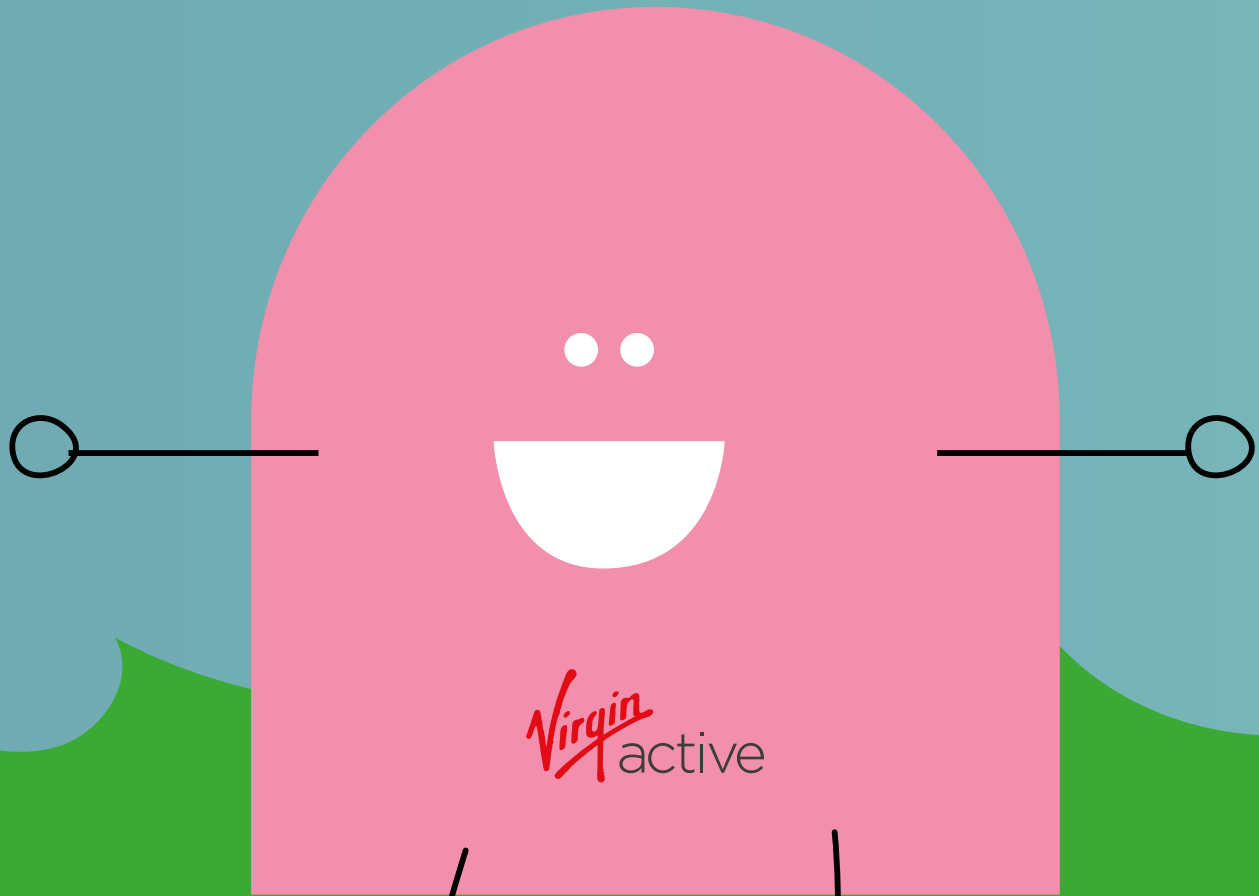


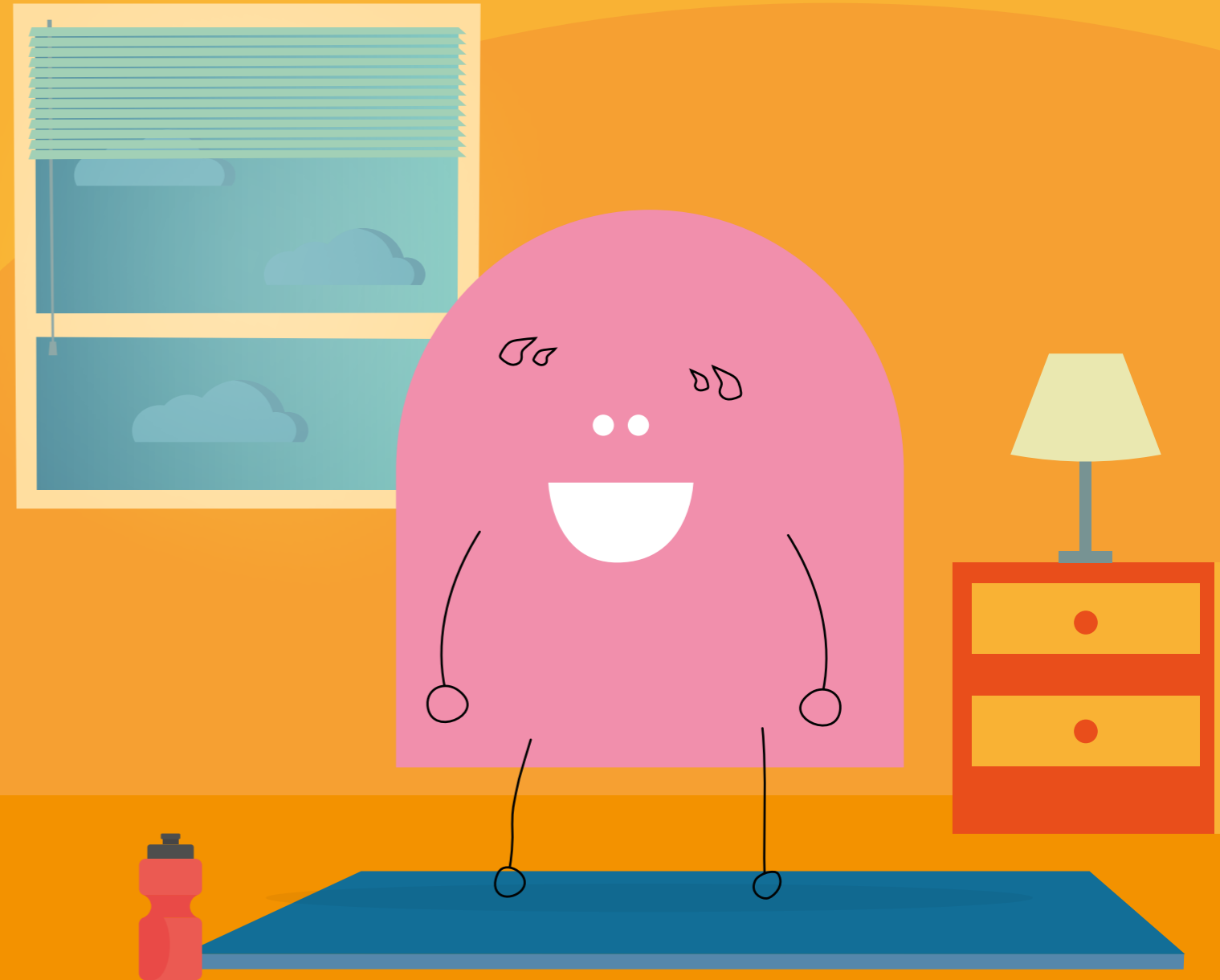
BALANCE FOR ZEN



Virgin
active

THE SUPER SEVEN

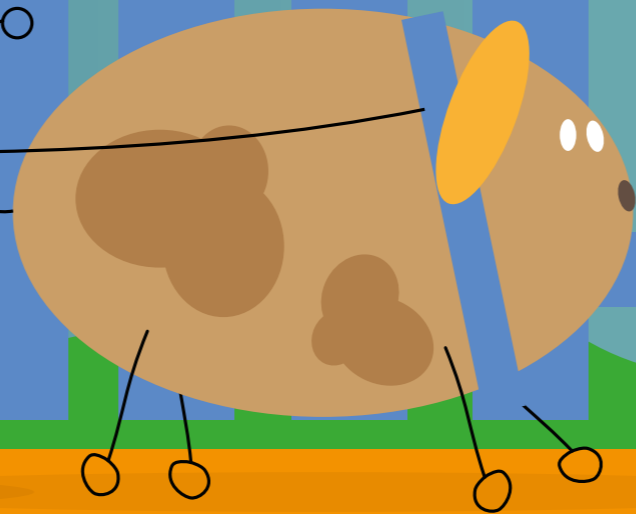
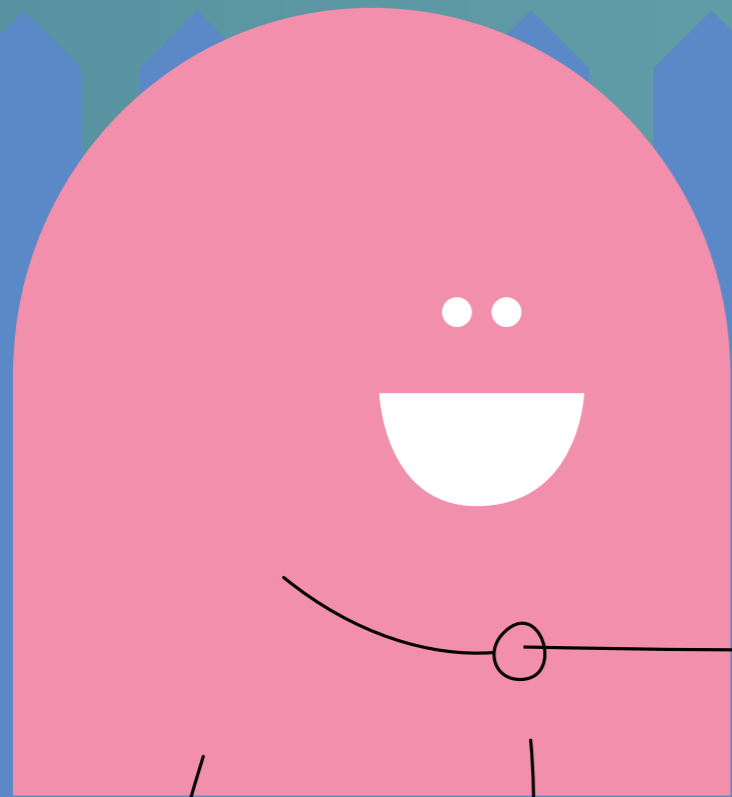
Zen was having a really busy day and hadn't been able to stop for one moment. Which was really unlike Zen as relaxation was a favourite pastime of hers.



WOOF, WOOF

She woke up really early, ate breakfast and took ping-pong, the dog for a long walk.

She then packed her lunch, jumped on her bike and pedalled really, really fast to the park where she met all her friends.



And they climbed. They jumped. They chased.

But Zen took a moment to herself
and did some relaxing moves.



CHILL OUT TIME
FOR ME

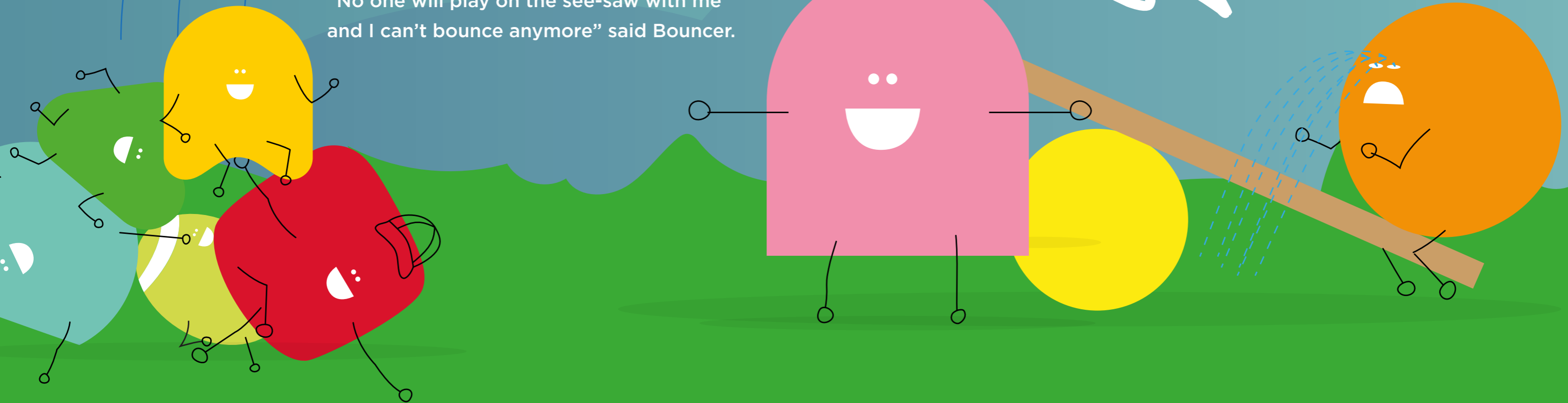
Eventually everyone got really tired.
Especially Bouncer.

Bouncer liked to bounce and had bounced
himself and everyone else all out.

“Why are you so sad?” asked Zen.

“No one will play on the see-saw
with me and I can’t bounce anymore” said Bouncer.

“NO ONE WILL PLAY
ON THE SEE-SAW
WITH ME”



Zen knew that life was
a little like a see-saw.

**“YOU HAVE TO FIND
BALANCE NOW AND AGAIN”**



If you relax a little, you will be able to play a lot.
Others will want to join in and you'll have so much more fun.

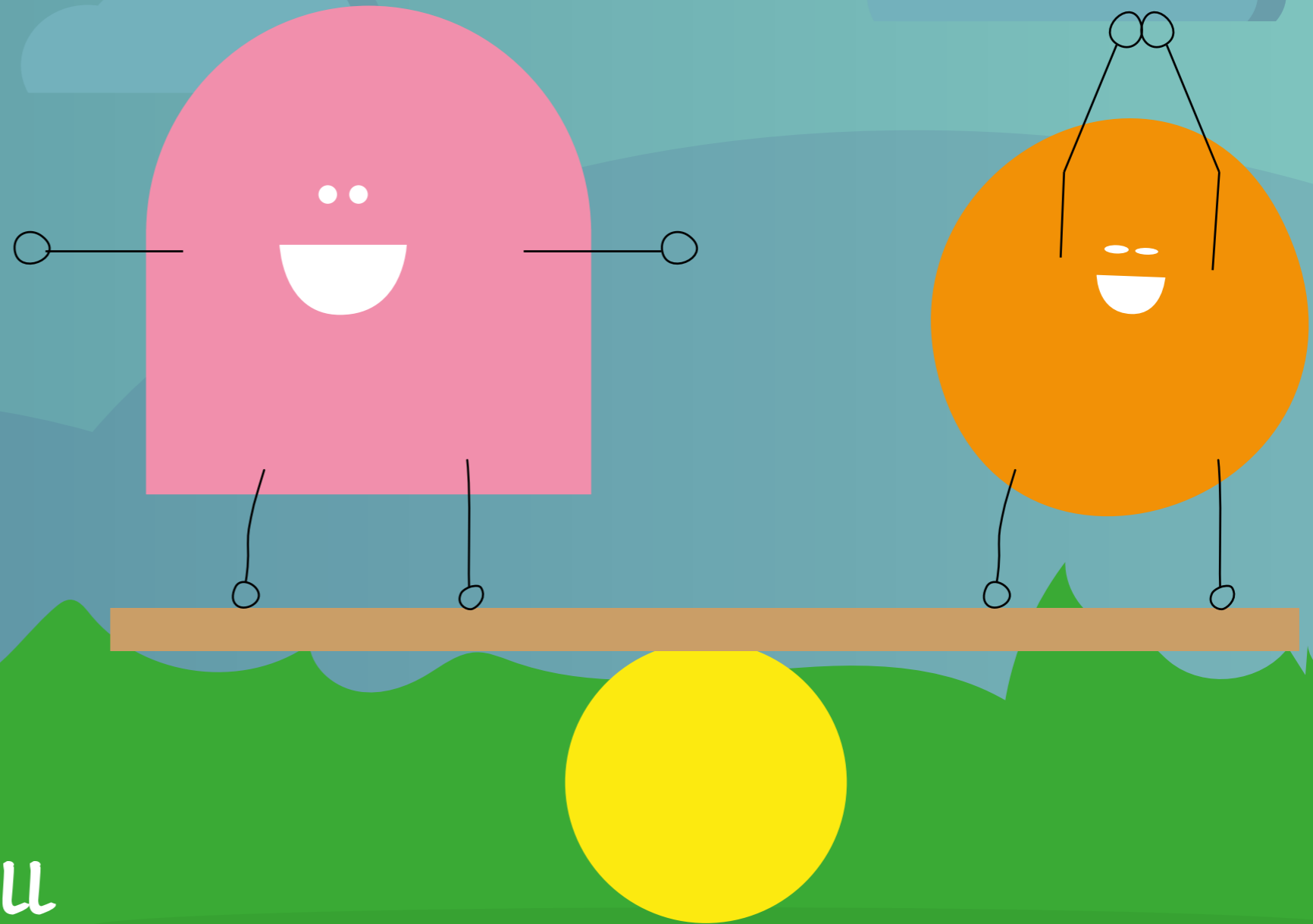
"I use yoga to slow things down." Zen said

I STRETCH
I HOLD A POSE
AND SOMETIMES
I STAY STILL

It gives me lots more energy for when I need it.

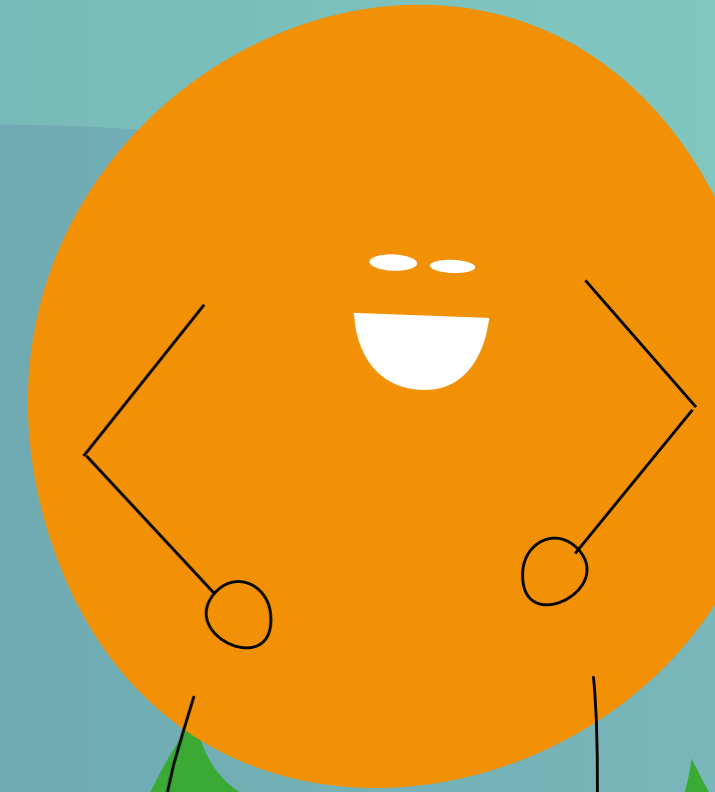
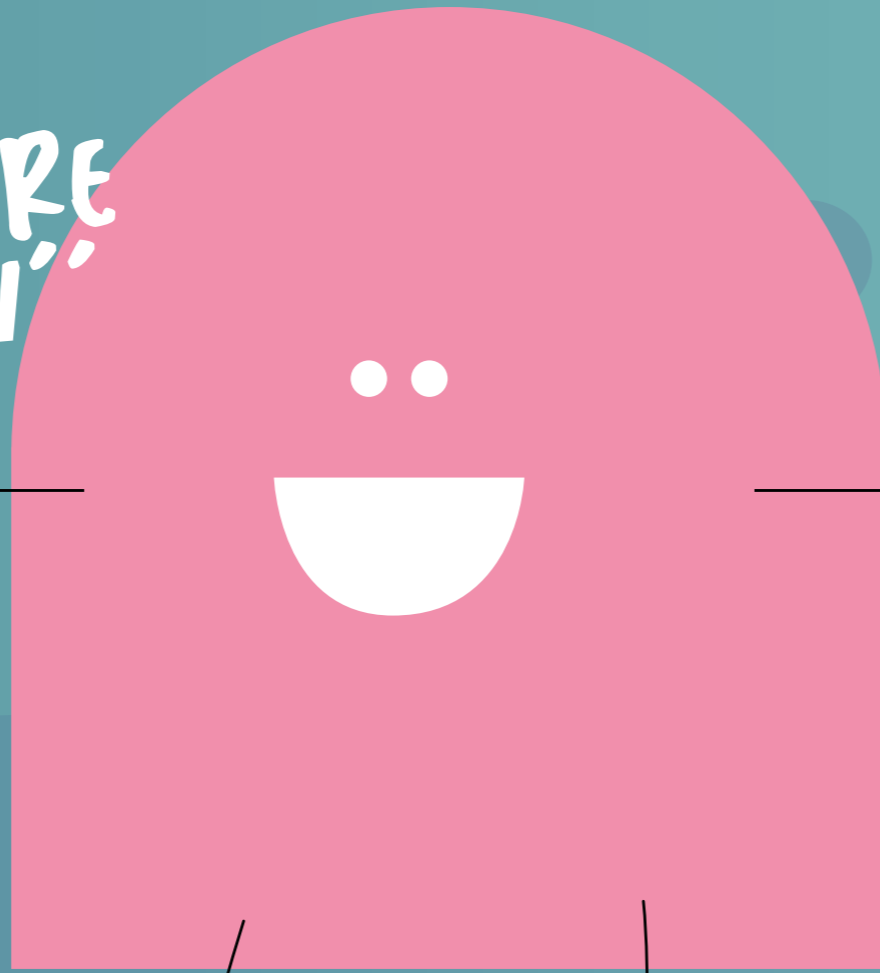
Bouncer liked the sound of that, so he tried some yoga
out with Zen.

THEY STRETCHED
THEY HELD A POSE
AND STAYED REALLY QVITE STILL



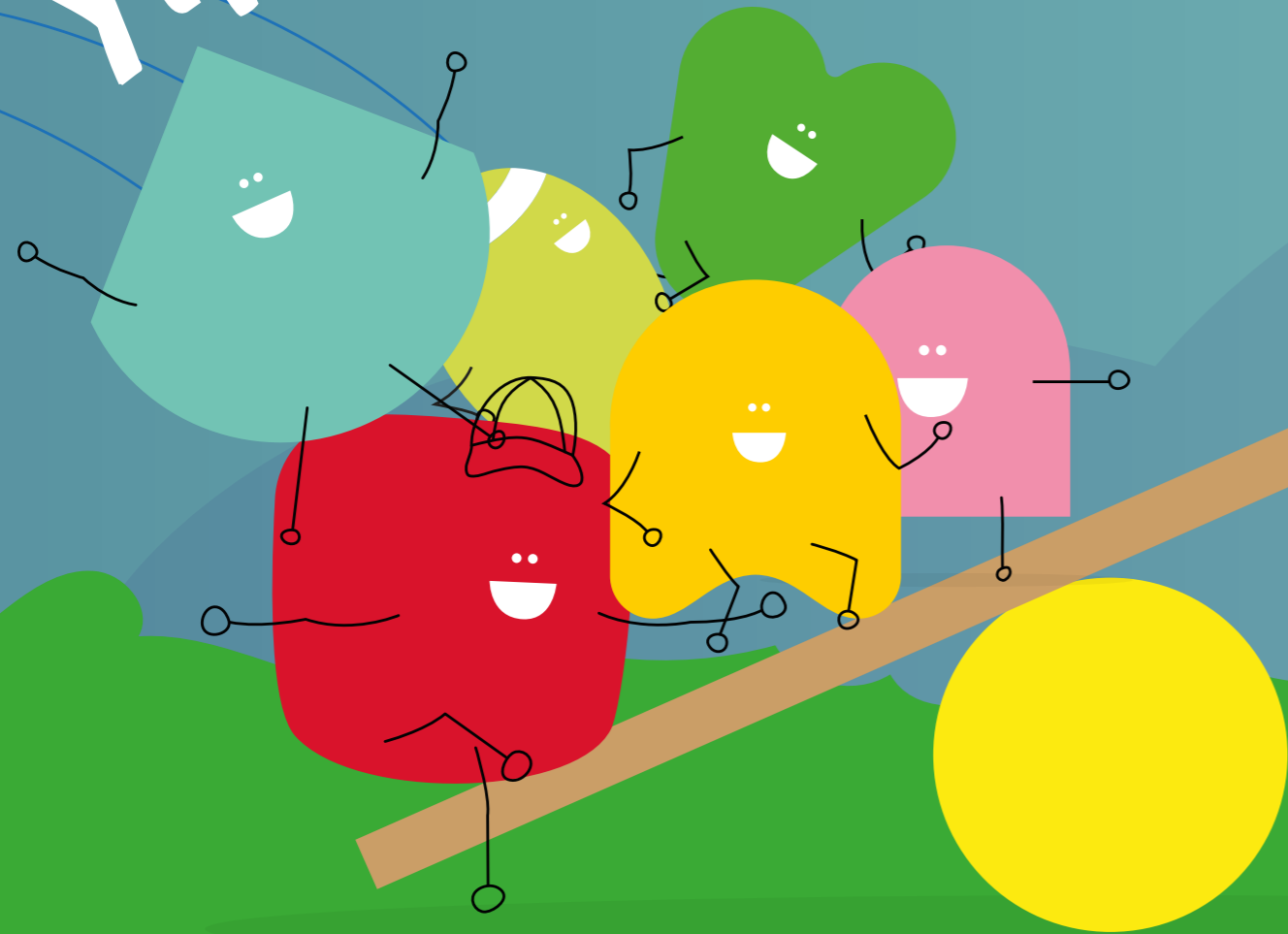
"I FEEL MUCH MORE
RELAXED NOW!"

Said Bouncer



I'm glad I found you Zen.
You've really taught
me how to use my energy wisely
and find balance.

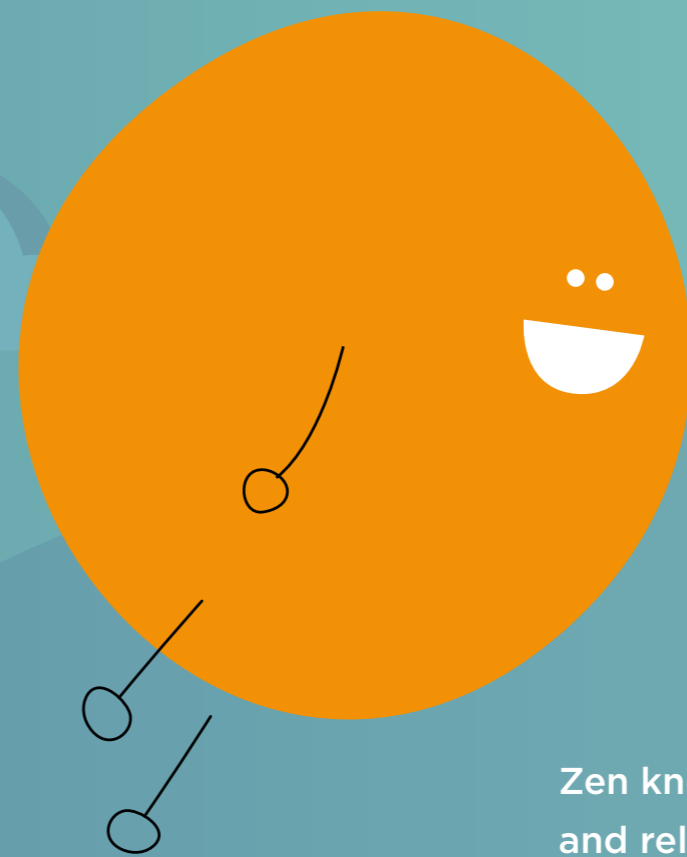
YIPPEEEEEEEEEEEEEEE! :-)



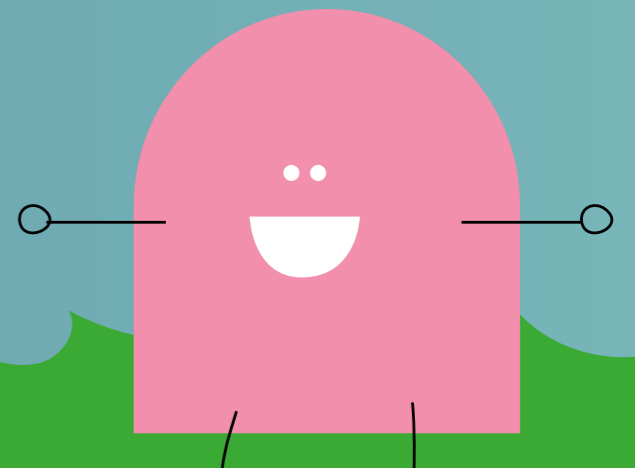
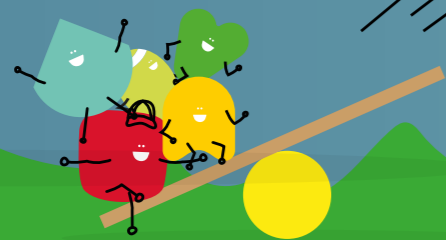
All of Zen's friends were so happy and let out a big cheer and jumped on the see-saw in excitement. Bouncer flew off into the sky.

“I’M SOOOOOOOOO
HAPPY!”

Shouted Bouncer as he flew
through the air into the clouds.



Zen knew her work was done
and relaxed into a Warrior Pose
and thought how she should
spend the rest of her busy day.





The Super

Seven