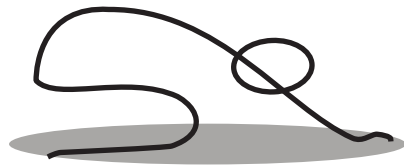
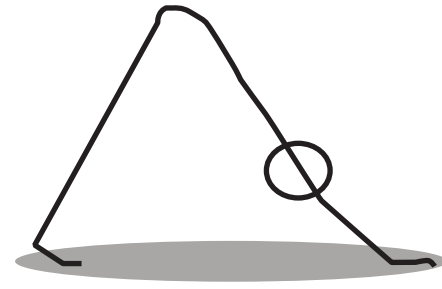


The Present is a Gift

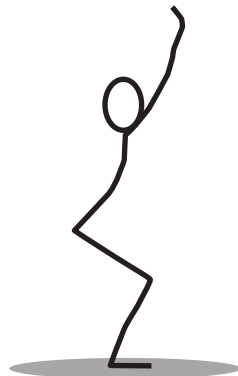
Written and Illustrated
by
Elchanan Ogorek



Child's Pose



Downward Dog Pose



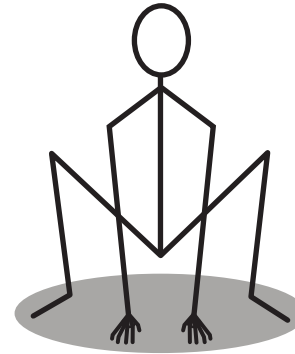
Chair Pose



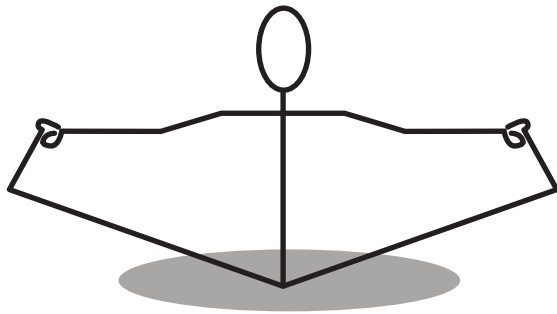
Plank Pose



Boat Pose



Frog Pose



Happy Baby Pose



Final Relaxation Pose

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To Leo Alexander and Oliver Isaac, who always remind me to be attentive to each moment and fully experience what each moment has to offer.

I am so grateful
to Jorge and Hilano
for helping make
The Present is a Gift.



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To my parents, Ezra and Mimi, thank you for always believing in me even when I didn't. Thank you for all your love. To my brothers, Donniel and Etan, love you guys very much. To my brothers-in-law and sisters-in-law, I couldn't have asked for better family. To my In-laws, Harold and Gloria, who fully accept me and have taken me in as their son. To all my nieces and nephews, you have all kept me creative.

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I am here now in this moment, sharing *The Present is a Gift*, because of all of you. I am forever grateful.

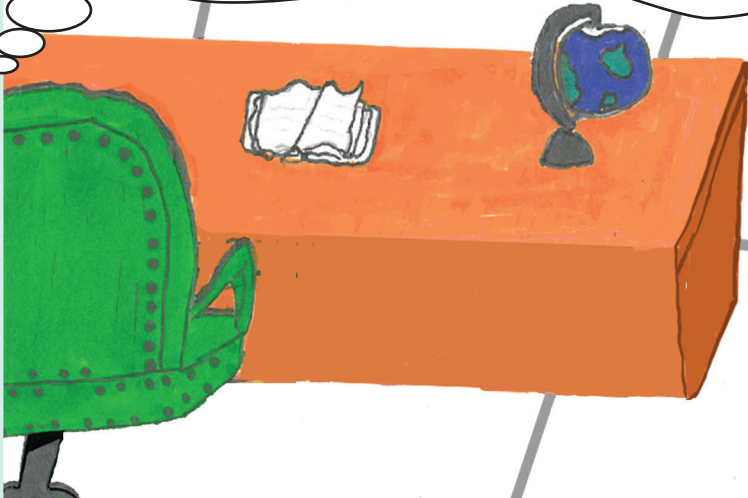


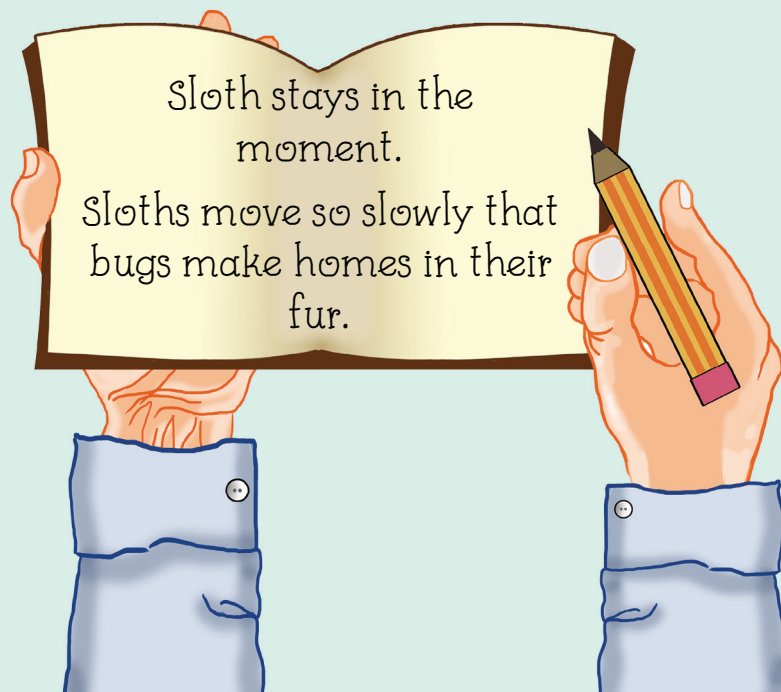
One day a teacher alone in the classroom thinks...



Today we are going to step out of the classroom and see what we can learn from animals.

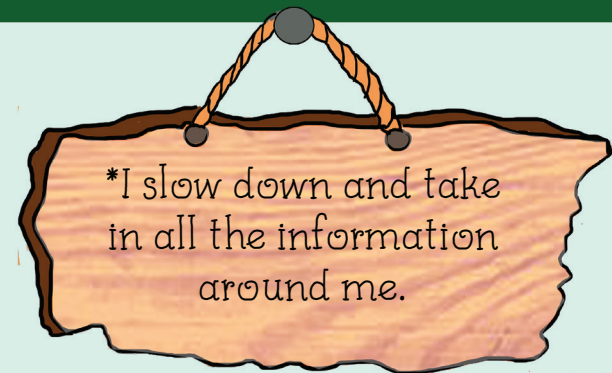
What does it mean to be mindful and present in the moment?





Sloth stays in the
moment.

Sloths move so slowly that
bugs make homes in their
fur.



*I slow down and take
in all the information
around me.



Wolf shares its gratitude for
its practice.

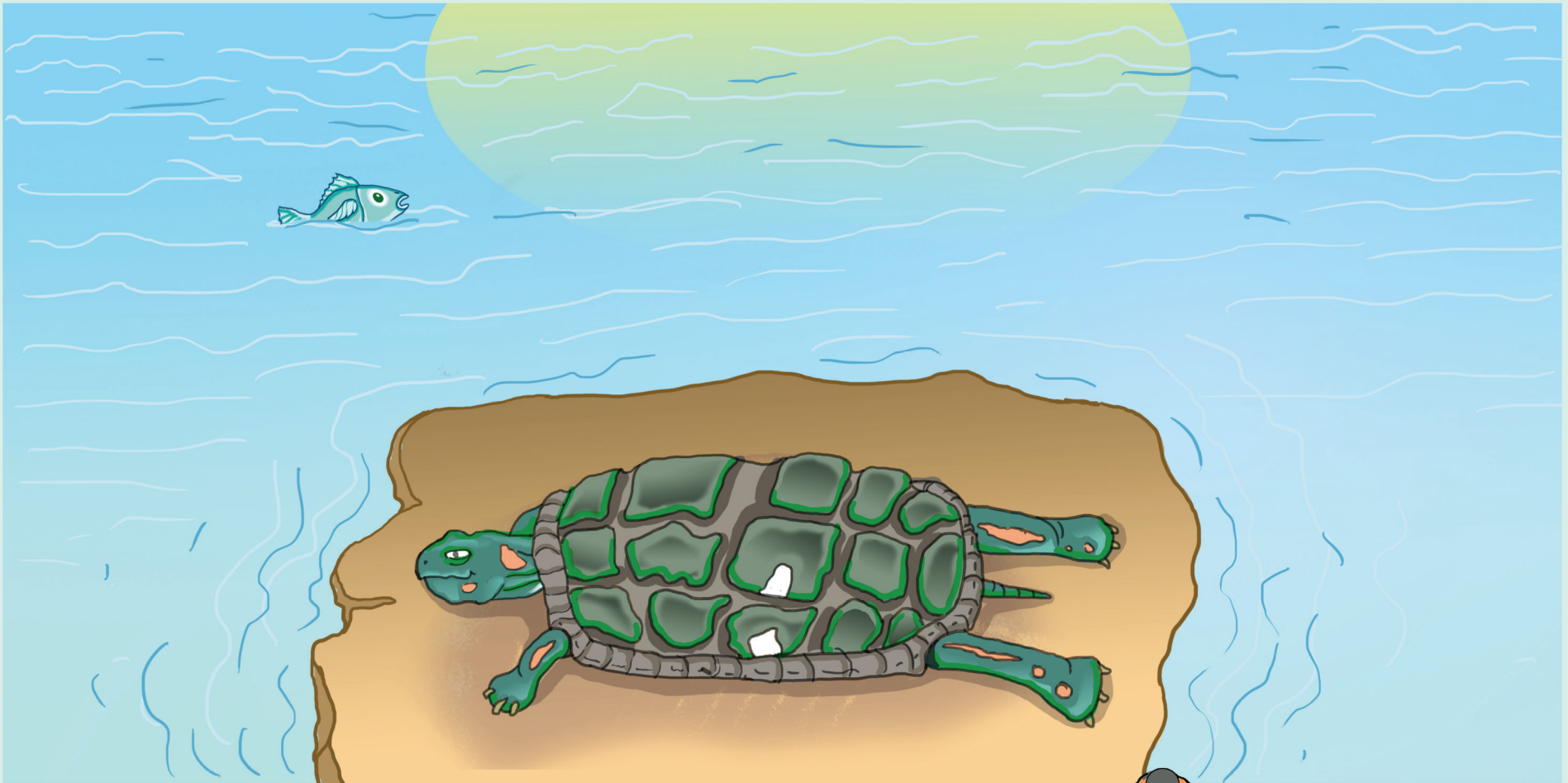
Wolves howl to
communicate to other
wolves.

*I am proud of myself and
share that with others.



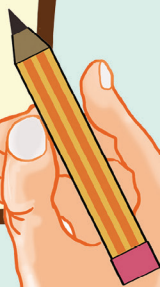
Squirrel continues to learn and grow from every moment. Squirrels' front teeth never stop growing so they can continue to scavenge for food.

* I will remain curious and non-judgmental.



Turtle grounds itself in its practice.

Some turtles can hide their heads inside their shells.



*I am completely focused on what I am doing right at this moment.



Seal fully accepts its life.
Seals have blubber, a layer
of fat, that keeps them
warm in frigid waters.

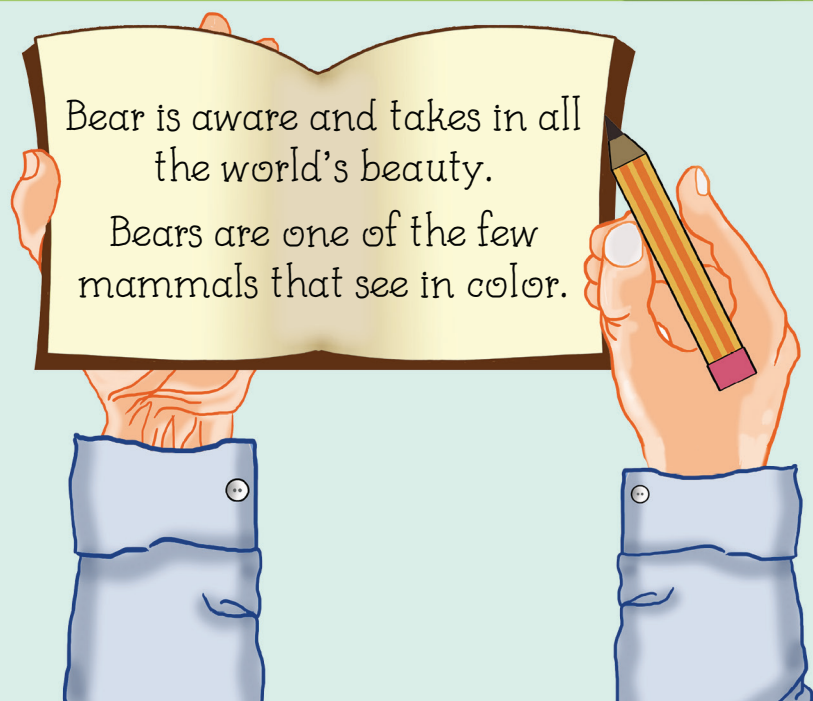
* I fully accept myself and
my circumstances.



Frog breathes in fully, then
out completely.

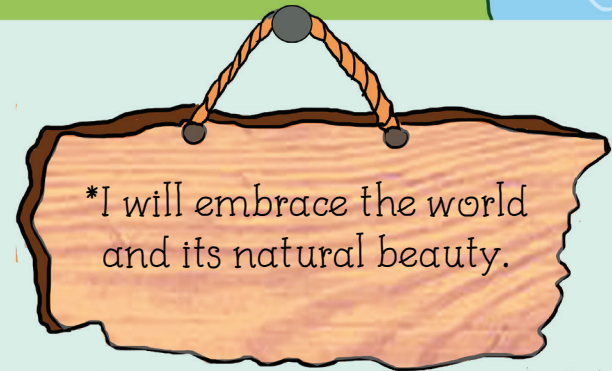
Frogs breathe through their
mouth area, lungs and skin.

*I breathe in fully and out
fully, appreciating what this
moment has to offer.

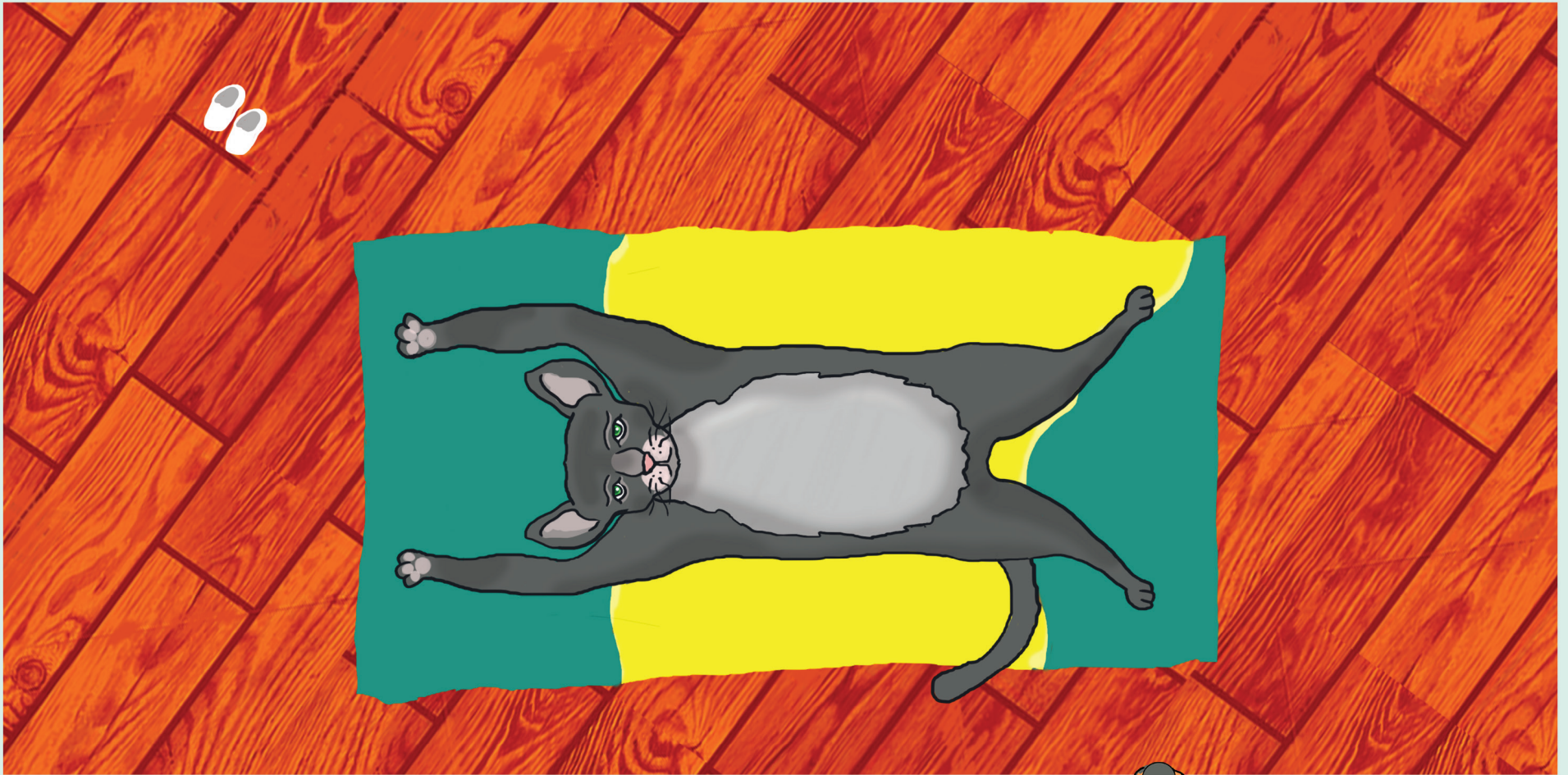


Bear is aware and takes in all
the world's beauty.

Bears are one of the few
mammals that see in color.



*I will embrace the world
and its natural beauty.



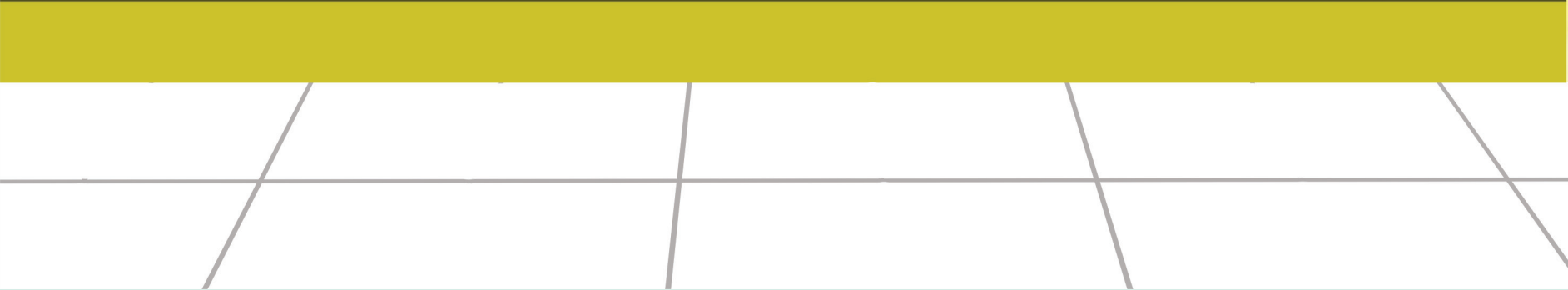
Cat letting it all go.
Cats often sleep 16 to 18
hours a day.

*I let my thoughts and
emotions come and go.

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

These are the lessons we learned from these amazing animals.

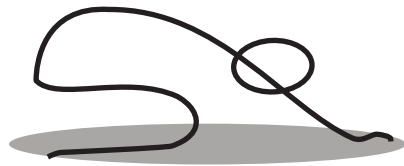
- I will take my time.
- I will be proud of myself and how I perform.
- I will remain curious to everything I am experiencing in *THIS* moment.
- I will remain focused on *THIS* moment.
- I will fully accept myself for all that I am.
- I will breathe in and out fully.
- I will pay attention to the world in all its beauty.
- I will let thoughts and emotions come and go.



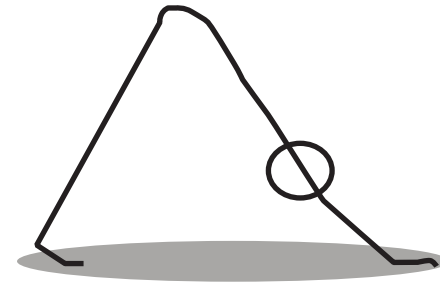
Discover The Benefits of Mindfulness

"The awareness that emerges through paying attention, on purpose, in the present moment, and non-judgmentally, to the unfolding of experience, moment by moment."
- Jon Kabat-Zinn

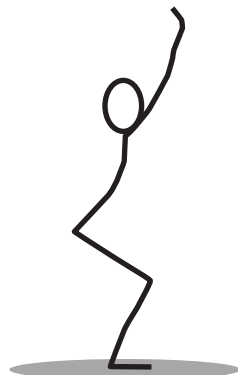




Child's Pose



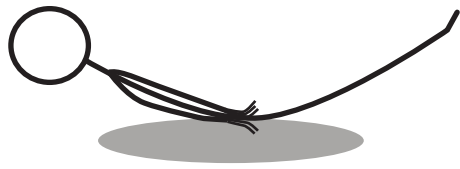
Downward Dog Pose



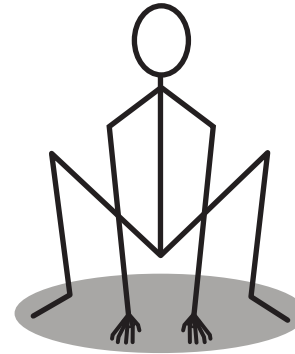
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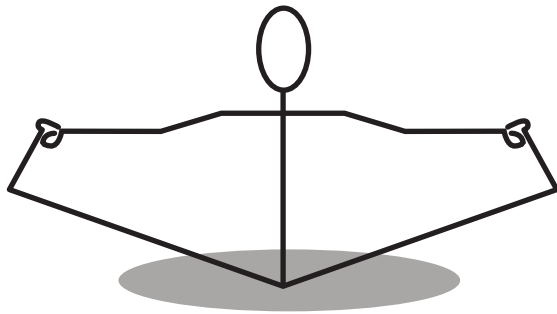
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Happy Baby Pose



Final Relaxation Pose

