

Yoga Pesach Story for Kids

B"H

Nechama Retting www.Torah4kids.com

A long time ago in *Mitzrayim*, now known as Egypt, there was a mean king named King Pharaoh (*Paroh* in Hebrew).



Pharaoh Pose

King Pharaoh thought that there were too many Jewish people and so he made them his slaves. They had to work day and night building cities for Pharaoh. Pharaoh said all Jewish baby boys had to get out of town!



Pyramid Pose

It was a very sad time for the Jewish people. One mommy named *Yocheved* wanted to save her baby. She wove a basket and put her baby inside the basket. She put the basket into the Nile River and told her daughter, *Miriam*, to watch over the baby so he would be safe.



Baby Moshe Pose

The basket floated down the Nile River, with *Miriam* watching, and came to a place where the Pharaoh's daughter, *Princess Batya*, was swimming. She heard the baby crying and drew him from the River. She named him *Moshe*. *Miriam* helped the Princess find someone to care for the baby. So *Yocheved* was able to care for her baby!



Princess Batya Pose

Moshe grew up in the Palace.



Moshe Pose

One day Moshe was out on a walk when he saw a mean Egyptian taskmaster hitting a slave. Moshe told him to stop; then they argued. Moshe hit the taskmaster! He knew that was NOT the right thing to do, so he went away to Midian. Maybe Moshe put himself in a time out!



Teshuvah Pose

Moshe became a shepherd in *Midian*. One day he was out in the fields watching his goats and sheep when he saw a miraculous sight! There was a bush that was burning, but it didn't get burned up! The leaves were still green!



Burning Bush Pose

From the bush, *Moshe* heard the voice of *Hashem*! "*Moshe*, take off your shoes, this is holy ground. You must go back to *Mitzrayim*, and set my people free!" So *Moshe* went back to *Mitzrayim* with his brother *Aharon*.



Aharon Pose

So they went to talk to Pharaoh. They told Pharaoh that if he didn't listen to *Hashem*, 10 terrible plagues would come and that his own son would be hurt! But Pharaoh didn't listen! First, all the water turned to blood. Then there were frogs everywhere!



Frog Pose

JEFF NELSON

Each time Pharaoh said the people could go free and as soon as the plague was gone, he changed his mind! There were lice, wild beasts, all the cows got sick, and boils on their skin, locust, fiery hail, and darkness. 9 plagues so far and still Pharaoh is not allowing the Jewish People to go free. The Egyptians couldn't stand all these plagues and were upset that none of the plagues affected the Jewish people!



Let My People Go Pose

Moshe and Aharon went to see Pharaoh one last time. They reminded him that his son would be hurt if he didn't listen. But Pharaoh didn't listen! So the Jewish people had to prepare. They had a special meal with flat bread called *Matzoh*. They painted their door frames red so that *Hashem* would know which houses to PASS OVER. Then the last plague came. Every Egyptian son in all of *Mitzrayim* was hurt. FINALLY Pharaoh said the people could leave.



Pharaoh Pose

So the people packed their bags quickly (they knew that Pharaoh changed his mind a lot!). There was no time to bake their bread so they brought the dough with them and the hot desert sun baked it into *matzoh*.



Matzoh Pose

They walked and walked until they came to a big body of water, the Yam Suf (Reed Sea). Suddenly Pharaoh's army could be heard chasing after the Jewish People! How will the people get across the water?!! Hashem opened the water, and the Jewish people walked across on the dry land.



Yam Suf Opening Poses

When they reached the other side, Hashem closed the water and the Jewish people were FREE!! Miriam and the women took out their timbrels and sang and danced!



Freedom Pose

So every year, we celebrate this special holiday by gathering around the table with family and friends and having a *Seder* with lots of yummy foods.



Table Pose

Next year in Jerusalem!



Israel Pose