



SENIORS

Little Yogi Journal

Session 94 - Legendary Line-up #4
PRINCESS AMBA - A Journey from Rejection to
Resolve Moral: Inner strength & courage
(ASHTAVAKRA)



1. Amba's Turning Point

In the story, Amba spoke her truth about her love for King Shalva.



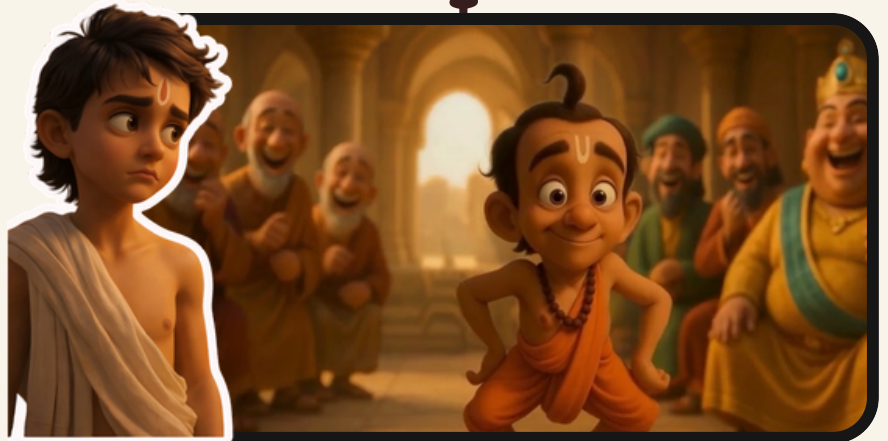
Write down one way you can be a better listener when your friends or family are sharing their feelings with you.

you can listen with full heart and try to help them

also with their full heart.

2. Courtroom Moment

Imagine you were in the king's court and saw when everyone laughed at Ashtavakra.



How would you react? What would you do?

3. Flip the Situation

Every person
carries unique
ideas, talents,
and wisdom.



Think of someone you see every day but don't know well.

kye

Write three questions you could ask them to learn about
their “hidden” talents.

1

what are your hobbies

2

what is your favourite subject

3

do you like one piece because i do.



4. GUESS THE NAMES FROM THE CLUES



The great warrior who took a difficult vow and protected the kingdom of Hastinapur.

B H E E S H M A

H M S A E B H E

h a s t i n a p u r

P H T N A R A U S I

The kingdom that Bheeshma promised to always protect.

The queen who sent Bheeshma to find brides for her son.

s a t y a v a t i

V Y A A T I A S T



The prince for whom Bhishma came to the swayamvar to find brides.

v i c h i t r a v i r y a

R V A C I H I Y A T I R V

4. GUESS THE NAMES FROM THE CLUES

The eldest princess of Kashi who had strong determination.

a m b a

A A M B

The king whom Amba loved and wanted to marry.

s h a l v a

H L V A S A

The princesses came from this kingdom for the swayamvar.

k a s h i

A I H S K

The number of places in which Ashtavakra's body was bent.

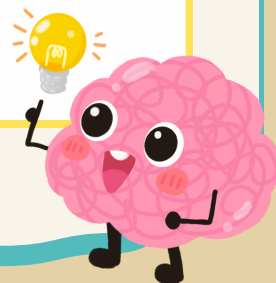
e i g h t

H G T I E

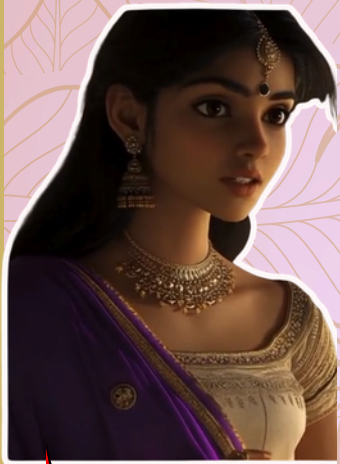
The wise sage whose body was bent in eight places.

a s h t a v a k r a

T A V A A R K A S H



4. MAZE CHALLENGE



Help Princess Amba
reach King Shalva.

