

**300**

# **Yoga with Father Christmas**

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Yoga with Father Christmas

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## Content

Father Christmas is worried because his helpers are behind with their tasks. He learns that the reason for the poor performance is the bad mood among them. A Personal trainer suggests and a Yoga trainer be invited to improve the working atmosphere. However, this attempt improves the situation no more than Zumba sessions with the Fitness trainer did. It's only after Father Christmas talks to the Christ Child on the phone and reminds his helpers of the three special **words** — joy, peace and gladness — that they recall the true meaning of Christmas.

For ease of reading, we have not differentiated between the sexes.

Narrator-----	8 Performances
Father Christmas-----	27 Performances
1. helper-----	12 Performances
2. helper-----	11 Performances
3. helper-----	11 Performances
4. helper-----	10 Performances
5. helper-----	10 Performances
6. helper-----	10 Performances
7. helper-----	10 Performances
Other helpers-----	4 Performances
Personal trainer-----	10 Performances
Fitness trainer-----	8 Performances
Christ Child (does not appear on)-----	8 Performances

## Act 1

**Characters:** Narrator, Father Christmas, helpers, Personal trainer

**Setting:** Father Christmas's office

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**Narrator:** (in front of the curtain).

In the department responsible for wrapping and delivering the Christmas presents, there is, as always, lots to do at this time of year. But this year, the atmosphere is particularly rushed and restless. There are still loads of wishlists lying around, waiting to be processed, and only a few reindeer sleighs are loaded and ready to go. One person in particular, Father Christmas, is concerned by this, so he calls his seven most important helpers to him.

*The curtain opens and we see Father Christmas sitting at a table, looking worried. The seven helpers march in.*

**Father Christmas:** (in a friendly tone)

A pre-Christmas greeting to you, my faithful helpers!

**All the helpers:**

Greetings to you too, Father Christmas!

**Father Christmas:**

I sent for you because we have a serious problem.

**1. helper:** (curious)

And what's that?

**Father Christmas:** (sternly)

I went on a tour of the department yesterday and to my great concern I found some serious shortcomings.

**2. helper:** (questioning)

Serious ones?

**Father Christmas:** (firmly)

Yes, very serious ones indeed!

**3. helper:**

Were the doors not locked?

**4. helper:**

Or the cloud curtains not drawn?

**5. helper:**

Did someone perhaps raid the Christmas biscuit tin?

**6. helper:**

Have the reindeer escaped?

**7. helper:**

Or the runners on the sleighs not been cleaned?

**Father Christmas:**

None of the above. When I toured the place yesterday, I noticed that many of the wishlists had not yet been processed, hardly any reindeer sleighs had been packed, and the warehouses containing the gifts were still quite full. In previous years, all these activities had already been completed by this time. So I'm wondering what the reason for this could be?

**1. helper:**

We have more wishlists than in previous years.

**2. helper:**

And the children's handwriting has got sloppier and sloppier, and it takes us longer to decipher it.

**Father Christmas:** (interrupts)

Not *all* of them write sloppily! I recently looked at the letters from ..... (insert performance location). The letters were written really clearly. They must be very neat pupils.

**3. helper:**

The children from ..... are an exception. There are other reasons, too. The more portly helpers always make fun of us skinny ones.

**4. helper:**

That's not true! On the contrary, you thin helpers make fun of us fat ones!

**5. helper:**

And the newly-hired helpers are lazier than us!

**6. helper:** (excitedly)

I must protest most strongly! Who is it who takes a biscuit break every fifteen minutes?

**7. helper:**

As the oldest helper on the team, I'm sorry to say that everything used to be much more peaceful, joyful and happy.

**Father Christmas:** (thoughtfully)

I don't like what I'm hearing from you at all. Something's got to be done about it. Go back to your work. I need to think about this in peace.

*The helpers leave, gesticulating. The narrator comes on stage.*

**Narrator:**

The helpers have left and have gone back to work. Father Christmas is thinking about what he could do about the bad atmosphere and calls in a personal trainer.

*Personal trainer comes bustling onto stage.*

**Personal trainer:** (in a self-important manner)

Good day, Mr Father Christmas! You described your problem to me on the phone and it's right in line with my motto: Any problems with the staff, I always solve them, no matter what!

**Father Christmas:**

And you think my problem is that easy to solve too?

**Personal trainer:**

Of course! I already have a plan, too. The community spirit needs to be reactivated, the bond among the helpers strengthened and the "I" replaced by "**we**".

**Father Christmas:** (sounding uncertain)

And how do you propose to do that?

**Personal trainer:**

You just let me take care of that. Please call a meeting of all the staff for tomorrow.

*Blackout*

## Act 2

**Characters:** Narrator, Father Christmas, helpers, Yoga teacher

**Setting:** in the main hall

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**Narrator:** (in front of the curtain).

Father Christmas has had all the helpers come into the big Cloud Room. No one knew what was going to happen, so everyone was very excited.

*One by one, the helpers (including those who have no lines) file onto the empty stage.*

**1. helper:** (grumpily)

I wonder what they'll be telling us today.

**2. helper:** (disparagingly)

The usual lecture, I reckon. Work faster...

**3. helper:**

Get on better together...

**4. helper:**

That's important. Only yesterday ...

**5. helper:** (reproachfully to 4. helper).

Could you try not to be a tattle-tail for one day?

**6. helper:**

This is getting on my nerves!

**7. helper:**

Quiet! He's coming!

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*Enter Father Christmas and the Yoga teacher.*

**Father Christmas:** (proudly)

Dear staff, this is the famous Yoga teacher Mazu Mazu. He will try to strengthen our sense of community again. If he succeeds, the work will go faster and more easily. Mr Mazu Mazu!

**Yoga teacher:** (raises his hands, looks at the floor, then left and right)

Om, om. (*stretched out*) I embrace you, my friends! Let us become strong together. I greet you with an Om. Why don't you greet me with a double Om!

**All helpers:** (somewhat perplexed)

Om, om.

**Yoga teacher:**

Now join hands and say Om again!

**4. helper:** (to 5. helper)

Yuk, your hands are sticky. You've been snacking on biscuits again. Father Christmas, I know something!

**Yoga Teacher:** (kindly).

Please: no accusations and no interruptions!

Om.

**3. helper:** (interrupting).

Mr Mazu Mazu, do you spell Om with two or three **M**?

**Yoga Teacher:** (slightly irritated)

With one **M**! Is it important?

**3. helper:**

Yes, it is, because if a child ever wants an Om for Christmas, it's good to know how to spell it.

**Yoga teacher:** (a bit annoyed, by this stage)

Now, where were we?

**Father Christmas:**

We were at Om, with one M.

**Yoga Teacher:**

Let's hold hands, raise our heads to the sky and say "Om".

*All the helpers say "Om", but tilt their heads down.*

**Yoga teacher:** (a bit exasperated by this point)

I said "upwards towards the sky".

**1. helper:**

Excuse me, Mr Mazu Mazu, but we're in heaven – we can't look any further up.

**Yoga Teacher:** (impatiently)

Then look straight ahead!

**2. helper:**

Could I look to the left instead?

**6. helper:** (defiantly)

You always have to have everything your way. I'd rather look to the right!

**Yoga teacher:** (desperately)

This is not working! Let's try again! Spread your arms and make flying movements and what do we say while we're doing that?

**7. helper:**

Get out of my way!

**2. helper:**

Or "Don't fly too high or too fast!"

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**Father Christmas:** (interrupting)

Mr Mazu Mazu, we can all fly. That's why this exercise is not very appropriate, because once my helpers fly away, they're not likely to come back for a while.

**Yoga teacher:** (desperately)

I'm sorry, Mr Father Christmas, but this exceeds my capabilities. I'm afraid I can't help you! (*exits*)

**All:**

Om, om.

*Blackout.*

**The complete play has 18 pages**