

Animal Yoga

You will need: FOAM MATTS

Spread the matts around the room, 1-2 children to a matt. Hold each pose for 10-15 seconds if possible (if they can't that's okay as long as they tried).

Poses:

- **Butterfly**
 - sit in a seated position with your feet touching and your arms folded across your chest
- **Cobra**
 - laying down on your stomach, lifting your upper body with your arms
- **Scared Cat Pose**
 - On your hands and knees raise your back (like the air is sucking your belly to the ceiling)
- **Downward Dog**
 - On your feet and hands raise your butt to the ceiling.
- **Tree 1 and 2**
 - balance on one foot with your other foot tucked in at the knee, raise arms above your head hand in a prayer position, for the second pose bring your arms down to chest level still clasped at the hands
- **Lotus Flower**
 - On your belly, raise your legs and arms off the ground

- **Frog**

- crouching down like a frog

- **Peacock**

- sitting down on the ground, spread your legs to the sides of your body as far as you can, expand your arms outwards away from your body.

- **Swan**

- Laying on your stomach, raise your chest off the ground and tilt your head backwards trying to touch your feet.

- **Flamingo**

- Balance on one leg, the leg in the air is raised backwards.

- **Cat**

- On your hands and knees lower your back (like the air is sucking to the floor)

- **Sleep Position (typically the last pose)**

- Lie on your back and relax

