



# Animal



## Yoga Moves



Have your child try some of these suggested yoga moves. Grab a mat and join in!

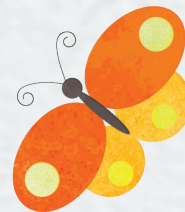




# Butterfly



1. Sit on the floor with the soles of your feet together.
2. Gently bring your heels close to your body.
3. Cover your feet with your hands, then raise and lower your knees to simulate the flapping wings of a butterfly.







# Tiger



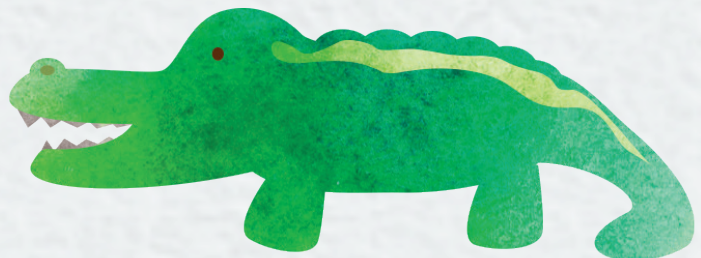
1. On all fours, place hands on floor directly under shoulders with your knees directly under your hips.
2. As you inhale, extend your right leg and point your toes toward your head. Your back is curved and head back.
3. As you exhale, bring your leg back such that your thigh presses on your chest. Your back is rounded and your head is directed inwards.



# Crocodile



1. Laying on your stomach, lift your head and shoulders.
2. Place your chin on the palms of your hands and place your elbows on the ground.
3. Close your eyes.







# Cow



1. Sitting on the floor, bend your right leg inward. Fold your left leg over your right, one knee over the other.
2. Raise your left arm over your head and bend your elbow.
3. Bring your right arm between your shoulder blades.
4. Hook the fingers of your left hand with the right hand fingers and hold the posture.
5. Perform the posture the other way, interchanging the position of your legs and arms.



# Dog



1. Get on all fours, with hands flat on the ground.
2. Raise your bottom while keeping your feet on the ground.
3. Push hands onto the floor so that your weight is distributed evenly over your hands and feet.
4. To exit the posture, bring your knees to the ground.







# Camel



1. On your knees, place your hands on your hips and bend backwards.
2. Place your hands one by one on your heels.
3. Push your hips forward.
4. Let your head fall backward.
5. To exit the position, lift up one hand at a time.



# Cobra



1. Lying on your stomach, place hands on each side of your chest with fingers pointing forward.
2. Raise your upper body and keep your arms extended, the inside parts of elbows facing each other.
3. Tilt your head back. Gently arch your back.







# Dove



1. On your knees, stretch your left leg backward. Your foot and toes are extended and aligned with your leg.
2. Keep your right leg bent and bring your right foot to your inner thigh.
3. Bring your extended arms behind you, with your hands open and fingers wide apart.
4. Tilt your head back. Hold the posture.
5. Repeat the posture on the other side with your right leg.



# Lion



1. On your knees, with your feet under your bottom, separate your knees.
2. Place hands on the floor between your knees while turning your fingers toward your body.
3. Keep your gaze directly ahead.
4. Stick out your tongue as far as possible and make a roaring sound!







# Grasshopper



1. Lying on your stomach, bring your hands together under your thighs and flat on the ground.
2. Inhale, hold your breath, and raise both legs simultaneously as high as possible, without bending them.
3. Hold your torso against the floor by applying pressure on your arms and hands.
4. Exit the posture gently while exhaling.



# Lizard



1. Standing in a neutral position, lunge forward with your right leg.
2. Place both hands on the floor next to the inner part of your left foot.
3. Place your forearms on the ground and bring your hands together, keeping them flat.
4. Fully stretch your upper body and open your chest.
5. Repeat; this time with your left leg forward.





# Eagle



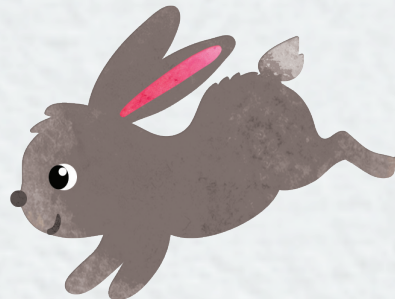
1. Stand, bend your knees, and wrap your right leg around your left leg.
2. Fold your arms. Place one arm over the other and wrap them around each other.
3. With the index and middle fingers of your right hand, hook your left thumb.
4. Return to the starting position and repeat on the other side.



# Hare



1. Kneel with your bottom between your heels.
2. With your back straight and eyes forward, raise your arms to the sky.
3. Keep your fingers straight and have your palms face each other.
4. Relax into the pose; breathe calmly and deeply.







# Rooster



1. Sit and cross your legs in the cross-legged position.
2. Place your hands on the floor beside your hips, fingers pointing forward.
3. If possible, lift your legs off the ground by pushing with your hands.
4. Repeat with your legs crossed on the other side.