ANIMAL YOGA

- Find an open area outside
- Use a yoga mat or towel
- Discuss how your family tends to relax
- What is yoga?
- Cat Pose
- Downward-Facing Dog Pose
- Dolphin Pose
- Crocodile Pose
CAT POSE

Get down on all fours (hands and knees)

Make sure your back is flat, keep your head down, and your spine straight

Roll your head forward and begin to curve your back up (exhale out as you do this)

Once your back is raised and fully curved, hold position for several seconds

Begin to roll your back down and bring your head up (inhale as you do this)

Repeat five times
DOWNWARD-FACING DOG POSE

Get down on all fours (hands and feet)

Make sure your back is flat, keep your head down, and your spine straight

Roll your head forward and begin to curve your back up (exhale out as you do this)

Once your back is raised and fully curved, hold position for several seconds

Begin to roll your back down and bring your head up (inhale as you do this)

Repeat five times
DOLPHIN POSE

This pose is very similar to the downward-facing dog.

All steps are the same except instead of resting your weight on your hands, use your forearm instead.

Repeat five times.
CROCODILE POSE

Lay your entire body on the floor (face down)

Keep your legs straight and cross your arms under your head

Make sure your forehead is comfortably resting on your forearm

Stretch your body out from your head to your toes

For a bigger stretch, lift your chest up and hold for several seconds

Repeat five times