

# 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***