



Yoga: Animal Poses

Yoga, a practice that began in ancient India, links breath, movement, and strength. It can be used to calm the body and mind. Lead children through poses by first practicing each pose, then linking them altogether in a “flow” in this animal-themed routine. Prompt them to take and release 5 deep breaths in each pose or encourage them to make their animal sounds! For children with limited mobility, consider alternate poses and/or seated poses.



Cat



Cow



Downward Dog



Three-Legged Dog
(Right, Left)



Dolphin



Cobra



Camel



Half Tortoise