

FARM ANIMAL YOGA

DONKEY POSE

Place your hands and feet on the ground, like an upside-down V, lift one leg at a time. Pretend to be a donkey, Hee-Haw!



CHICKEN POSE

Come down to a squat with your knees apart and your arms between your knees. Touch your hands to the ground or pretend to flap your wings like a chicken.



CAT POSE

On all fours, round your back and tuck your chin into your chest. Pretend to be a cat stretching out in the sun. Meow!



COW POSE

On all fours, look up, arch your back, and open your chest. Pretend to be a cow, Moo!



GOAT POSE

Sit with cross-legged, with a spine is straight twist your upper body to the right. Take your left elbow to your right knee and your right hand back behind you. Pretend to be a goat! Try it on both sides.



BEE POSE

Come to rest upright on your heels with your palms resting on your knees. Imagine being a bee buzzing around a flower. Take a few deep breaths in this position.



Hold each pose for a few seconds! Remember to take deep breaths!