

# 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!



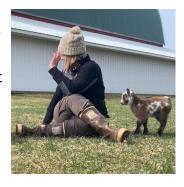
#### **COW POSE**

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!