

Dear Zoo Yoga



They sent me an... elephant!

Stand tall in 'mountain pose'
Bend your upper body and reach for your toes
Sway your arms like an elephant's trunk.

Ragdoll Pose



They sent me a ...giraffe!

Start in a standing position.
Step one foot back and bend at your waist, tilting your upper body.
Reach one hand up to the sky and rest the other hand on your shin.

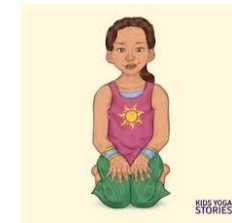
Triangle Pose



They sent me a ... lion!

Start by kneeling on the floor.
Sit back to rest upright on your heels.
Place your hands on your knees.
Take 5 deep breaths.

Hero Pose



They sent me a ...camel!

Begin on your knees, with the tops of your feet resting on the floor.
Lean back until your hands touch your feet.
Take 5 deep breaths.

Camel Pose



They sent me a...snake!

Start by lying on your tummy with your chin to the floor.
Place your palms flat next to your shoulders.
Lift your head and shoulders off the floor.
Hiss like a snake.

Cobra Pose



They sent me a ... monkey!

Start by sitting in a squat position.
Keep your back flat and keep your feet on the floor.
Bring your elbows to your knees and push the palms of your hands together.

Squat Pose



They sent me a ...frog!

Step your feet apart.
Bend your knees and place your hands on the floor between your feet.
Keep your hands on the floor and straighten your legs- say "ribbet!"

Frog Pose

