

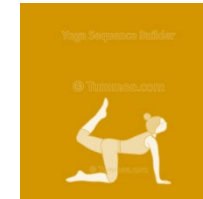
# Rumble in the Jungle Yoga



## I can see a... tiger!

Start kneeling on all fours.  
Slowly lift one leg out behind  
you like a fox's tail.  
Look up at the moon like  
A fox.

## Extended Cat Pose



## I can see a ...leopard!

Start by kneeling on the floor.  
Now move onto all fours, so that your  
palms are flat on the floor.  
Tuck your chin into your chest.  
Round your back.

## Cat Pose



## I can see a ...gazelle!

Stand on one leg and reach the  
opposite leg out behind you.  
Place the outside of your foot into your hand.  
Bend your torso forward with your arm out  
in front for balance.  
Arch your leg up behind you

## Dancer Pose



## I can see a ...rhinoceros!

Start in a kneeling position. Bring your left leg forward  
and place your foot flat on the floor  
with your knee bent.  
Lift your right knee off the floor.  
Lift your arms up above your head  
like a rhinoceros horn.

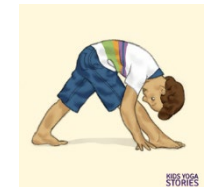
## High Lunge Pose



## I can see a ...zebra!

Take your right foot back. Place your hands  
on your hips, ensuring that your back is flat.  
Slowly bend forward as if your hips are a  
hinge, keeping a flat back and a long neck.  
Bring your hands to your shins, ankles or the  
ground, checking that your spine is straight.

## Triangle Forward Bend Pose



## I can see a ...gorilla!

From Mountain Pose, step your  
feet out wide.  
Slowly begin to bend your upper  
body forwards and bring your  
hands down towards the floor.  
Keep your legs straight.

## Wide Leg Forward Bend Pose



# Rumble in the Jungle Yoga



## I can see 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



## I can see 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



## I can see 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



## I can see 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 of the

## Cobra Pose



## I can see 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



## I can see a ... crocodile!

Start in plank pose with hands flat on floor, your arms straight and your legs straight out behind you. Step your left leg out to the side and then your right leg. Keep your back long and flat.

## Wide Plank Pose



## I can see a ...hippopotamus!

Sit back on your heels. Slowly bring your forehead down to rest on your knees. Rest your arms down alongside your body and take a few deep breaths.

## Child's Pose

