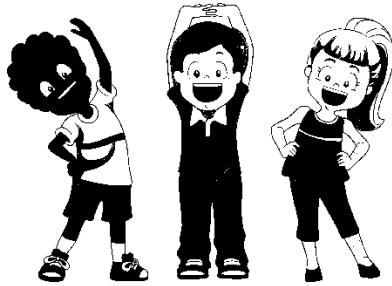


Yoga Kid Animal Poses

Below, you will find five African animals paired up with a yoga pose and a brief description. Ask your children to create poses to go along with the other animals they have seen in the museum! Encourage their creativity and movement without focusing on perfectly aligned poses.



Giraffe – Extended Mountain Pose

(Stand tall in Mountain Pose, look up, and reach your arms up to the sky, bringing the palm of your hands together. Pretend that you are a giraffe eating leaves from a tall tree.)

Elephant – Wide-Legged Standing Forward Bend

(From Mountain Pose, step your feet out wide, bend your upper body, clasp your hands together, and sway your arms like an elephant trunk.)

Monkey – Squat Pose

(Come down to a squat and pat your chest like a monkey.)

Leopard – Cat Pose

(On all fours, tuck your chin into your chest, round your back, and pretend to be a leopard.)

Hippo – Child’s Pose

(Come to sit back on your heels, slowly bring your forehead down to rest in front of your knees, rest your arms down alongside your body, and take a few deep breaths. Pretend to rest in the river like a hippo.)