

ANIMAL FUN

ZOO YOGA

Zoo yoga is a fun way to mix exercise and play! Find a nice clear spot on the floor where you can stretch out. Then follow the images below to perform each animal pose. Try to hold the pose as you count to 10. Have fun!



BUTTERFLY POSE



GIRAFFE POSE



MONKEY POSE



SNAKE POSE



FLAMINGO POSE



DOG POSE

WHICH POSE IS YOUR FAVORITE?