

# Animal Yoga!

## Materials:

- Yoga Mat/ Towel
- Water
- Stuffed Animal (optional)
- FUN and a SMILE!

## Instructions:

### 1. Warm-Up

1. Begin seated in BUTTERFLY- sing song/ flap legs as wings 2X
2. Roll your head in circles (like an OWL)
3. CAT/ COW pose 3x
4. Downward DOG

### 2. Sun salutations 3x

1. Step to front of mat, pat ground
2. Pick arms up and wave to the SUN
3. Pat ground
4. Step back into plank or CROCODILE
5. Go down to the ground in COBRA
6. Hips up into down DOG

### 3. Flow - one on each side

1. warrior 1 variation- bring right foot up to front of mat and lift hands - GIRAFFE
2. Open-up into STARFISH
3. Crouch down into CRAB

### 4. Cool Down

1. Childs pose
2. Happy baby
3. Savasana
4. Wave goodbye

