

ANIMAL YOGA POSITIONS



FLY LIKE A BIRD: Hang your arms loosely at your sides. Lean forward and slowly lift your arms up behind you as high as possible. Hold, then relax in a standing position.



RELAX LIKE A JELLYFISH: Lie on your back. Shut your eyes and relax all the muscles in your body. Pretend your body is made of jelly. Breathe slowly and deeply for several minutes.



KNEEL LIKE A CAMEL: Kneel on the ground with your right hand resting on your right heel and left hand on your left heel. Raise your chest up, bend your head back, push your chest toward the sky, and hold. Return to a kneeling position and take your hands off your heels. Bend back slightly. Move one arm up over your head and hold it straight. Then try your other arm. Relax in a kneeling position.



YAWN LIKE A LION: Sit on your feet. Put your hands on your knees. Lean forward while opening your eyes and mouth wide. Stick out your tongue as far as possible. Let out one loud roar! Sit back and relax.

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BALANCE LIKE A STORK: Stand up straight with your arms at your sides. Slowly lift up one leg and balance on the other leg. Slightly bend the leg you're balancing on; bring your index fingers from both hands to your nose. Then lift up your bent arms. Hold. Return to a standing position and reverse legs.



STRETCH LIKE A CAT: Stand on all fours, with your back straight. Slowly raise your back up high and hold. Lower your back. Stretch out one leg until it's straight and hold. Then stretch the other leg. Relax on all fours again.



POSE LIKE A COBRA: Lie on your stomach. Move your hands under your shoulders. Push up on your hands and lift your head up and back. Push up until your arms are straight. Hold, then relax.



SIT LIKE A FROG: Sit with knees bent out and the soles of your feet touching each other. Use your hands to gently pull your feet in toward your body. Keep your back straight and flex your knees downward. Relax and sit comfortably.