

# Dear Zoo Yoga

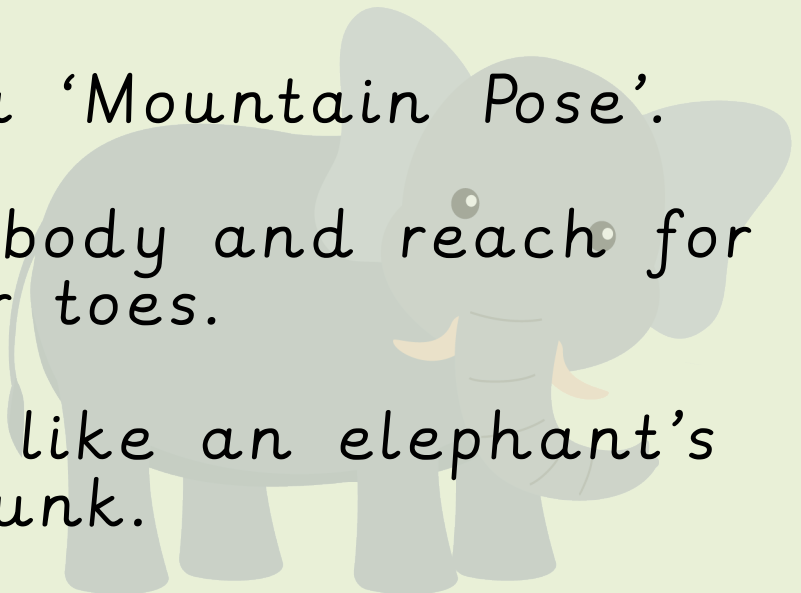


## Ragdoll Pose

They sent me an....

Stand tall in a 'Mountain Pose'.  
Bend your upper body and reach for  
your toes.

Sway your arms like an elephant's  
trunk.



# Dear Zoo Yoga



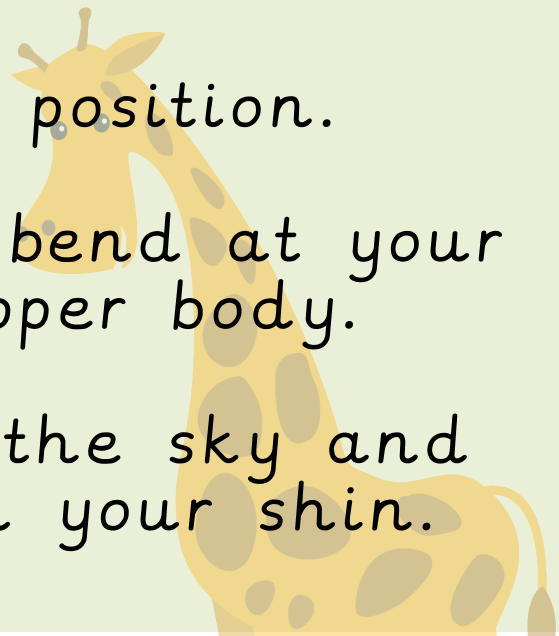
## Triangle Pose

They sent me 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.



# Dear Zoo Yoga



## Hero Pose

They sent me a...lion!

Start by kneeling down on the floor.  
Sit back to rest upright on your heels.  
Place your hands on your knees.  
Take 5 deep breaths.



# Dear Zoo Yoga



## Camel Pose

They sent me a...camel!

Begin on your knees, with the tops of your feet resting on the floor.

Lean back until your hands touch your feet.

Take 5 deep breaths.

# Dear Zoo Yoga



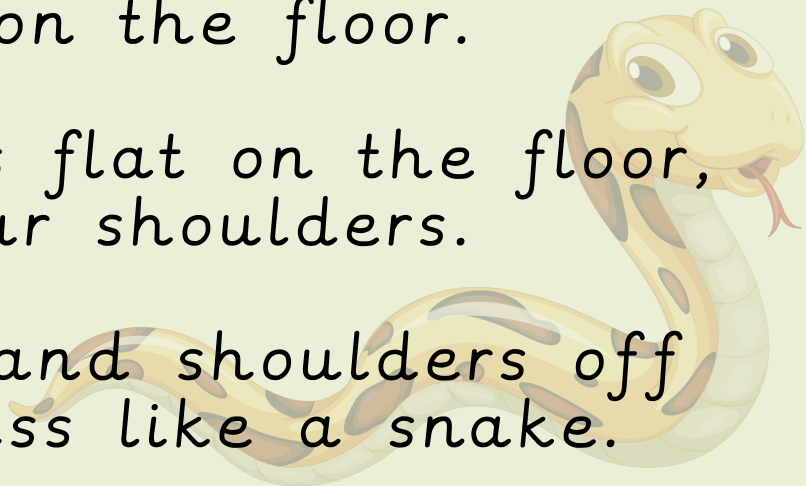
## Cobra Pose

They sent me a...snake!

Start by lying on your tummy with your chin on the floor.

Place your palms flat on the floor, next to your shoulders.

Lift your head and shoulders off the ground. Hiss like a snake.



# Dear Zoo Yoga



## Squat Pose

They sent me a...monkey!

Start by getting into a squat position.

Keep your back flat and your feet flat on the floor.

Bring your elbows to your knees and push the palms of your hands together.





# Dear Zoo Yoga



## Frog Pose

They sent me a....frog!

Step your feet apart.

Bend your knees, and place your hands on your mat between your feet.

Keep your hands on the floor and straighten your legs - say "RIBBIT!"

