

ANIMAL POSE for YOGA KIDS

Animal pose yoga requires a little bit of floor space, 2 dice and at least one child, or child at heart. Yoga mat is optional. Roll the dice and find the associated animal for the number that appears. Have the child pretend to be the respective animal in a stationary pose and hold each pose for a count of 30. Each session should include at least 10 rolls of the dice, or have even more fun and have them go until they have rolled each number at least once.

FROG



2



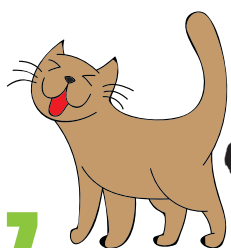
3

LION



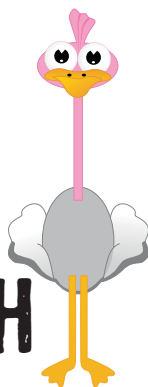
DOG

4



cat

7



6

OSTRICH



Seal

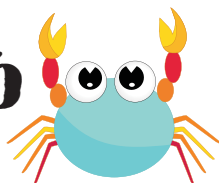
5



HORSE

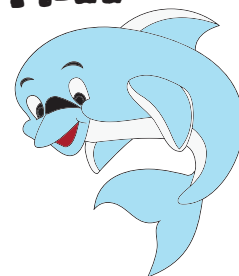
9

crab



8

dOLPHIN



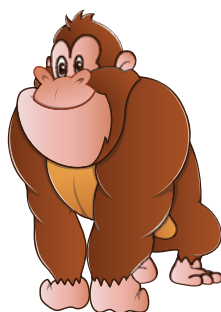
12



Snake

10

11



GORILLA