

ARCTIC ANIMAL YOGA

OBJECT OF THE GAME:

Have fun posing like your favorite animals!



INSTRUCTIONS:



Moose Pose

Start standing up straight. Then, step one foot back, slightly angling it outward. Bend your front knee and bring your spread-out hands above your head like the antlers of a moose.



Walrus Pose

Lie on your tummy, lift your head and shoulders off the ground, place your palms flat next to your shoulders, and arch up like a walrus.



Polar Bear

Step back to hands and feet in an upside-down V shape then walk like a bear.



Arctic Hare

Come back to rest upright on your heels and place your hands on your thighs. Take a few short, quick breaths in through your nose, and then take a long exhale. Pretend to be a hare breathing.