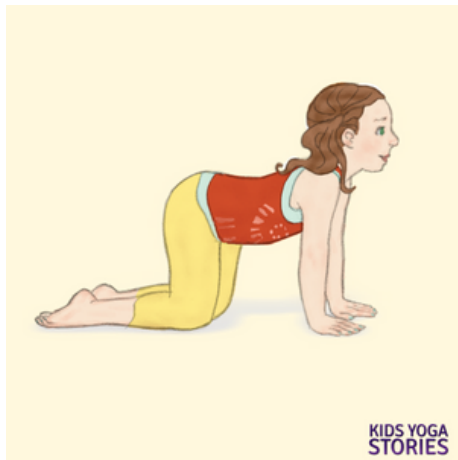


FARM ANIMALS YOGA POSES FOR KIDS

1. PRETEND TO BE A COW.

How to practice Cow Pose: On all fours, look up, open your chest, and arch your back. Moo!



KIDS YOGA
STORIES

Cow Pose

2. PRETEND TO BE A HEN.

How to practice Squat Pose: Come down to a squat, bend your elbows, and flap your wings like a chicken. Cluck cluck!



KIDS YOGA
STORIES

Squat Pose

3. PRETEND TO BE A CHERRY TREE.

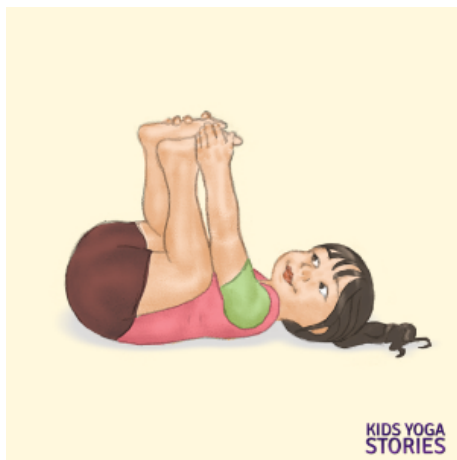
How to practice Tree Pose: Stand on one leg, bend your knee, place the sole of your foot on your inner thigh, and balance. Sway like a tree. Swoosh!



Tree pose

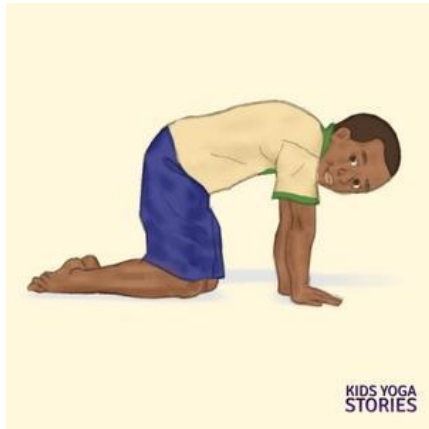
4. PRETEND TO BE A PIG.

How to practice Happy Baby Pose: Lie on your back with your chin tucked in. Hug your knees into your chest, then grab the outer part of your feet with both of your hands and roll like a pig in mud. Oink oink!



5. PRETEND TO BE SHEEP.

How to practice Cat Pose: On all fours, tuck your chin into your chest and round your back. Baa baa!



Cat Pose

6. PRETEND TO BE HORSE.

How to practice Three-legged dog pose: Step back to hands and feet, like an upside-down V, and gently lift one leg at a time. Slowly kick up like a horse. Switch legs and repeat the pose. Neigh!



Three-Legged Dog Pose