



Animal Yoga for Kids

Have a go at our animal yoga poses.

**Great way to try out yoga
with our animal instructions.**

Shrewsbury

Shopping Centres

DARWIN & PRIDE HILL



Leo the Lion says:

Get down on the floor on all fours, as if you were a lion

Now take a big deep breath through your nose

Open your mouth as big as you can

Eyes wide opened

And, ROAR! Make it the biggest ROAR you can



Bobbie the Bumble Bee says:

Curl up in a ball on the floor

Breathe in with your nose and count to 3

**Breathe out with your mouth closed,
while you hum like a bee, counting to 3**

Breathe in with your nose and count to 3

**Breathe out with your mouth closed,
while you buzz like a bee, counting to 3**

Now you are ready to fly around like Bobbie the Bumble Bee



Charlie the Cat says:

Get down on the floor and kneel on all fours

**Breathe in as you lift your chin
and tilt your head back, counting to 3**

**Breathe out while you slowly raise your back
towards the ceiling and you lower your head (it will look like
a cat arching its back), counting to 3**

Breathe in as you arch your back down, counting to 3

**Breathe out while you arch your back again and meow for as
long as you can with one breath just like Charlie**



Billie the Bird says:

Kneel on the floor with your arms by your side

**Practice lifting your arms up – reaching up high and
then bringing them back down**

**This time, lift your arms up – reaching high and
count to 3 as you do it, breathing in**

Bring your arms down, counting to 3 and breathing out

**Repeat this x3 times and then speed it up to
flap your wings like Billie does**