

FARM ANIMALS YOGA

1. Pretend to be a hen.

How to practice Squat Pose: Come down to a squat with your knees apart and your arms between your knees. Touch your hands to the ground. Pretend to be a hen in the stinky chicken coop.



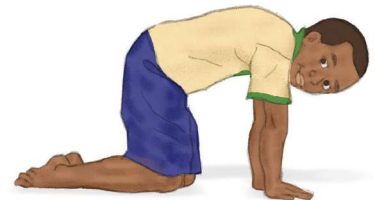
2. Pretend to be a horse.

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. Pretend to be a horse kicking its legs.



3. Pretend to be a sheep.

How to practice Cat Pose: On all fours, round your back and tuck your chin into your chest. Pretend to be a sheep munching on hay.



4. Pretend to be a cow.

How to practice Cow Pose: On all fours, look up, arch your back, and open your chest. Pretend to be a cow getting milked by the farmer.



5. 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 parts of each foot—right foot in right hand and left foot in left hand. Pretend to be a pig playing in the mud.



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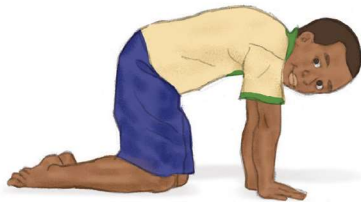
I am a hen.

SQUAT POSE



I am a horse.

THREE-LEGGED DOG POSE



I am a sheep.

CAT POSE



I am a cow.

COW POSE



I am a pig.

HAPPY BABY POSE