

ANIMAL YOGA

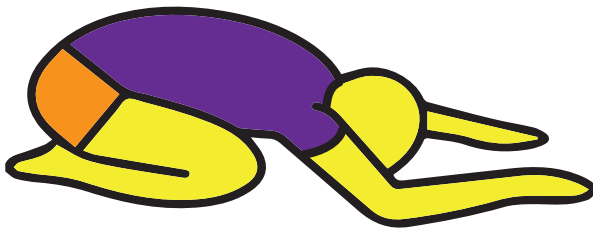
Yoga is a group activity which originated in ancient India. It focuses on improving strength, flexibility and breathing to boost physical and mental well-being. Many yoga poses are inspired by different animals poses. This activity will teach you some animal inspired yoga poses and then you will be able to create your own!

EQUIPMENT

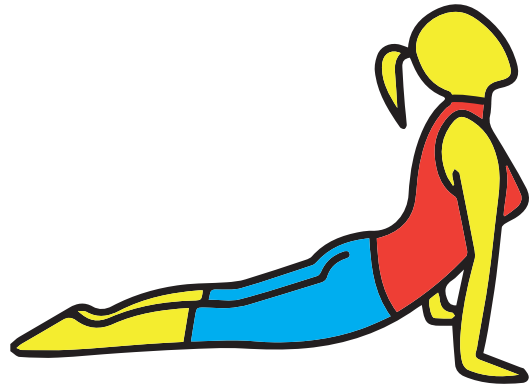
- Yoga mats (or soft flooring)

METHOD

1. Place your mat on the floor, and make sure you have enough space so you're not touching anyone else.
2. Steady breathing is a really important part of yoga. Before you start, practice your controlled breathing by slowly inhaling for a count of three and then exhaling for a count of three and repeat.
3. Try out some of the yoga poses listed below.

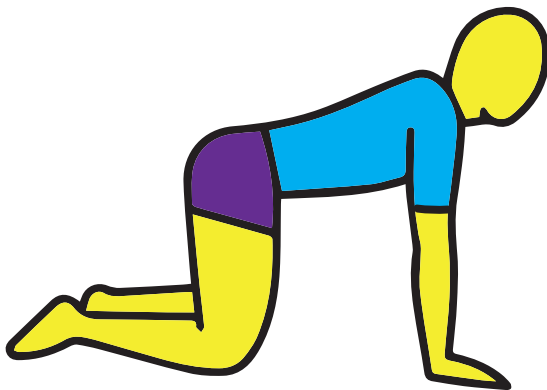


SNAIL POSE



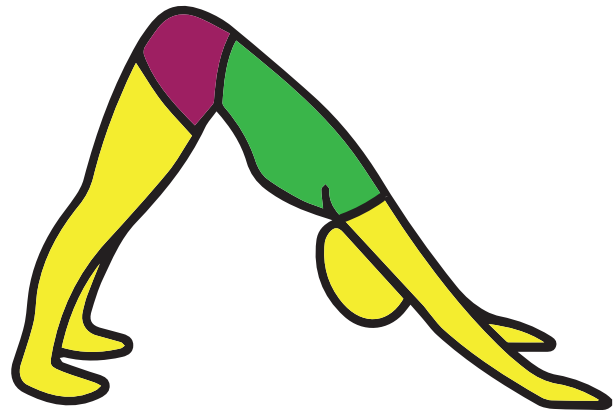
COBRA POSE

Start head down on the ground then inhale whilst you rise up. Make a hissing sound as you lower back to the ground.

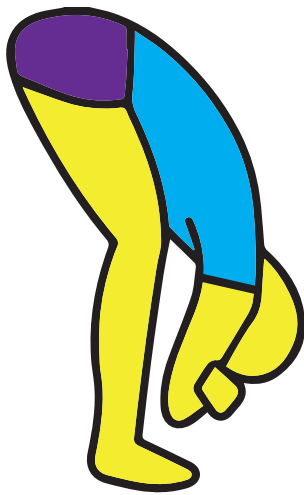


COW POSE

Moo like a cow.



DOWNWARD FACING DOG



GORILLA POSE

Sway your arms from side to side like a gorilla.



FLAMINGO POSE

Gracefully balance on one foot.



BUTTERFLY POSE

Gently flap your wings up and down.

Now that you have tried these poses, think about your favourite animal and its characteristics. Then create your own yoga pose inspired by it and show it to the others in your unit.

HINTS AND TIPS

- Look online if you want to stretch your knowledge and learn more poses and techniques