

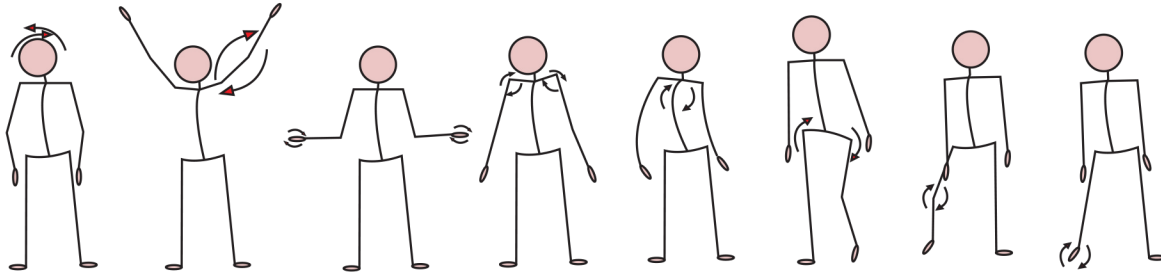
## Ages 3 - 5 | Theme: Animals

### Intention

What is your favorite animal? How do they move in their body?

### Warm Up

Draw a circle with every part of your body 3 times: Head, Arms, Wrists, Sholders, Heart, Hips, Knees, Ankles.

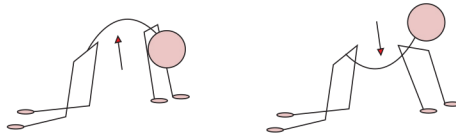


### Yoga Poses

Do each pose for 5 breaths.

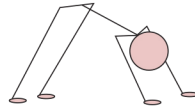
#### Cat/Cow and Lion Pose

Inhale and round back.  
Exhale ROAR!



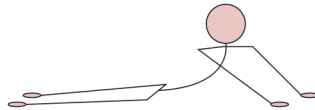
#### Downward Dog Pose

Stretch whole body from hands to the hips and hips to heels.



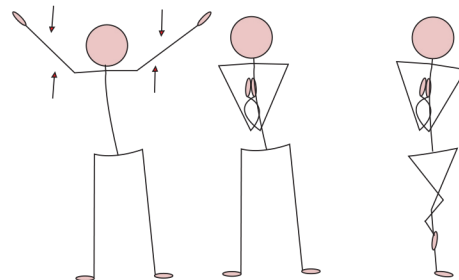
#### Cobra Pose

Legs together like a tail.  
Rise up like a snake.



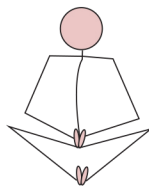
#### Eagle Pose

Stretch arms out like wings to fly.  
Wrap and twist arms and legs and balance.



#### Butterfly Pose

Heels together and flap legs like butterfly wings.

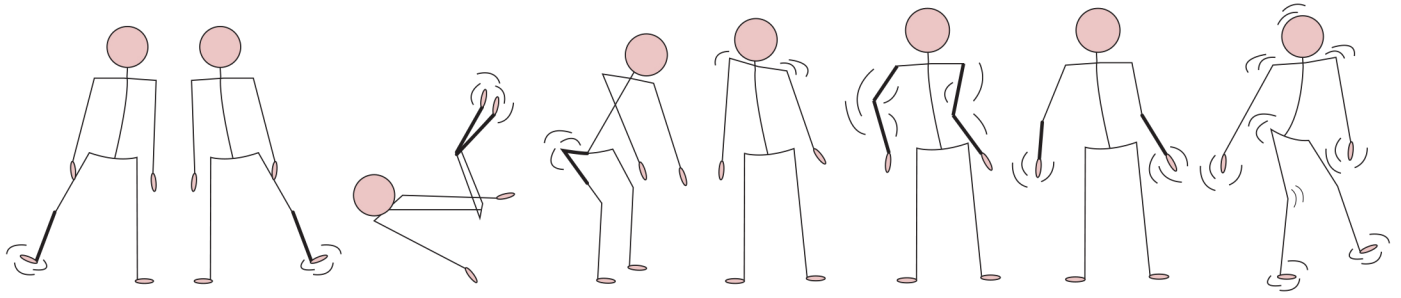


## Shaking

Shake each part of your body for 10 seconds each.

Right leg, left leg, lay down and shake both legs in the air.

Stand up and wag your tail like a happy puppy, shake shoulders, arms, hands and then whole body. Shake! Shake! Shake!



## Freedance

Share what your favorite animal is and move like that animal to start.

Then keep dancing like other animals. Jump like a frog or kangaroo.

Fly like an eagle. Slither like a snake. Swim like a fish. Be playful like a monkey.

Most importantly, have fun!

## Stretching

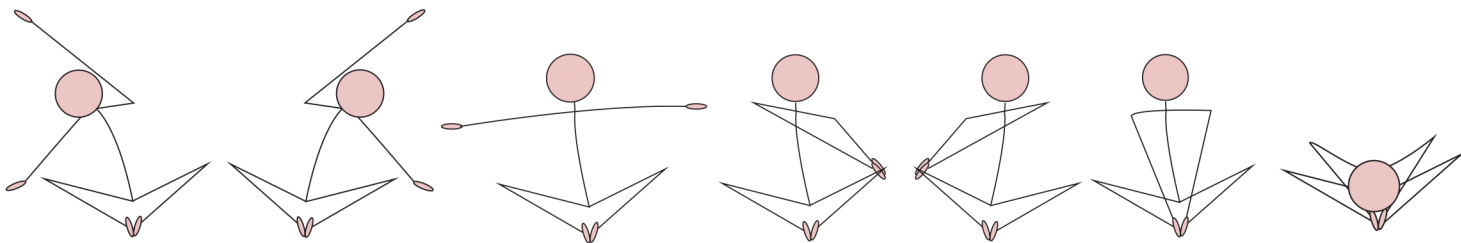
Stretch to each side for 5 breaths.

Arms out like a T. Put one hand behind like a kickstand.

Gently twist spine top to bottom and hold for 5 breaths on each side.

Feet together – and bring head toward feet.

Stretch forward 5 breaths.



## Rest

Rest in stillness for 2 minutes or more

Great job!