

Quick Reference Activity Card: Animal Flow

Students' mats are in a staggered format, short ends facing the teacher.

Sit in hero's pose and breathe.



Inhale up into a kneeling position, then exhale and place hands back on the ankles one at a time. Push hips forward and breathe.



Exhale and fold forward, placing hands under the shoulders. Come into tabletop position. Inhale for cow pose, drop the belly and moo. Exhale for cat pose, round the back and meow.



Exhale. Fold forward and rest the head on the mat.



Continue to card 2...

Quick Reference Activity Card 2: Animal Flow

Inhale and place arms in front. Exhale up to an inverted “V,” or downward-facing dog.



Inhale and reach the right leg up to the sky and stretch. Exhale to all four on the floor. Inhale the left leg up and stretch. Exhale to all four on the floor and then downward-facing dog.



Inhale and look toward the hands. Exhale and walk-step or jump the feet up between the hands. Bending the knees slightly (or more if needed), standing forward bend.



Inhale. Reach arms up to sky and sit back, coming into chair pose.



Exhale. Stand up into mountain pose.



Repeat from card 1...