

NATURE ACTIVITIES

YOGA WITH ANIMALS

Love animals and yoga? Take a look at this activity of doing yoga along with mammals! Animals naturally perform yoga poses. Take a look at animals in various poses, follow along and get your flow going!

Resources/materials needed: Yoga mat, your pets

Skills: Motor Skills, Environmental Appreciation, Hand-Eye Coordination, Physical Health, Self-care skills, Communication and Confidence, Flexibility, Self-Regulation, Relaxation, Imagination, Creativity, Persistence

DIRECTIONS:

Step 1: Pick your spot! Yoga outside is a great place to experience yoga. Roll out your yoga mat. If you have pets, have them join! They may have some yoga skills. If you have a goat, don't be alarmed if they stand on your back!

Step 2: Get on all fours into table top position. Pictured at the top right. Knees should be on the ground with feet straight behind you. Arms and palms should be straight down from your chest. Keep your head centered in a neutral position and back flat. Add cat cow positions to this for a flowing vinyasa! As you breath out round your back and tilt your head down. As you breath in lower your back and raise your sit bones with your tailbone sticking up and reach your head up toward the sky. Repeat this 3-5 times.

Step 3: Shift your body backward into child's pose. The knees open up wider and feet come together a your forehead is on the mat and arms are stretching straight out with palm flat on the ground.

Step 4: Shift your body forward into plank position This resembles the beginning of a push up position with legs together, body straight, and arms straight. Just like this bear!



Photo Credit: Parents



Photo Credit: Seattle Refined



Photo Credit: Kay Humphreys



Step 5: Raise your sit bones and tail bone up with your head and hands on the floor. This is downward dog position. You should be in a triangle position.



Step 6: Transition back to plank position (like the bear) Hold it, and then lower your legs to the ground. Your feet can either lie flat or be activated. Tilt your head up and back with your heart shining towards the sun!



Step 7: Transition back to plank position (like the bear) Hold it, and move into downward dog position, just like the coyote is doing! Arms should be stretched forward with sit bones upward and feet firmly planted on the floor. Lean your body as far back as you can. Your head should be stretched forward and upward!



Step 8: Bend your knees, lower your legs, pelvis, sit bones and spine down to the ground with your legs lying flat behind you and tops of feet to the floor. Keep stretching forward.



Photo by Sarah Redd

Photo Credit: Visit Hillsborough NC



Photo Credit: melsanie



Photo Credit: Nellie Bellie

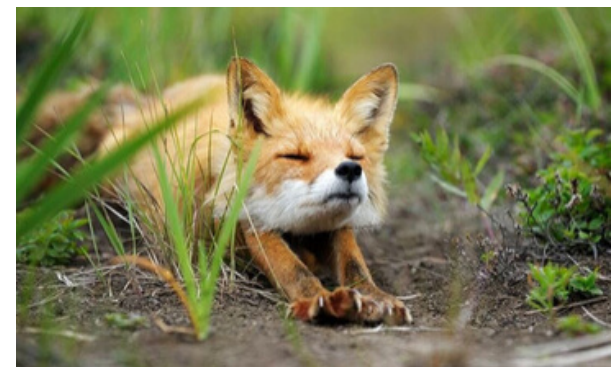


Photo Credit: papa14moose



Step 9: Move your body forward and upward into upward dog position like this chipmunk. See if you can raise your left hand to the sky! Switch hands.



Step 10: Transition back to plank position. Then move into downward dog like this dog! Jump or walk the feet up to your hands. You can stand up and stretch in a sun salutation.



Step 12: Move your hands down to your toes and stretch. Bend your knees and squat. Transition into seated position with your legs straight out and mimic this lemur showing off his muscles!



Step 13: As you inhale, lift one leg across the arm and turn towards your knee. This twist is great for your digestive system, abs and back. As you exhale, switch arms and legs to the opposite and turn towards your other knee. Breathe.



Photo Credit: Jay Campbell



Photo Credit: Yoga. Love to Know



Photo Credit: Imgur



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Step 14: Lift your leg opposite your arm (right arm, left leg) and stretch while sitting up. Repeat with the opposite arm and leg.

Then, bend one knee like you were going to sit cross-legged, lift and grab the straight leg with the arm on the same side as the leg. Stretch out to the side. Repeat with the other side like this bear!

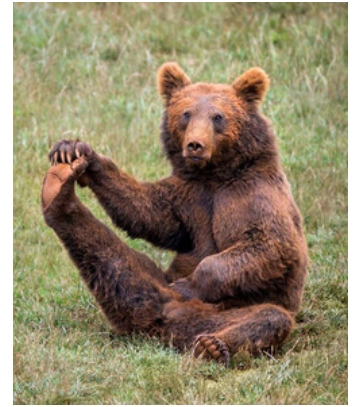
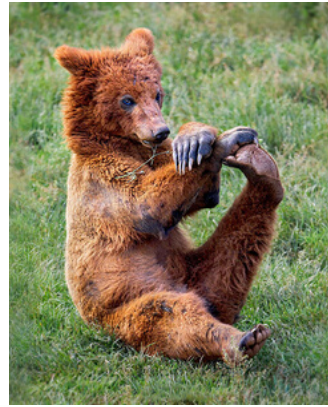


Photo Credit: Marina Cana



Step 15: Slightly lean back, lift both legs and hold onto your feet/legs just like this grizzly!



Step 16: Slowly let yourself fall backward so you are lying on your back. Hold onto on lifted leg/foot and roll side to side. Repeat with the other leg. This bear is having a fun time in this pose in a creek!



Photo Credit: Meta Penca



Step 17: Release your leg and lay flat on your back with your arms straight back behind your head. Inhale as you bring your body up like you are doing a side twist sit up. This is done with one arm reaching for the opposite foot and your head resting on the side. Hold this position. Feel free to exhale and hold as long as you want. When you are ready to move back to center, do it on an exhale. As you inhale do the same on the other side.



Photo Credit: CBC



Photo Credit: Bored Panda



Step 18: Lay flat on your back, get loose and start to roll back and forth on your back rolling your tailbone and legs above your head. Keep rocking back and forth as much as you feel comfortable. It is good for massaging your spine and back.



Step 19: Get into seated position and lift one leg, hold it with the arm on the same side. hold yourself up with your other arm like this chipmunk! Repeat on the other side as many times as you like!



Step 20: Transition to being on your knees. With one palm firmly on the ground, keep the elbow loose and bent. Bring the other arm arching over your head as you lean towards the bent arm. Repeat on the other side. The sloth naturally loves this position!



Photo Credit: James Marvin Phelps



Photo Credit: Lucie Gagnon

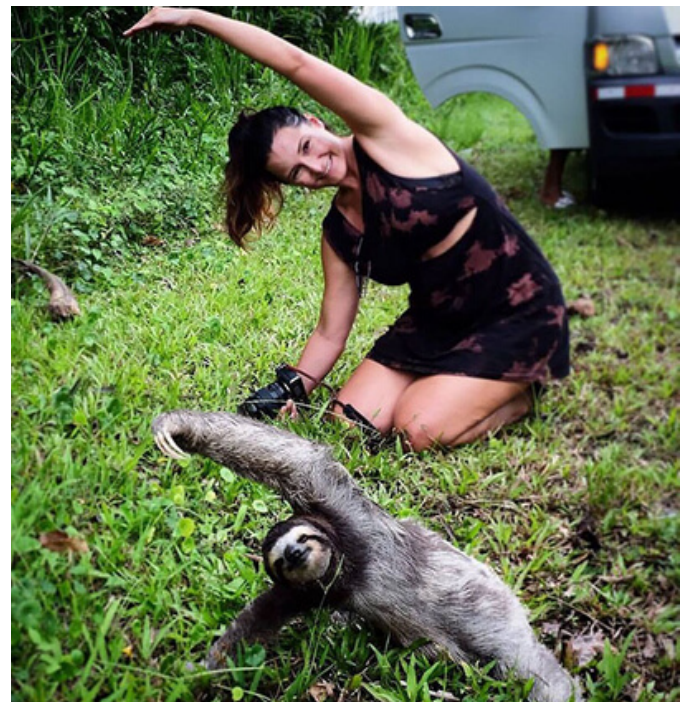


Photo Credit: Caters



Step 21: Stand up and align yourself in a semi-split pose. Have your legs as far out parallel from each other as you stand on your mat horizontally. Bend down and touch the ground in the center. Adjust as necessary. Stay in this position for at least 1 minute and breathe.



Step 22: Move into seated position with your legs crossed and arms out palms up. You can also meet your thumb and pointer finger on each hand they rest on the knee. Now soften your gaze or close your eyes and breathe. Reflecting on the day and what good you did for your body! Let thoughts of anxiety fall away as you focus on your breath. Stay here as long as you like.



Step 23: You have the choice to move into Shavasana pose which is on your back, legs straight out, and arms to your side. You can mimic this dog or have your palms facing upwards. Soften your gaze or close your eyes, breathe, and meditate as long as you feel is good. Let the worries of the day float away and focus on the present and what good you did for your body and mind!

~Namaste~

Reflection: Talk about your experience. Do you enjoy yoga? What positions were easiest? Which poses were challenging? Do you feel more relaxed and energetic? What animal's pose did you like the best?

Resources:

yoga.lovetoknow.com/Yoga_Poses_with_Animal_Names
boredpanda.com/animals-yoga-poses/
yoremikids.com/news/plank-pose-yoga-build-core-strength-for-kids
modernman.com
rangerrick.org
cbc.ca



Photo Credit:Geert Weggen



Photo Credit:Modern Man

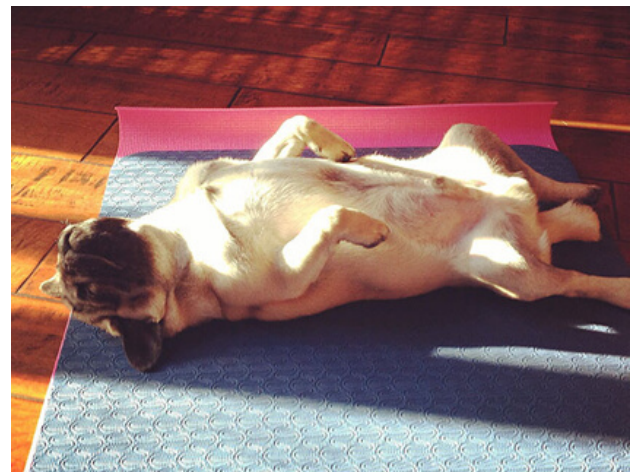


Photo Credit: Jessica Tracey

visithillsboroughnc.com/event/goat-infused-yoga/
yogajournal.com/poses/cow-pose
seattlerefined.com/lifestyle/
imgur.com