ARCTIC ANIMAL YOGA

OBJECT OF THE GAME:
Have fun posing like your favorite animals!

INSTRUCTIONS:

Moose Pose
Start standing up straight. Then, step one foot back, slightly angling it outward. Bend your front knee and bring your spread-out hands above your head like the antlers of a moose.

Walrus Pose
Lie on your tummy, lift your head and shoulders off the ground, place your palms flat next to your shoulders, and arch up like a walrus.

Polar Bear
Step back to hands and feet in an upside-down V shape then walk like a bear.

Arctic Hare
Come back to rest upright on your heels and place your hands on your thighs. Take a few short, quick breaths in through your nose, and then take a long exhale. Pretend to be a hare breathing.

Source: https://www.kidsyogastories.com/arctic-animals-yoga/