

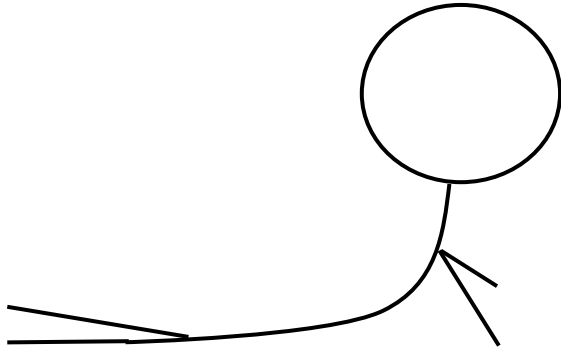
Animal Yoga Cards

Yoga is a fun way to stretch, strengthen and relax. Imagining yourself as an animal makes yoga even more fun. Animal yoga cards can be played either alone or with a group. Follow the instructions below to use.

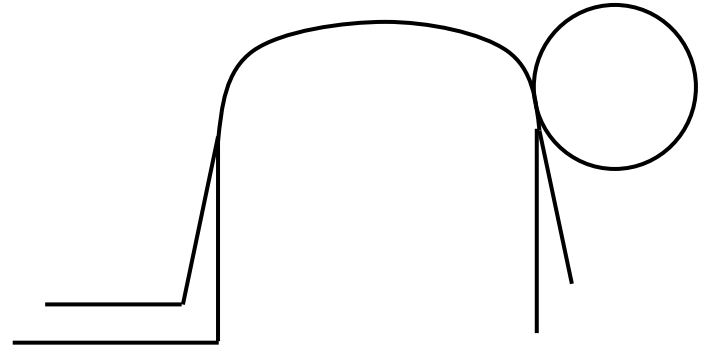
1. Print animal yoga cards.
2. Cut out animal yoga cards.
3. Stack cards in a pile face down.
4. Flip one card over at a time, mimic and hold each pose for 15-30 seconds.

Have fun practicing animal yoga!

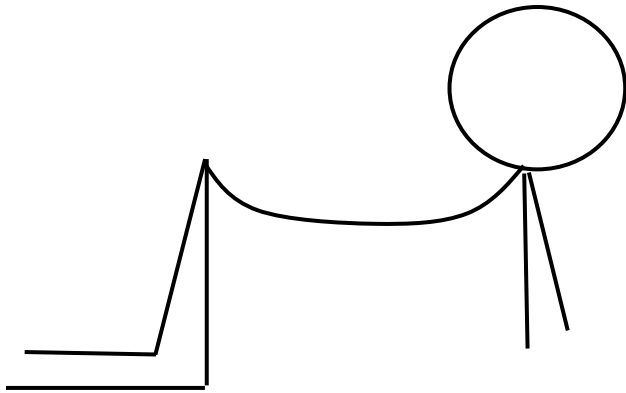
Snake



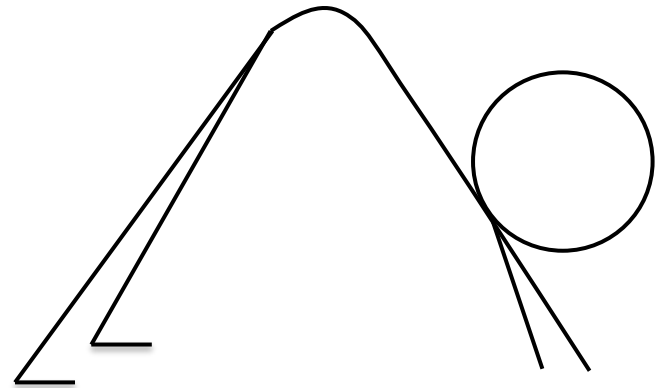
Cat



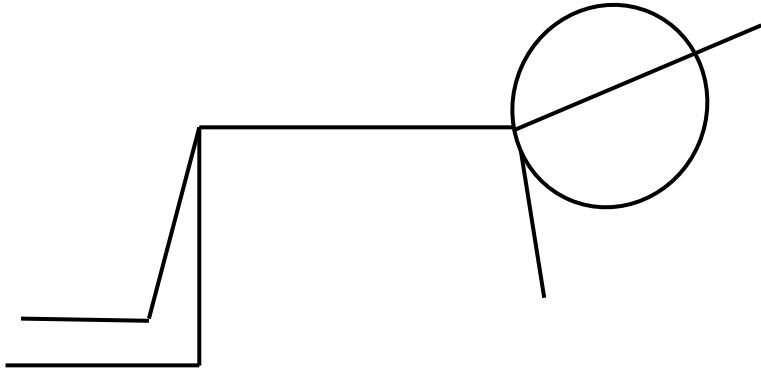
Cow



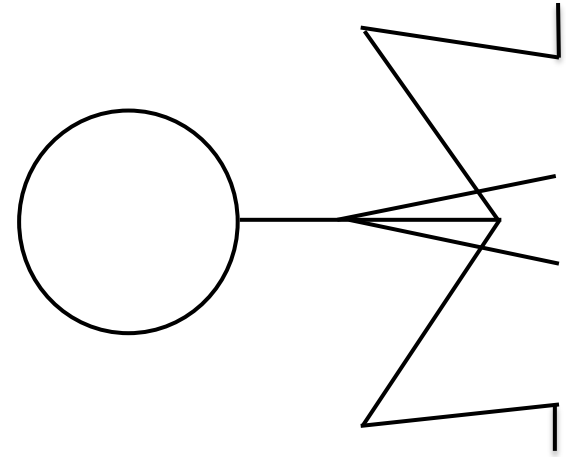
Dog



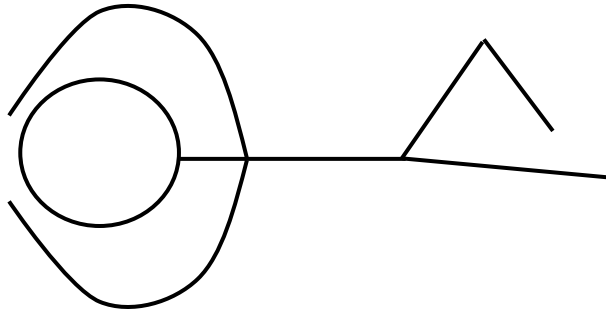
Unicorn



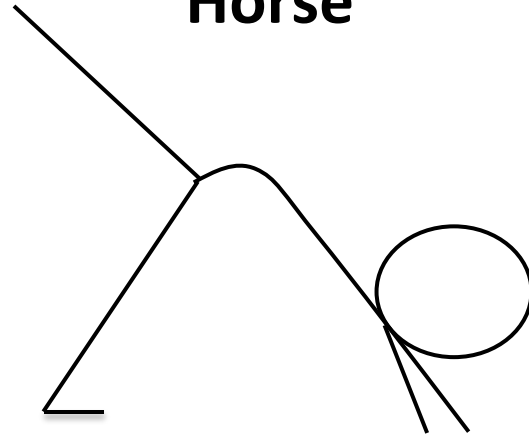
Frog



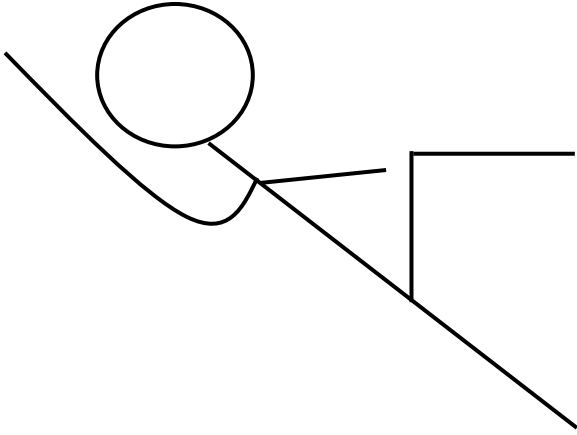
Flamingo



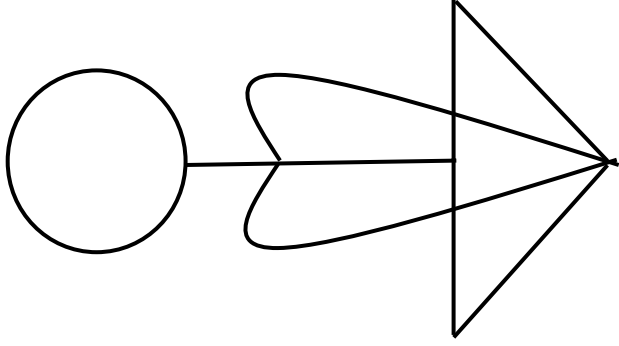
Horse



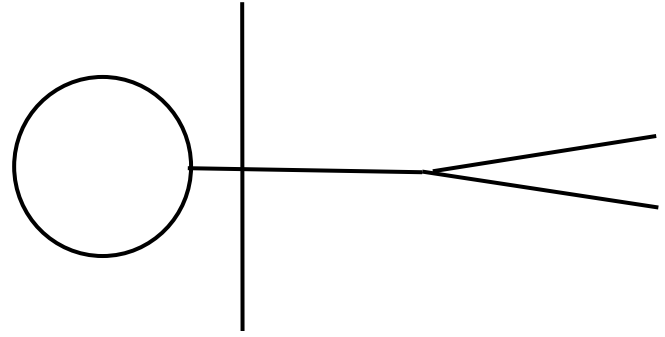
Giraffe



Butterfly



Eagle



Sea Lion

