



OUR AFRICA YOGA CARDS



Monkey – Squat Pose



Start by getting into a squat position.

Keep your back flat and your feet flat on the floor.

Bring your elbows to your knees and push the palms of your hands together.

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Lion – Hero Pose



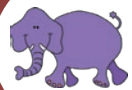
Start by kneeling down on the floor.

Sit back to rest upright on your heels.

Place your hands on your knees.

Take 5 deep breaths.

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Elephant – Ragdoll Pose



Stand tall in a 'Mountain Pose'.

Bend your upper body and reach for your toes.

Sway your arms like an elephant's trunk.

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Snake – Cobra Pose



Start by lying on your tummy with your chin on the floor.

Place your palms flat on the floor, next to your shoulders.

Lift your head and shoulders off the ground. Hiss like a snake.

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Giraffe – Triangle Pose



Start in a standing position.

Step one foot back and bend at your waist, tilting your upper body.

Reach one hand up to the sky and rest the other hand on your shin.

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Crocodile – Wide Plank Pose



Start in the plank position with your hands flat on the floor, your arms straight and your legs straight out behind you.

Step your left leg out to the side and then your right leg. Keep your back long and flat.

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Hippo – Child's Pose



Sit back on your heels.

Slowly bring your forehead down to rest in front of your knees.

Rest your arms down alongside your body and take a few deep breaths.

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Leopard – Cat Pose



Start by kneeling on the floor.

Now move onto all fours, so that your palms are flat on the floor.

Tuck your chin into your chest. Keep your arms straight. Round your back.

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Gazelle – Dancer Pose



Stand on one leg and reach the opposite leg out behind you.

Place the outside of your foot into your hand. Bend your torso forward with your arm out in front for balance.

Arch your leg up behind you.

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Hippo – High Lunge Pose



Start in a kneeling position. Bring your left leg forward and place your foot flat on the floor with your knee bent. Lift your right knee off the floor.

Lift your arms up above your head like a rhinoceros horn.

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Zebra – Triangle Forward Bend Pose



Take your right foot back. Place your hands on your hips, ensuring that your back is flat.

Slowly bend forward as if your hips are a hinge, keeping a flat back and a long neck.

Bring your hands to your shins, ankles or the ground, checking that your spine is straight.

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Gorilla – Wide Leg Forward Bend



From Mountain Pose, step your feet out wide.

Slowly begin to bend your upper body forwards and bring your hands down towards the floor.

Keep your legs straight.

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