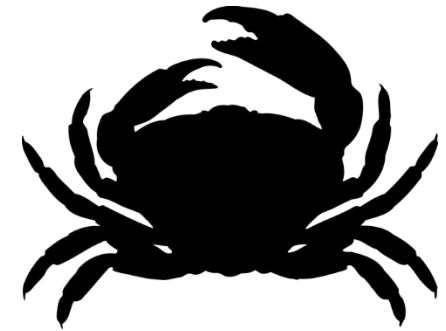


# Crab



Sit with your palms flat behind you and the soles of your feet in front of you, shoulder-width apart. Lift and arch your bottom to create a table.

# Butterfly



Sit tall on the ground. Bend your legs so the soles of your feet touch. Place your hands in front of you and slowly flap your legs like butterfly wings.

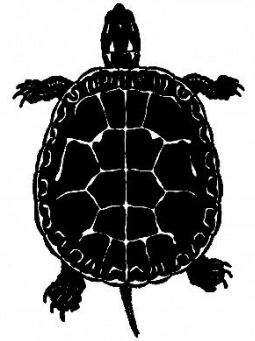


# Cat



Rest on all fours with your hands and knees on the ground. Tuck your chin into your chest and round your back up to the sky.

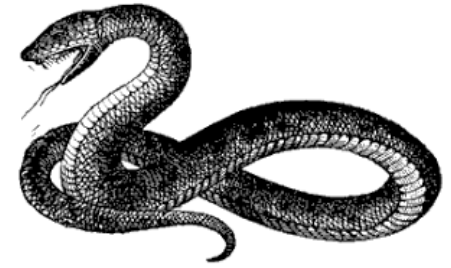
# Turtle



Sit on your heels and bring your head down to rest in front of your knees. Stretch your arms in front of your head and take a few breaths.



# Cobra



Lie on your tummy and place your hands next to your shoulders. Lift your head and shoulders off the ground and hiss like a snake.

# Frog



From standing, squat down with your bottom behind your calves. Put your hands down on the ground to slowly stretch or hop like a frog.

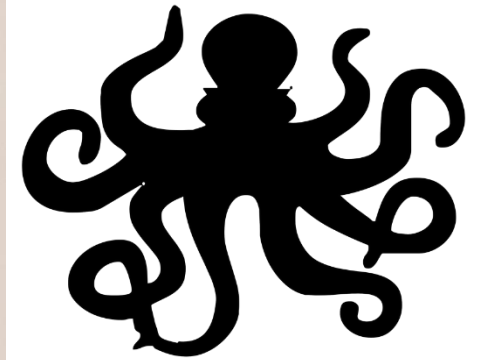


# Camel



Start with your knees and tops of your feet on the ground. Slowly arch your back to reach your hands to your heels.

# Octopus



Sit with your legs straight out in front of you. Bend your torso forward and keep your spine straight. Dangle your arms in front of you like the tentacles of an octopus.



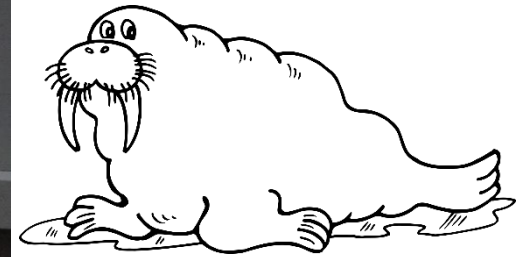
# Whale



Lie on your tummy, bend your knees so your feet are in the air. Lift your chest up and reach behind you to grab your ankles or toes.



# Walrus



Lay on your belly  
and place the  
palms of your  
hands next to  
your shoulders.  
Look up and  
straighten your  
arms.

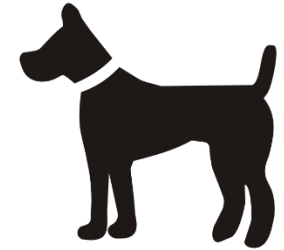


# Kangaroo



Stand up tall with your feet hip-width apart. Bend your knees. You can even hop like a kangaroo.

# Dog



From standing, bend down and place your palms on the ground. Step your feet back to create an upside-down V shape with your bottom in the air.