Animal Yoga

Smithsonian Institution
National Museum of Natural History
Mammal Hall
Morning at the Museum
Going on an Adventure

- Let’s get our minds and bodies ready to go on a great adventure.
- Sit with legs Criss Cross.
- Bring hands together up to your chest.
- Take a deep breath in and out.
Explorer Pose

- Stand like a great explorer of the forest.
- Bring right food forward and bend front leg.
- Bring your right arm in front of you and your left arm behind you.
- Jump to switch legs (bring your left leg in front and right left behind).
Marching

- Now, journey through the deep forest.
- Do the Explorer’s March.
- Bring your knees up as high as you can!
- Swing your arms.
- What animals will you see on your journey?
Elephant Pose

- Stand up tall.
- Keep your legs straight and strong like an elephant.
- Bend your body in half keeping your back flat like a table.
- Hold your hands together.
- Swing your arms side to side like the long trunk of an elephant.
Tree Pose

- I see a large tree.
- Bring your hands together and hold them at your chest.
- Stand on one leg and bring your hands over your head like the leaves of the tree.
- Don’t let the wind blow you over!
- Now stand on your other leg.
Giraffe Pose

- There is a thirsty Giraffe drinking from the lake.
- Pretend to be a thirsty giraffe.
- Bring your arms down the mat in front of you.
- Giraffes have very long necks, so stretch your neck as far it can go to get a drink from the lake.
Coyote Pose

- Over in the distance you see a coyote howling at the moon.
- Keep your hands on the mat.
- Bring your knees to the mat.
- Keep your back straight like a table.
- Round your back towards the ceiling, and look at your belly.
- Look up to the ceiling, and allow your belly to sink toward the floor.
- Howl to the moon.
Rabbit Pose

- In the grass, you see a rabbit stretching in the sun.
- Sit back on your knees.
- Hold your hands behind your back.
- Bring your head down to the mat.
- Push your bunny tail up and raise hands to reach for the sky.
Otter Pose

- To keep from floating away in the storm, an otter wraps itself up.
- Let's make our bodies into a circle to help us not float away in the storm.
- Sit on the yoga mat.
- Pull your arms and legs in tightly.
Sleeping Leopard

- There is a sleepy leopard.
- Sit back on feet and stretch your body.
- Lay your belly on your knees and stretch your arms out in front of you.
- Let your body rest and close our eyes.
- Take a deep breath in and out.
Polar Bear Pose

- It’s time for all the sleepy polar bears to open their eyes.
- Wake up your body by wiggling your fingers and now your arms.
- Sit up and “criss cross” your legs and rest your hands on your knees.
- Take a deep breath in and out.
Go In Peace

- Bring your hands together up to your chest.

- We will complete our adventure by saying “Go in Peace” to all our explorer friends.
Can You Find Me?
Find the Yoga Animals In the Museum

☐ Polar Bear

☐ Elephant

☐ Leopard
Can You Find Me?
Find the Yoga Animals In the Museum

- Rabbit
- Otter
- Coyote
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