

## Animal Yoga

*Background:* All animals, including humans, need exercise for both their bodies and their minds. Animals at the Zoo receive enrichment and training for this purpose. Training helps an animal participate voluntarily in their own healthcare, as well as exercise their body and mind. For example, the Zoo's ambassador parrots (including military macaw "Tyson", pictured below) are trained to show their wings. This behavior allows keepers to inspect their wings, encourages the parrots to stretch, and provides mental stimulation.

We have many ways of exercising our own body and mind. One fun and relaxing way to do this is through yoga.

### *Materials:*

- Access to the internet
- Yoga mat (optional)

*Instructions:* Find an open area, either inside or outside, with enough room for you to try out some animal yoga poses. Look up tutorial videos on YouTube or using Google (with parental supervision as needed) for the animal-inspired poses listed below (source: <https://yogamoha.com/animal-yoga-poses/>).

When trying these poses, remember to listen to your body so you don't strain yourself. Most yoga poses can be modified for beginners. The goal of this activity is to relax, reduce stress, and have fun!

- Cow Pose (Bitilasana) and Cat Pose (Marjaryasana)
- Downward Facing Dog (Adho Mukha Svanasana)
- Cobra Pose (Bhujangasana)
- Swan Pose (Hamsasana)
- One-Legged Pigeon Pose (Eka Pada Kapotasana)
- Camel Pose (Ustrasana)
- Butterfly Pose (Badhakonasana)
- Fish Pose (Matsyasana)
- Eagle Pose (Garudasana)
- Tortoise Pose (Kurmasana)
- Cow Face Pose (Gomukhasana)
- Frog Pose (Bhekasana)
- Lion Pose (Simhasana)
- Monkey Pose (Hanumanasana)
- Locust Pose (Salabhasana)
- Horse Pose (Vatayanasana)
- Rabbit Pose (Sasangasana)
- Crocodile Pose (Makarasana)

