



ANIMAL YOGA

@WoodlandParkZoo



ZEBRA POSE

(cat pose)



TIGER POSE

(cow pose)



WOLF POSE

(downward dog pose)



ALLIGATOR POSE

(plank)



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GIRAFFE POSE

(mountain pose)



FLAMINGO POSE

(tree pose)



GAZELLE POSE

(half moon pose)



OSTRICH POSE

(standing forward bend)



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FROG POSE

(garland pose)



BUTTERFLY POSE

(lotus pose)



SNAKE POSE

(sitting eagle pose)



SNAIL POSE

(extended child's pose)