

# The Gruffalo Yoga



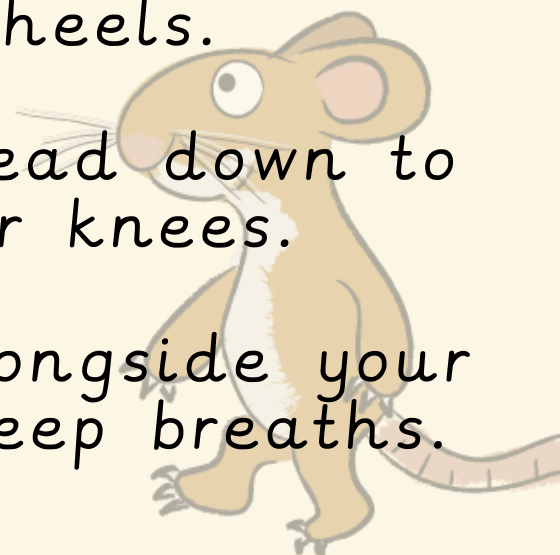
## Child's Pose

A mouse took a stroll through the deep dark wood...

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.



# The Gruffalo Yoga



## Hero Pose

An owl saw the mouse and the mouse looked good.

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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## Cobra Pose

A snake saw the mouse and the mouse looked good.

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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## Extended Cat Pose

A fox saw the mouse and the mouse looked good.

Start by kneeling on all fours.

Slowly lift one leg out behind you like a fox's tail.

Look up at the moon like a fox.

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## Downward Dog Pose

“Oh help! Oh no! It’s a gruffalo!”

Bend down and place your palms flat on the ground.

Step your feet back to create an upside-down V shape with your bottom high in the air.  
Look down between your legs.

