**Jungle Animal Yoga Sequence**

You can follow the jungle animal yoga sequence below or make up your own jungle yoga journey.

**Macaw – Warrior 3 Pose**  
Stand on one leg. Extend the other leg behind you, flexing your foot. Bend your torso forward and take your arms out to the side.  Flap your arms like the wings of the macaw.

**Monkey – Squat Pose**  
Come down to a squat and tap your chest like a monkey.

**Alligator – Plank Pose**  
Step back to balance on your palms and on your bent toes, keeping your arms straight and your back long and flat. Pretend to be an alligator floating in the water.

**Boa Constrictor – Cobra Pose**  
Come to lie on your tummy, place your palms flat on the floor next to your shoulders, lift your head and shoulders off ground, and hiss like a snake.

**Jaguar – Cat Pose**  
Press up to an all-fours position, round your back, and tuck your chin into your chest. Pretend to be a jaguar about to pounce.

**Turtle – Extended Child’s Pose**  
Come to sitting back on your heels, slowly bring your forehead down to rest on the floor in front of your knees, place the palms of your hands flat out in front of you, and take a few deep breaths. Pretend to be a turtle looking out of his shell.

**Sloth – Happy Baby Pose**  
Come to lie on your back with your chin tucked in, hug your knees into your chest, then grab the outer parts of your feet with both of your hands, with one foot in each hand. Pretend to be a sloth hanging out in a tree.

**Rest – Resting Pose**  
Lie on your back with your arms and legs stretched out. Imagine listening to the sounds in the jungle. Breathe and rest.