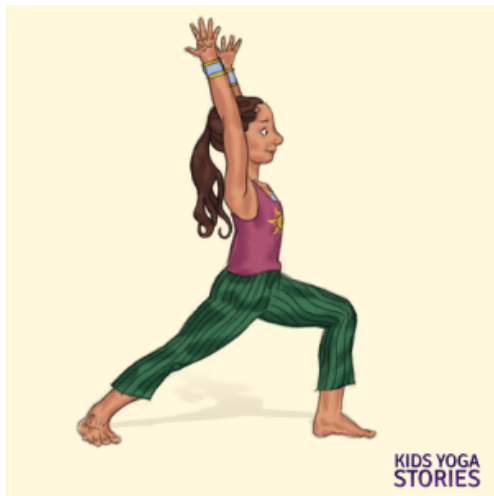


## ARCTIC ANIMALS YOGA SEQUENCE

### 1. MOOSE – WARRIOR 1 POSE VARIATION

**How to practice Warrior 1 Pose (variation):** Come to standing in Mountain Pose. Step one foot back, slightly angling it outward. Bend your front knee and bring your spread-out hands above your head like **the antlers of a moose**.



### 2. WALRUS – COBRA POSE (OR UPWARD-FACING DOG POSE)

**How to practice Cobra Pose:** Lie on your tummy, lift your head and shoulders off the ground, place your palms flat next to your shoulders, **and arch up like a walrus**.



Cobra Pose

### 3. POLAR BEAR OR HUSKY – DOWNWARD DOG

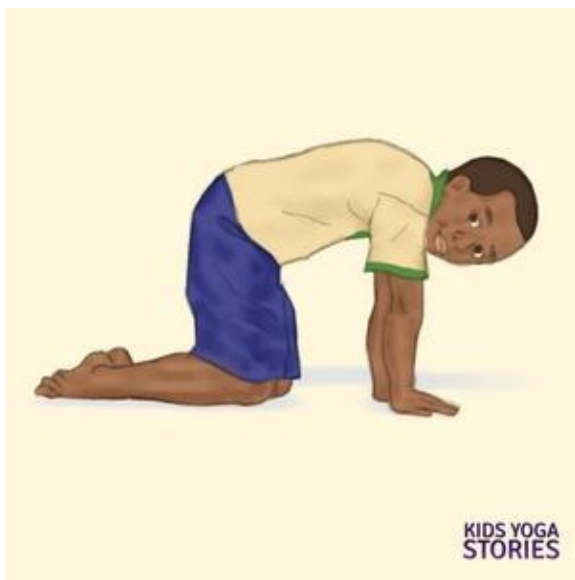
**How to practice Downward Dog:** Step back to hands and feet in an upside-down V shape then **walk like a bear**.



Downward Dog

### 4. MUSK OX – CAT POSE

**How to practice cat Pose:** On all fours, tuck your chin into your chest and round your back. **Walk like an ox**.



Cat Pose

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## 5. ARCTIC HARE – HERO'S POSE WITH BUNNY BREATH

**How to practice Hero's Pose:** Come back to rest upright on your heels and place your hands on your thighs. Take a few short, quick breaths in through your nose, and then take a long exhale. **Pretend to be a hare** breathing.



Hero Pose