

'The Tiger Who Came to Tea'

~ yoga sequence.



Sophie

standing tall, palms of hands held together, focus on breath (mountain pose)



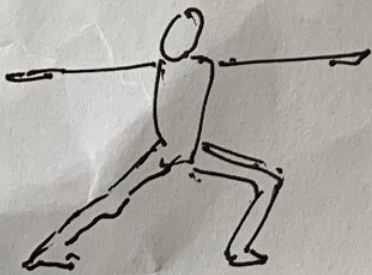
Tiger
...Grrr...

kneel on the floor, sit back on your heels, arms forwards, hands flat on the ground (Lion pose)



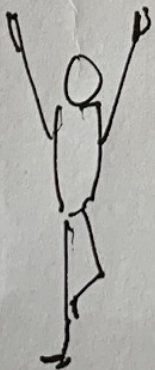
Having tea

Squat down, bringing your arms in front of you between your knees, palms together (squat pose)



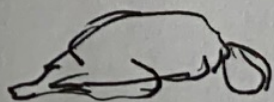
Searching the cupboards

step one foot behind, leg outstretched, bend opposite leg, arms outstretched to either side. (warrior pose)



Daddy

standing tall with arms above your head, one leg bent with sole of foot placed on opposite leg (tree pose)



Tin of Tiger food

kneel on the ground and relax forward (child pose)