

YOGA



① Giraffe ~



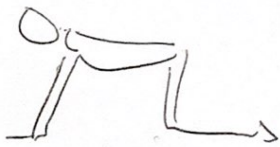
stretch upwards like a giraffe

② Warthog ~



squat arms forward

③ Rhino ~



on all fours.

④ Lion ~



lion pose

⑤ Chimps ~



deep squat

⑥



Baboon ~

⑦



Moon ~
make a circle with your arms

Giraffes can dance!