



# ANIMAL YOGA ABCS

KUMARAH KIDS YOGA

# Kumarah

Kid's Yoga and Mindfulness

## Animal Yoga ABC's

For kids!



Turtle pose



Cow pose



Frog pose

Kid's  
ANIMAL POSES  
Yoga



Camel pose



Cat pose



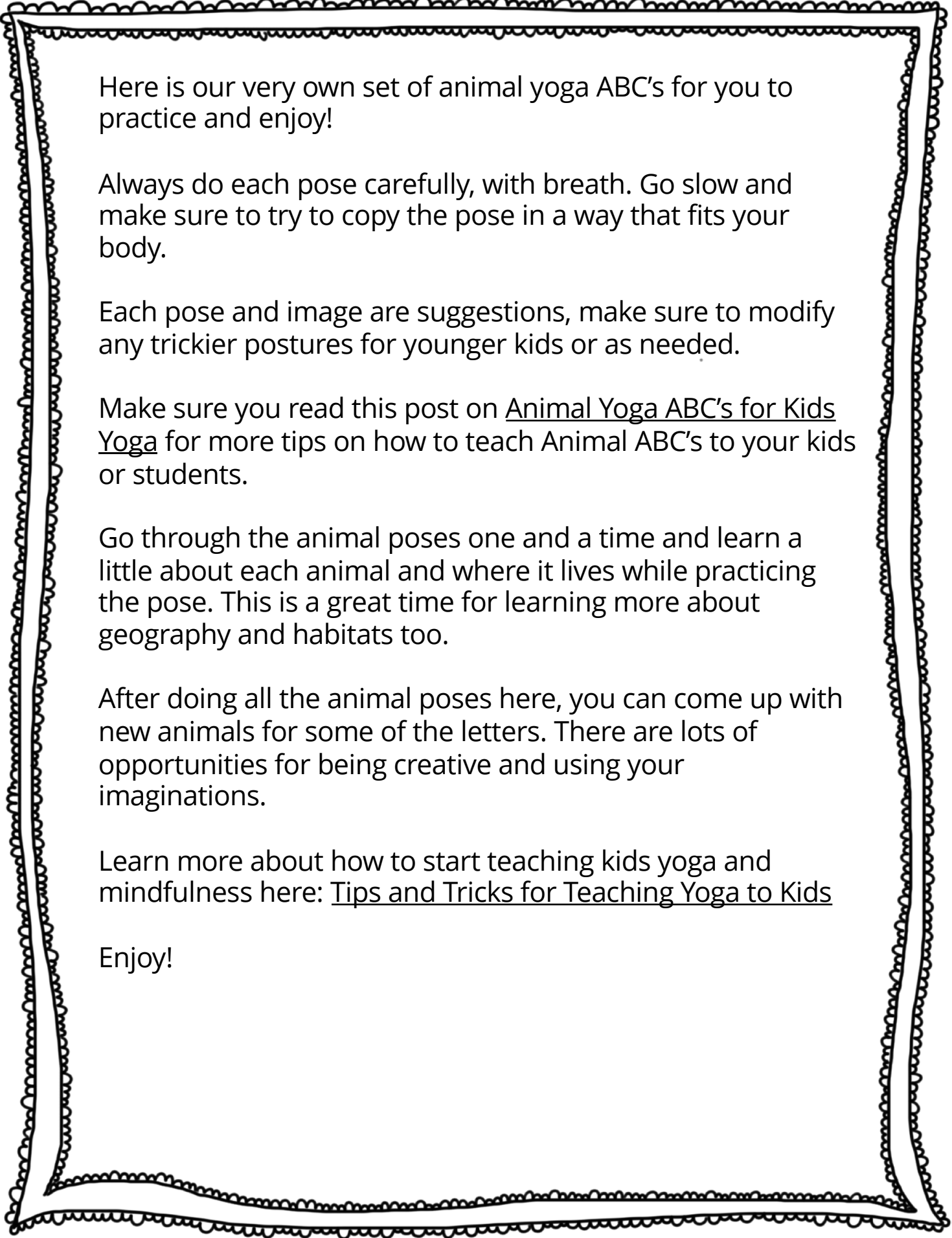
Lion pose

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Here is our very own set of animal yoga ABC's for you to practice and enjoy!

Always do each pose carefully, with breath. Go slow and make sure to try to copy the pose in a way that fits your body.

Each pose and image are suggestions, make sure to modify any trickier postures for younger kids or as needed.

Make sure you read this post on [Animal Yoga ABC's for Kids Yoga](#) for more tips on how to teach Animal ABC's to your kids or students.

Go through the animal poses one and a time and learn a little about each animal and where it lives while practicing the pose. This is a great time for learning more about geography and habitats too.

After doing all the animal poses here, you can come up with new animals for some of the letters. There are lots of opportunities for being creative and using your imaginations.

Learn more about how to start teaching kids yoga and mindfulness here: [Tips and Tricks for Teaching Yoga to Kids](#)

Enjoy!

**A: Armadillo**



**B: Butterfly**



**C: Cat and Cow**



**D: Downward facing dog**





**E: Eagle**



**F: Frog**



**G: Gorilla**



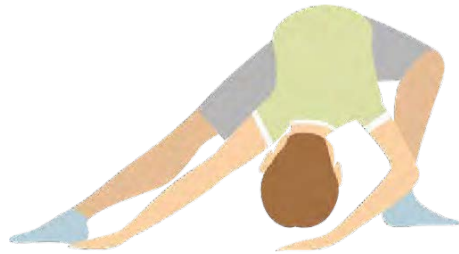
**H: Horse**



**I: Iguana**



**J: Jaguar**



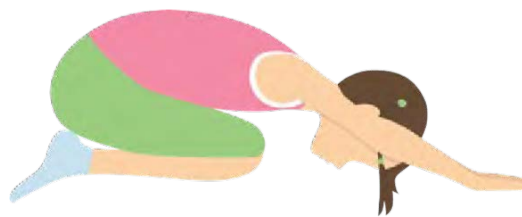
**K: Kangaroo**



**L: Lion**



**M: Mouse**



**N: Narwhal**



**O: Otter**



**P: Peacock**





**Q: Quail**



**R: Rainbow fish**



**S: Swan**



**T: T-Rex**



**U: Umbrella bird**



**V: Vulture**



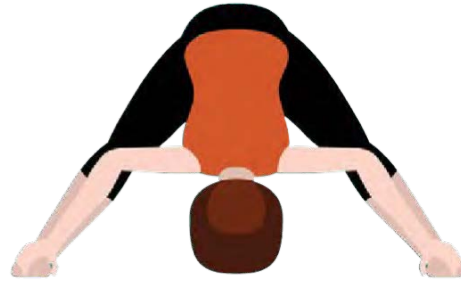
**W: Whale (wild thing)**



**X: X ray fish**



**Y: Yak**



**Z: Zebra**

