

Farmyard Yoga Pose:

1. Pretend to be a cow..... Moo, moo, moo



2. Pretend to be a hen..... Flap your wings, cluck, cluck, cluck



3. Pretend to be a pig..... Rolling around in mud, oink, oink, oink.



4. Pretend to be a horse..... Neigh, neigh, neigh

