

# Many Yoga Poses are Named After Animals... Have a Go!



**Age 14 - 18**

**Age 5 - 7**

**Age 7 - 11**

## Activity details

**This activity counts towards...**



- Zoo

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Free

Indoors/Outdoors

Day/Night

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11 - 14

14 - 18

5 - 7

7 - 11

3 - 5

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Autumn

Spring

Summer

Winter

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### Skills:

- Flexibility
- Relaxation
- Self motivation

### Equipment: