

# Zoo Yoga

**Directions:** Yoga is a great way to grow a healthy mind and body. Did you know that many yoga poses are named after animals? Look at the four poses below and unscramble the letters in the word to find out what animal the pose is named after. Then find a nice clear spot to try out the pose yourself. Namaste!



KANSE

---



WOND OGD

---



MLAFGONI

---



MELCA

---