



# ANIMAL YOGA

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**ZEBRA POSE**

*(cat pose)*



**TIGER POSE**

*(cow pose)*



**WOLF POSE**

*(downward dog pose)*



**ALLIGATOR POSE**

*(plank)*



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**GIRAFFE POSE**  
*(mountain pose)*



**FLAMINGO POSE**  
*(tree pose)*



**GAZELLE POSE**  
*(half moon pose)*



**OSTRICH POSE**  
*(standing forward bend)*



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**FROG POSE**  
(garland pose)



**BUTTERFLY POSE**  
(lotus pose)



**SNAKE POSE**  
(sitting eagle pose)



**SNAIL POSE**  
(extended child's pose)