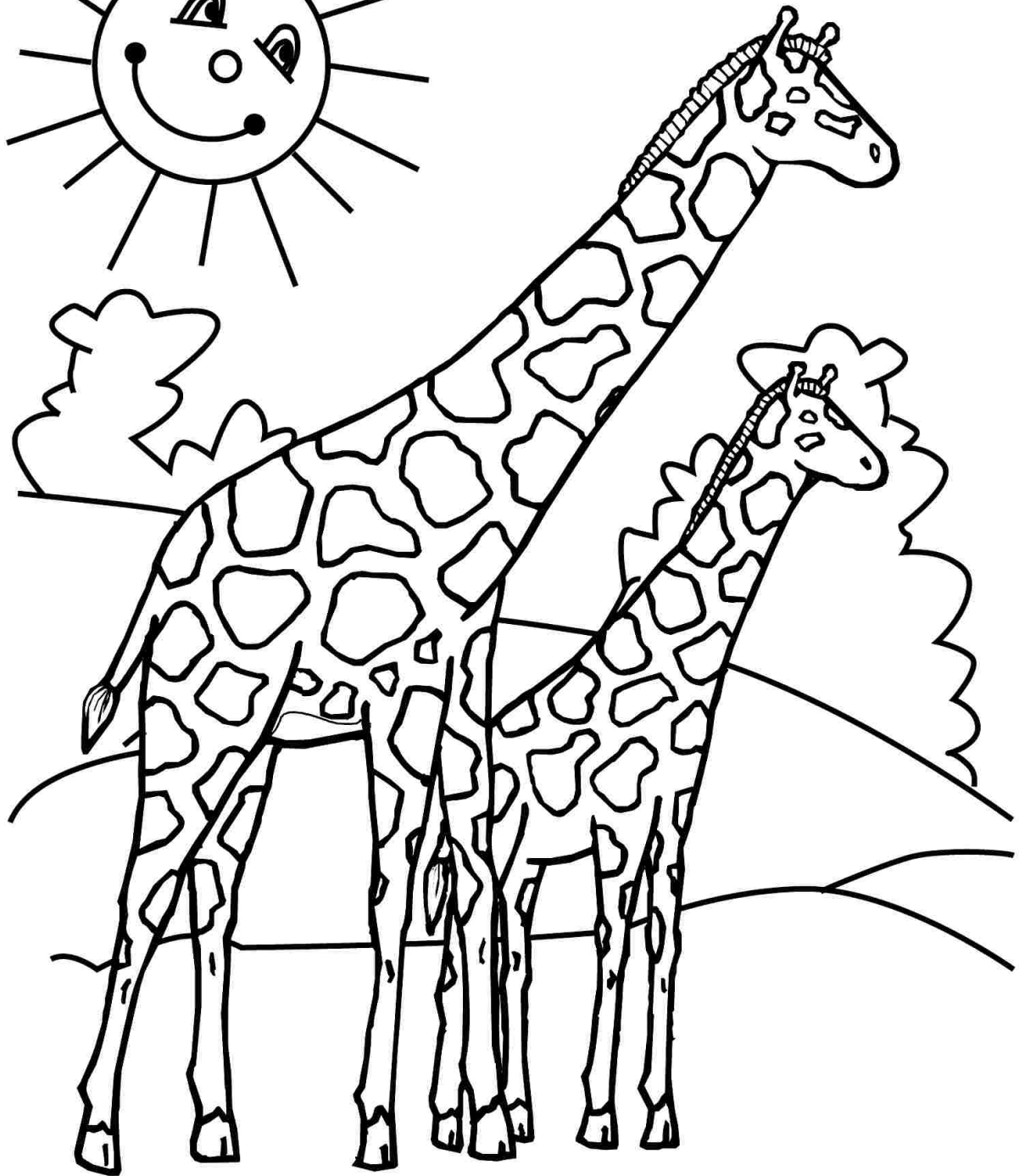


Name \_\_\_\_\_



## Giraffe Pose



### Instructions

1. Begin on all fours. Line up your wrists under your shoulders. Spread your fingers wide.
2. Lift one arm up to the sky to make a long neck.
3. Make your hand into a mouth and “munch” the leaves in the trees.
4. Switch hands and repeat on the opposite side.
5. Don't forget to **burp!**



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