

Desert Yoga

There are so many interesting shapes to see in the desert, from mountains and canyons to animals and plants. We can make different shapes with our bodies, too! Stretch out and try to copy these desert shapes.

Here's what you'll need:

- Your body!

Vultures

Vultures are large birds that live all over the world! Here in the desert, it is common to see both turkey and black vultures soaring across the sky. Whether they are sleeping, flying, or eating, they look interesting. Copy these yoga shapes with your body and imagine you are a vulture!

1. Heraldic Pose: Stand up straight with your feet hip-distance apart and look up towards the sky as you raise your arms out and back like the wings of a vulture!



2. Perching Pose: With your feet hip-distance apart, bend your knees, tilt forward, and swing your arms back as if they were wings. You look just like a vulture perched on a cactus in the desert!



3. Cactus Arms: Cacti are able to survive in the harsh desert by using different shapes to create shade for themselves or to get more sun! Practice standing like a cactus—how many different cacti shapes can you make with your body?







Other ways to move:

- Instead of making shapes standing up, try to make them lying down!
- Try making different shapes with your hands in front of a light to make desert-themed shadow puppets!
- Head outside and try to copy the plants and animals you see around your home!