

FUN YOGA Animal Poses

A playful
way to
wellness

Yoga is an great way to focus and calm your mind while energizing your body and spirit. Fawn gets some of her favorite yoga poses from imitating her animal friends and you can too.

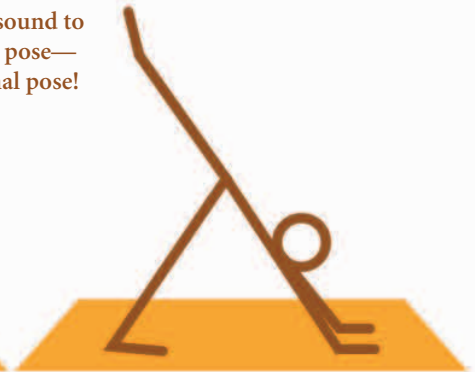
Here's how: **STEP 1** » Position your body into the animal pose. **STEP 2** » Hold the pose and take a deep breath. When you exhale, let out the sound the animal makes. Allow the sound to continue until your next inhale. **STEP 3** » Repeat each animal sound—while holding pose—three times working your way through each animal. **STEP 4** » Create your own animal pose!



Cobra
“Ssss”



Dog
“Ruff”



Horse
“Neigh”



Cat
“Meow”



Cow
“Moo”



Mouse
“Squeak”



Disney
Tinker Bell
AND THE
LEGEND OF THE
NEVERBEAST

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