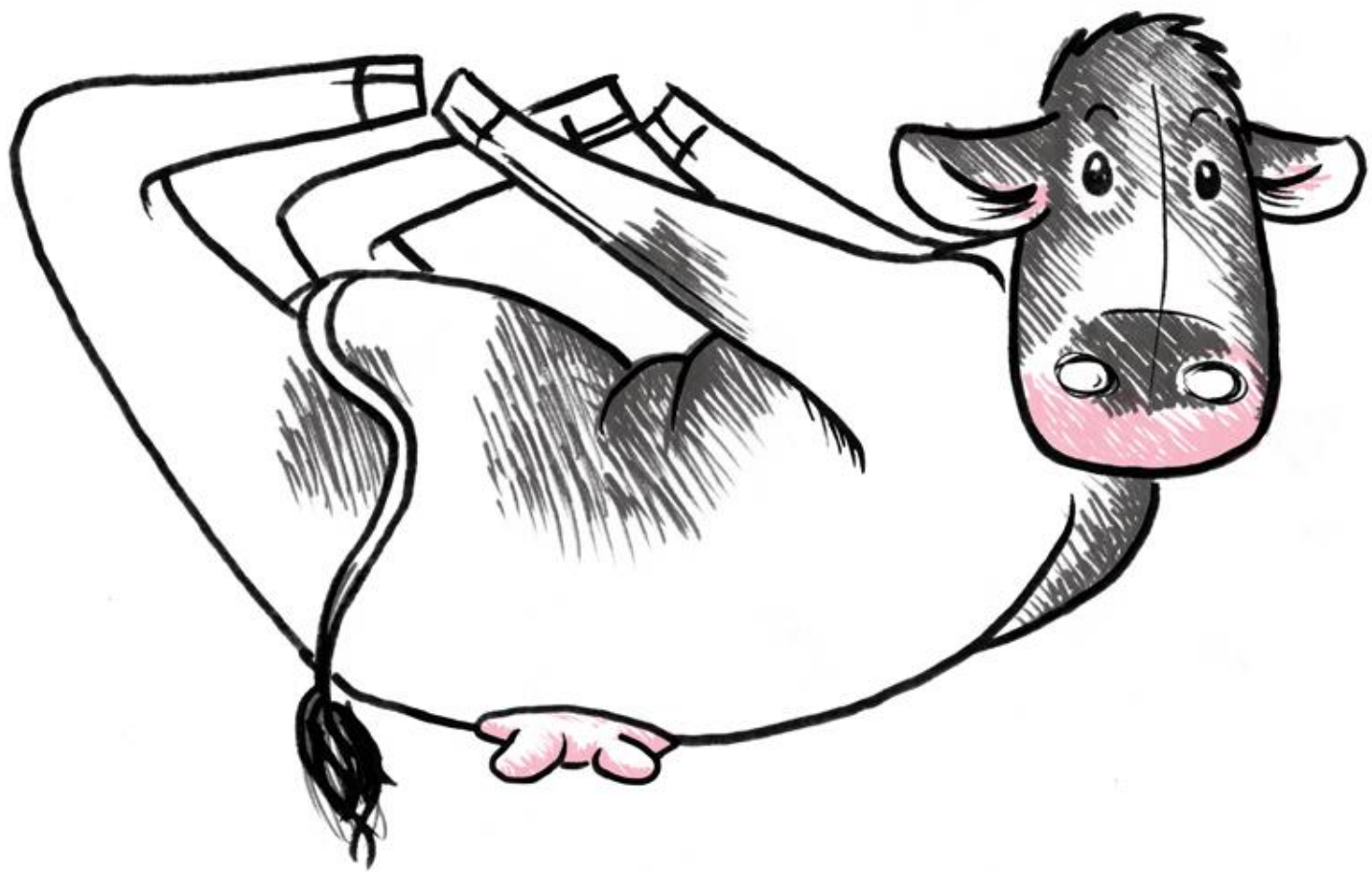




DIRECTIONS

Mooga, or cow-themed yoga, was developed as an interactive and informational activity and is meant to give teachers and students a quick physical activity break during the school day.

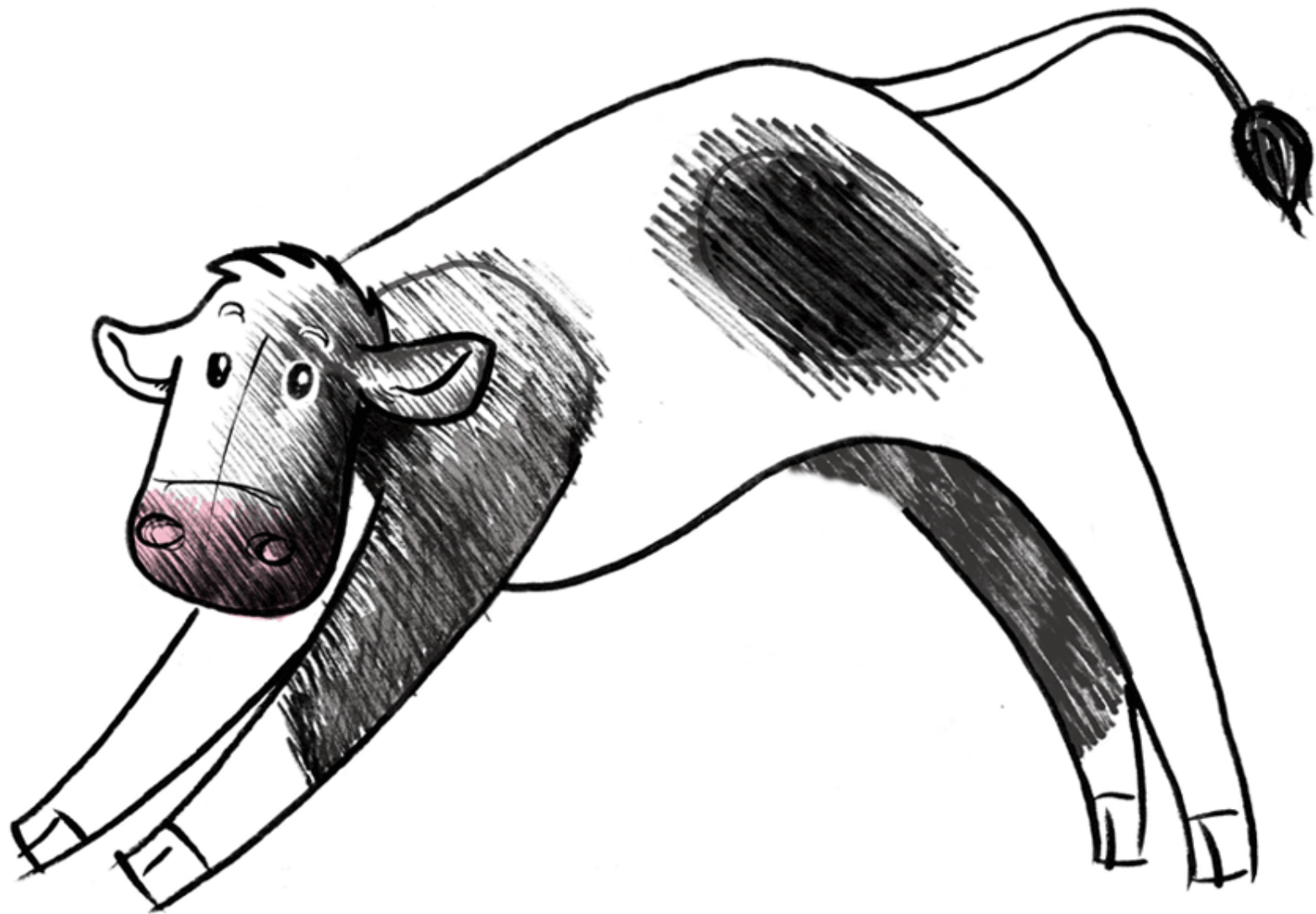
Use the Mooga music provided and display a pose on the board so students can see. Describe the pose to the students and allow them to hold it for a few seconds. Rotate to the next pose until you have completed all 5!



BOW



BUTTERFLY



DOWNWARD COW



WARRIOR



TRIANGLE POSE