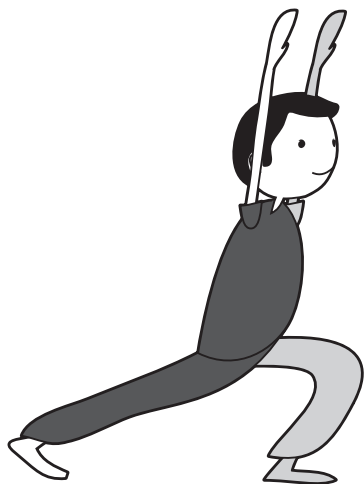


JUNGLE WALK



WARRIOR



LION

STRETCH:

Lets put on our hats and big boots to go on a jungle walk.
(warm up stretch to touch toes as we do this).

CREEP

We're going creeping through the tall trees and vines and the long grass.
(one sided arm and leg movements as we creep).

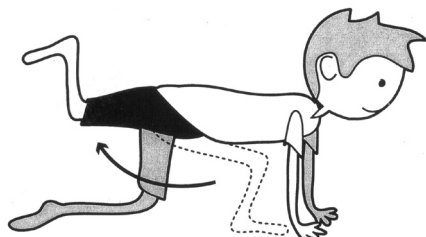
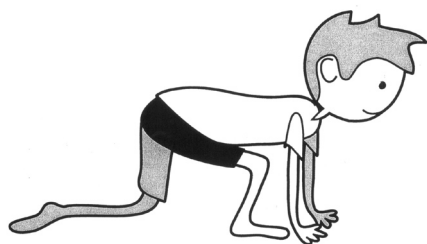
WARRIOR

Listen to the jungle sounds. Who knows what we might see.

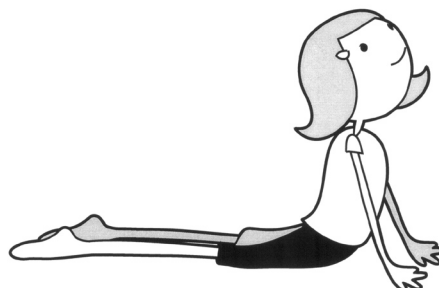
LION

We need courage so lets try Warrior pose to be brave and strong.

First we see some lions, the biggest is roaring.



TIGER 1+2



SNAKE

TIGER

and a tiger moves past swishing his tail.

SNAKE

We hurry by the snake and rest by the river as a big elephant
takes a drink and trumpets to the other animals

ELEPHANT

RESTING CROCODILE

Finally, we notice a lazy crocodile, resting in the sun,so we find
a safe place by the river to rest, just like that sleepy crocodile.

(Makarasana pg: 33)

