

# Arctic Yoga Instructions

## 2 The Walrus

1. Begin by laying flat on your tummy with bent arms and hands flat on the floor.
2. Breathe out, lift your chest off the floor and straighten your arms like a walrus popping up out of the water.
3. Look forward and breathe deeply for a few seconds. Then, bend your arms and gently lower your chest and head.



## 65 The Arctic Wolf

1. First, stand with your legs slightly apart and bend over until your hands are flat on the floor.
2. Keep your legs slightly bent and walk your hands forward.
3. Push your bottom up towards the sky like a wolf stretching.
4. Hold and breathe deeply and then release your breath.



### Disclaimer:

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## Questions



1. How should your arms be at the beginning of The Walrus pose?

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2. Find and copy one word that means the same as 'drop' or 'sink'.

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3. Why do you think that these exercises are called **Arctic Yoga**?

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4. Which parts of your body are touching the floor in The Arctic Wolf pose?

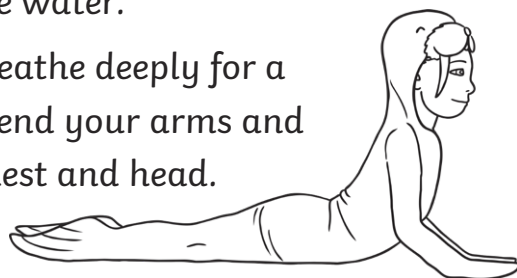
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# Answers



1. How should your arms be at the beginning of The Walrus pose?

**At the beginning of The Walrus pose, your arms should be bent with hands flat on the floor.**



2. Find and copy one word that means the same as 'drop' or 'sink'.

**release**



3. Why do you think that these exercises are called **Arctic Yoga**?

**Pupils' own responses, such as: They are called Arctic yoga poses because they are named after animals that live in the Arctic.**



4. Which parts of your body are touching the floor in The Arctic Wolf pose?

**Pupils' own responses, such as: In The Arctic Wolf pose, your hands and feet are touching the floor.**

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