

# How to do wildlife yoga

wildlife  
watch



## You will need

- Some indoor or outdoor space
- A yoga mat (ideally)

## What to do

You can make your yoga session a bit more 'wild' by trying out some of our wildlife poses!

Make sure to warm up and stretch properly when starting yoga, and always be careful to give yourself plenty of space.

Butterfly



Fox



Pine marten



Frog



Snail



Starfish



Heron



Adder



Illustration: Corinne Welch © Copyright Royal Society of Wildlife Trusts 2010