

# Rainforest yoga

An opportunity for you to truly embrace the spirit of each animal. Follow the instructions and yoga poses below to help you relax and connect with the Lebialem Highlands.



## IMPORTANT: A message for adults

Please supervise children participating in this activity, you could even act as an instructor. Be sure to do a warm up and not to push your bodies out of their comfort. If a pose feels difficult or uncomfortable, do not strain to attempt it. Simply return your hands or feet to a safe position on the ground and move onto the next one.



You could do a light warm up as follows:

- Start with some shoulder raises, taking it in turns to raise your right shoulder up and down, and then your left.
- Try creating small circles by rolling your shoulder in a backwards motion. Allow the circles to get bigger and bigger. Do the same with the other shoulder.
- Now take some time to look all the way up to the sky, gently stretching your neck. Look all the way down to your feet and out to both sides too.
- Finish by shaking your body all over.

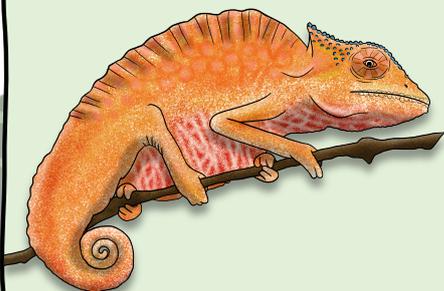
Models: Daisy-May and Charlie

Photographer: Olivia Gerard @myga\_yoga

Sit down on the floor with your legs crossed.

Place your hands on your knees.

Don't try to sit up straight nor slumped, just relax.



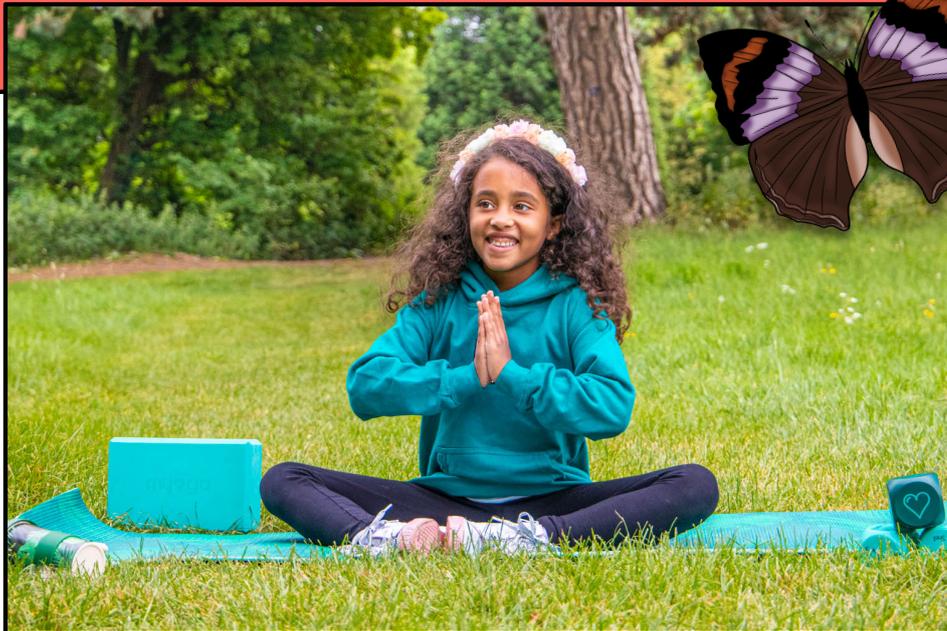
What is behind you?  
Imagine yourself  
blending into the  
background like a  
**Crested  
chameleon.**



On the floor, sit up straight but do not cross your legs.

This time, bend your legs and place the bottoms of your feet together.

Gently move your knees up and down as if your legs are the flapping wings of an **African leaf butterfly**.



"KOW-KOW-KOW"



Now bring your knees together in more of a squat position and balance.

Put your hands behind your back and point them downwards to the ground as if they are the long, blue tail feathers of the **Bannerman's turaco**.



Crouch into position with your knees pointing outwards.

Put your hand between your knees and on the floor.

If you like, you can gently bounce on your tip toes and pretend to be a giant **Goliath frog**.

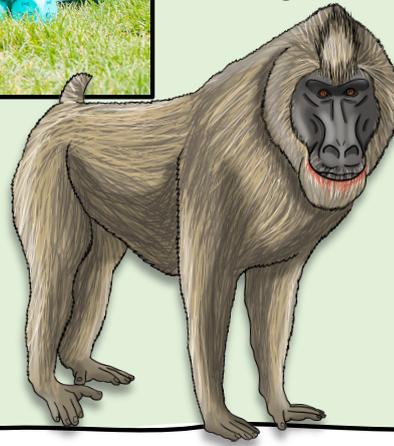




Go on 'all fours' with your knees on the ground and palms spread.

Look up, arch your back downwards and give an 'appeasement grin' as if you are greeting a fellow **Drill**.

**FUN FACT:** Drills have been seen to pull a face that looks like a big grin. This is called an appeasement grin and is performed when meeting another individual.

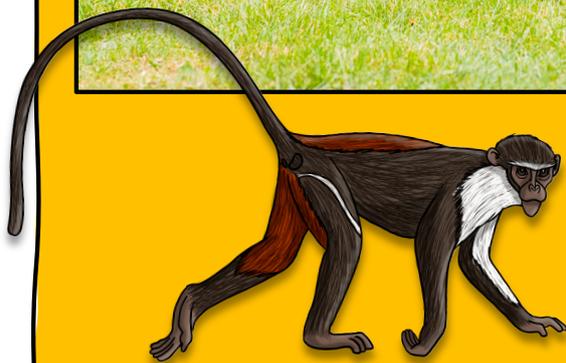


Back on your feet, stand up straight.

Place your hands together in front of you, keeping arms straight.

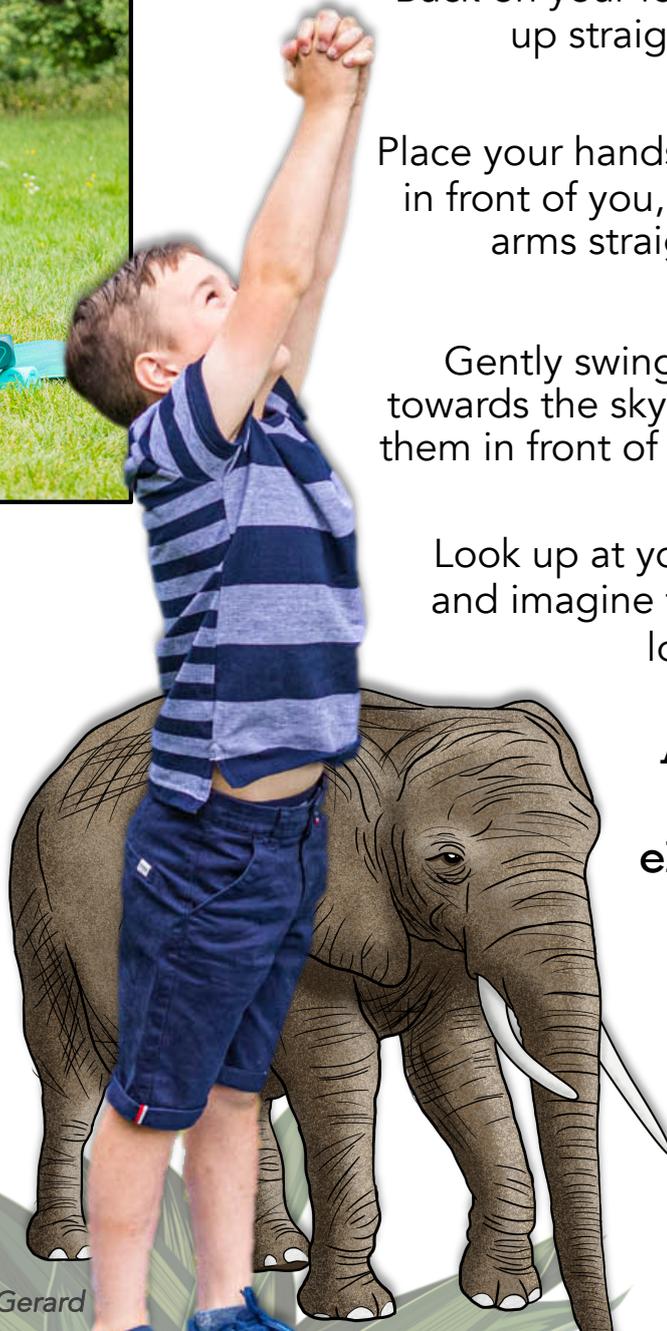
Gently swing them towards the sky and hold them in front of your face.

Look up at your hands and imagine this is the long trunk of the **African forest elephant**.



Keep your hands on the ground and step backwards so your feet are touching the ground instead of your knees.

Gently lift up one leg in the air as if it is the extended tail of a **Preuss's guenon**.





With both feet firmly on the ground, stand up straight.

Bend your upper body down and reach for your toes.

See if you can stretch to touch the floor with your knuckle like the **Cross River gorilla.**



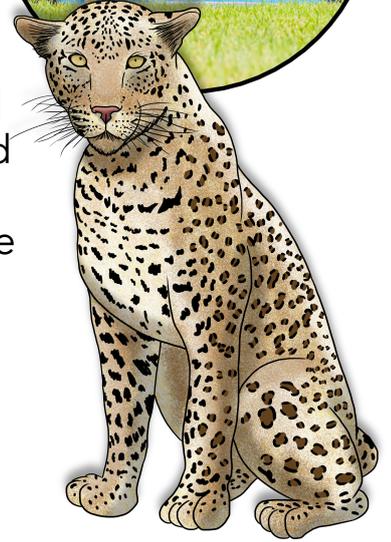
Again, bend down and this time place your palms flat on the ground.

Step your feet back to create and upside down V shape.

See if you can balance and lift a hand from the ground e.g. try your left hand

Place your hand back down and try the opposite back leg e.g. your right leg

Imagine walking with opposing limbs like an **African leopard.**



Lie on your tummy with your legs straight and feet stretched out behind you.

Place the palms of your hands flat on the floor under your shoulders.

Slowly push up from your hands, straightening your arms.

Lift up your head so that your upper body raises into the defense pose of the powerful **Forest cobra.**



Stand up straight, both feet flat on the ground.

Raise one hand to the sky and reach up to hold onto an imaginary branch.

Swing the other arm down by your side as if you are a **Nigerian-Cameroon chimpanzee** swinging in the trees.



Start by standing on two feet.

Stand on one leg. Bend the knee of your other leg and rest the sole of that foot on the ankle of the *straight leg*.

*(If you are feeling steady, try and balance that foot a little higher, perhaps near the knee of the straight leg)*

Place your hands together, next to your chest

If you are feeling steady, grow your arms up to the sky as if you were an **emergent tree** in the rainforest.

