

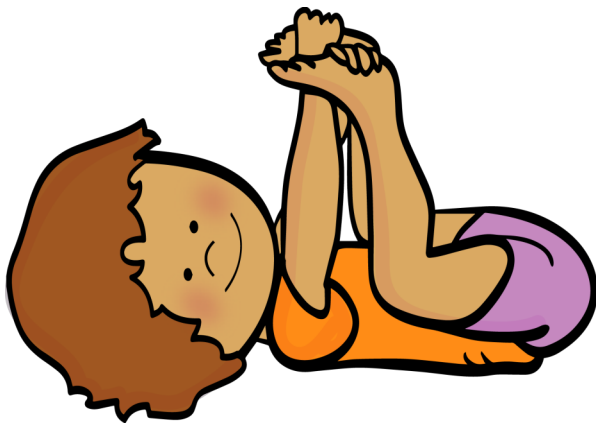
**PTERODACTYL**



**DIPLODOCUS**

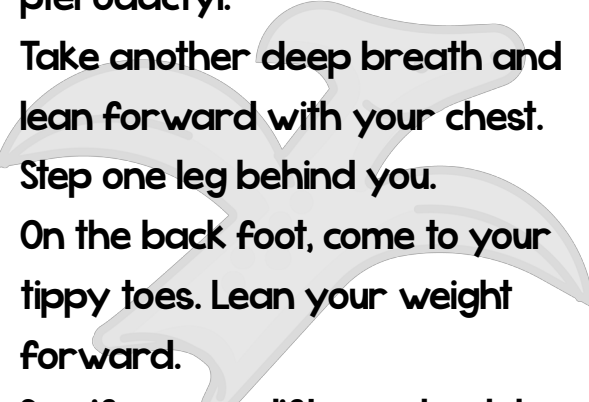


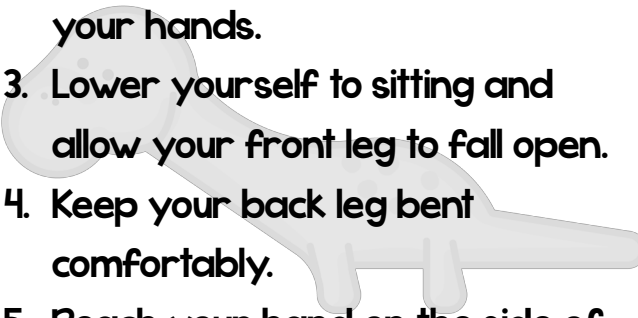
**BABY DINO**

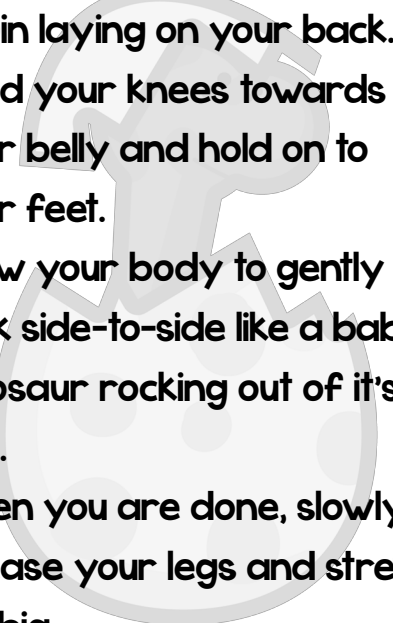


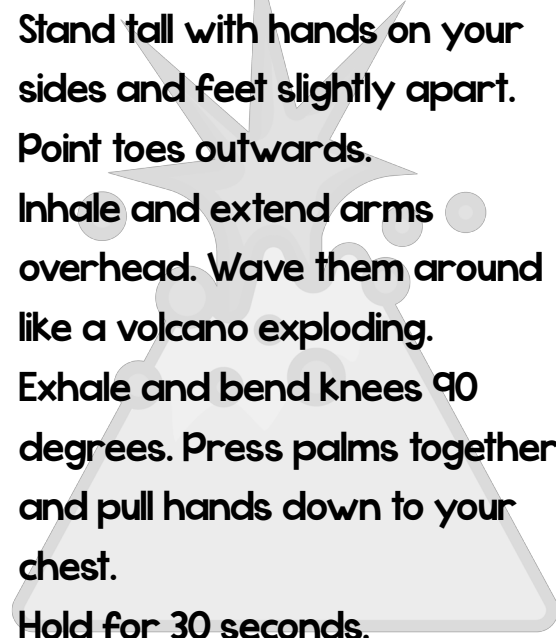
**VOLCANO**



1. Stand straight and tall. Take a deep breath.
  2. As you breathe out, extend your arms to shoulder height like a pterodactyl.
  3. Take another deep breath and lean forward with your chest. Step one leg behind you.
  4. On the back foot, come to your tippy toes. Lean your weight forward.
  5. See if you can lift your back leg up.
  6. Hold for 30 seconds.
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1. Start on your hands and knees. Line up your hands under your shoulders and your knees under your hips.
  2. Bring one knee forward, behind your hands.
  3. Lower yourself to sitting and allow your front leg to fall open.
  4. Keep your back leg bent comfortably.
  5. Reach your hand on the side of your front leg high in the air like a diplodocus reaches it's neck.
  6. Hold for 5-10 breaths.
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1. Begin laying on your back.
  2. Bend your knees towards your belly and hold on to your feet.
  3. Allow your body to gently rock side-to-side like a baby dinosaur rocking out of it's egg.
  4. When you are done, slowly release your legs and stretch out big.
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1. Stand tall with hands on your sides and feet slightly apart. Point toes outwards.
  2. Inhale and extend arms overhead. Wave them around like a volcano exploding.
  3. Exhale and bend knees 90 degrees. Press palms together and pull hands down to your chest.
  4. Hold for 30 seconds.
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**STEGOSAURUS**



**DILOPHOSAURUS**



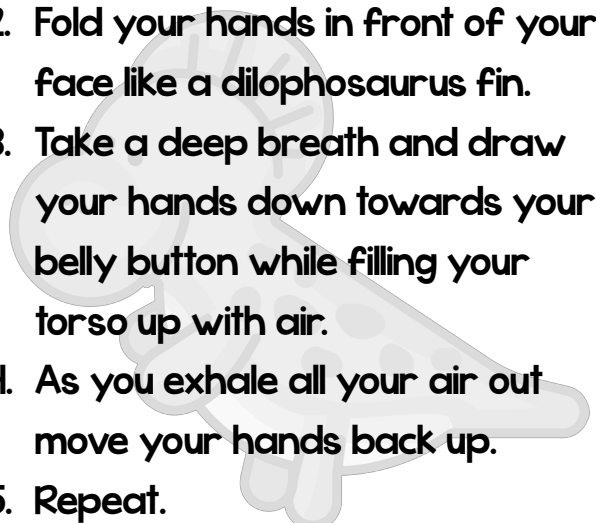
**TRICERATOPS**

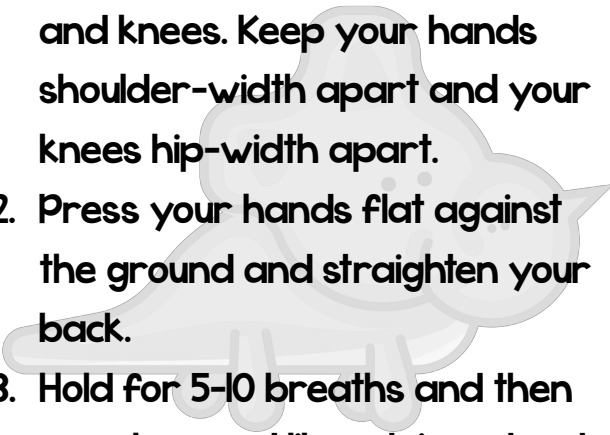


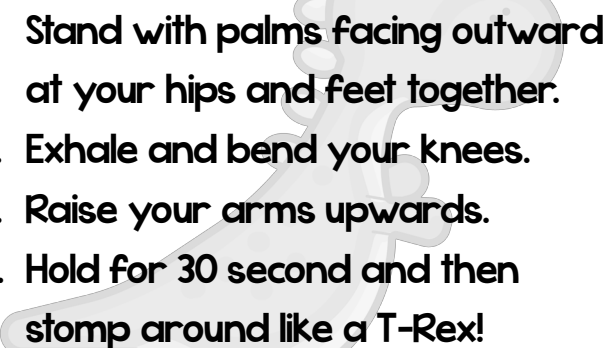
**T-REX**



1. Begin by sitting on your heels. Touch your forehead to your knees.
  2. Exhale and push hands back towards heels with hands facing out.
  3. Inhale and lift hips towards the ceiling.
  4. Hold for 30 seconds.
  5. Exhale and lower hip. Interlock fingers.
  6. Inhale and lift arms towards the ceiling. Pretend your arms are stegosaurus plates on your back.
  7. Hold for 5 breaths.
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1. Sit crossed leg on your mat.
  2. Fold your hands in front of your face like a dilophosaurus fin.
  3. Take a deep breath and draw your hands down towards your belly button while filling your torso up with air.
  4. As you exhale all your air out move your hands back up.
  5. Repeat.
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1. Start on the floor on your hands and knees. Keep your hands shoulder-width apart and your knees hip-width apart.
  2. Press your hands flat against the ground and straighten your back.
  3. Hold for 5-10 breaths and then crawl around like a triceratops!
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1. Stand with palms facing outward at your hips and feet together.
  2. Exhale and bend your knees.
  3. Raise your arms upwards.
  4. Hold for 30 second and then stomp around like a T-Rex!
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# DIMETRODON



# BRACHIOSAURUS



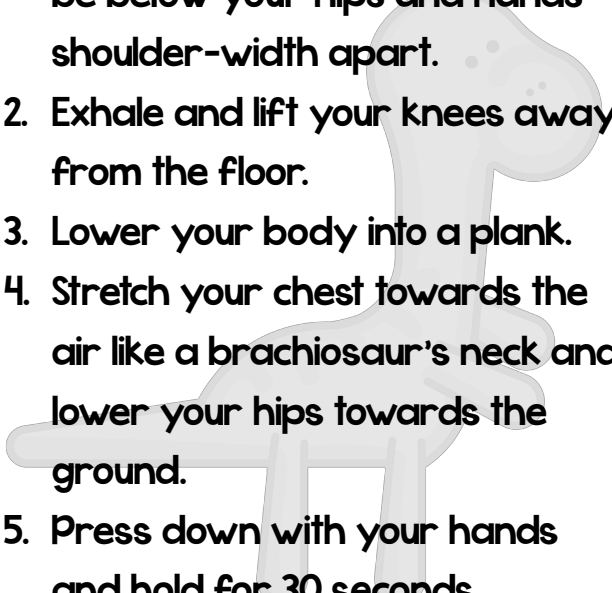
# JURASSIC TREE




# DINO FEET



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1. Stand tall.
  2. Step your feet apart.
  3. Bend your knees and place your hands on the floor between your feet.
  4. Keep your hands on the floor and straighten your knees.
  5. Pretend you are an dimetrodon showing off your back fin!
  6. Return to squatting position.
  7. Repeat a couple of times.

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1. Begin with your hands and knees on the floor. Knees should be below your hips and hands shoulder-width apart.
  2. Exhale and lift your knees away from the floor.
  3. Lower your body into a plank.
  4. Stretch your chest towards the air like a brachiosaur's neck and lower your hips towards the ground.
  5. Press down with your hands and hold for 30 seconds.

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1. Stand tall.
  2. Slowly bend your knee to bring up your left foot. Rest your left foot on the inner part of your right thigh.
  3. Relax and straighten your left leg back out.
  4. Ground your left foot into the floor- Imagine it is a tree root!
  5. Inhale and bring your hands to your sides. Reach out big like branches on a tree.
  6. Exhale and bring your hands together over you heart.
  7. Lift your hands high.
  8. Hold for 30 seconds.

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1. Begin standing tall with your feet wide apart and your hands out to your sides.
  2. Keep your arms and your legs as straight as you can. Bend down to touch one foot with the opposite hand.
  3. Stand back up into star pose.
  4. Repeat, touching your other foot!
  5. Repeat this movement a couple of times and then stomp it out like a dinosaur.