

Mindful Movement Animal Crawls

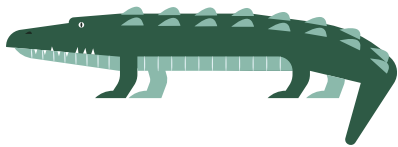
BEAR CRAWL



Walk on all fours, keeping your arms and legs straight.

Step with your right foot and left hand then your left foot and right hand.

ALLIGATOR CRAWL



Lay down on the floor and lift your head and shoulders off the floor.

Rest your weight on your forearms and crawl along the floor.

TIGER CRAWL



Crawl on all fours.

Keep as low to the ground as you can.