

# Recipe for a Giraffe Pose



Remember to keep safe by \_\_\_\_\_.

Prepare for the pose by \_\_\_\_\_.

To move into the pose, first \_\_\_\_\_.

Then, \_\_\_\_\_.

Next, \_\_\_\_\_.

Remember to breathe \_\_\_\_\_.

To come out of the pose, \_\_\_\_\_.

Finally, \_\_\_\_\_.