

PE at Home- Yoga

We hope you have been making the most of getting outside and maybe even doing the Joe Wicks workout each day. This week, we would like you to try some Yoga moves. Yoga is great for relaxation but also helps strengthen many parts of your body. Use the different cards below and find some relaxing music online whilst you hold the different positions. Get whoever you live with involved too!



tree pose



cobra pose



camel pose



lion pose



mountain pose



flamingo pose



butterfly pose



elephant pose



warrior pose



cow pose



shoulder stand pose



downward facing dog pose

We think Mummy's and Daddy's will be especially good at the last two poses- can you get a photo of them!? Maybe you could teach a family member your new Yoga skills over FaceTime or another way you keep in contact with them?