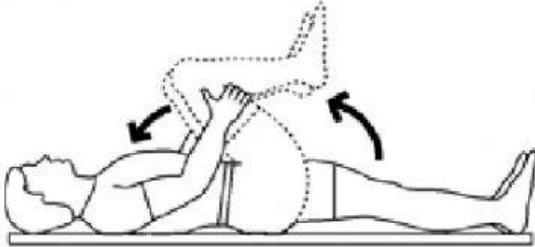


FLOOR STRETCHES

Look at the pictures. Complete the stretching guideline. Click on 🔊 and write the words you hear.



1 Knees to chest

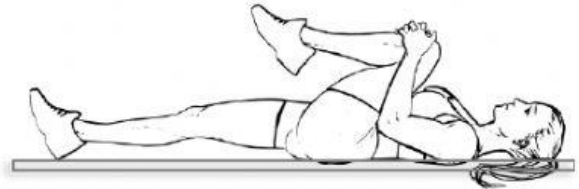
Starting position: 🔊 _____ on your back with your legs extended on the floor.

Movement: 🔊 _____ your shoulders against the floor. Slowly bend your knees and 🔊 _____ them in towards your chest.

🔊 _____ for 15 seconds. 🔊 _____ to the starting position. 🔊 _____ 2 to 4 times.

Tips and techniques:

🔊 _____ to the point of mild tension.
🔊 _____ comfortably.



2 Hip flexor stretch

Starting position: Lie on your back. Extend your legs on the floor.

Movement: 🔊 _____ your shoulders against the floor. 🔊 _____ your left knee.

🔊 _____ your hands on the back of your thigh and 🔊 _____ your knee towards your chest. 🔊 _____ for 15 seconds.

🔊 _____ to the starting position and

🔊 _____ with the other leg.

Look at the pictures. Complete the stretching guideline. Drag and drop the words from the word bank.

head toes chest stomach palms elbows hands
fingers neck legs shoulders



3 Cobra

Starting position: Lie on your

_____ with your forehead on the mat. _____ comfortably extended with _____ pointed. Place your _____ below your _____ palms facing down and _____ together.

Movement: Press your _____ against the floor to slowly lift your _____, shoulders and _____. Keep your _____ back and soft, and your head and _____ in neutral alignment. Hold for five yoga breaths. Return slowly to the starting position.