## YOGA POSES Fill in the the gaps:

KNEES LEGS HEAD FEET TUMMY FOOT ARMS SHOULDERS BACK HANDS

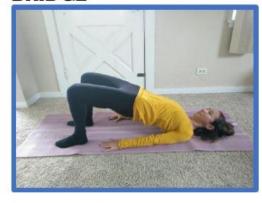
## TREE



1.	Mountain	Pose
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- 2. \_\_\_\_\_ together.
- 3. Focus on a fixed point in front of you.
- 4. Tuck one \_\_\_\_\_ inside the opposite leg.
- 5. Stretch your \_\_\_\_\_ out like branches.
- 6. Bring your hands together above your

## BRIDGE



1.	Lie	on	your	
		•••	,	•

- 2. Bend your \_\_\_\_\_ .
- 3. Put your \_\_\_\_\_ flat on the floor.
- 4. Lift your bottom and arch your back.

## **COBRA**



1.	Lie	on	your		
			•		

2. together.

3. Put your hands on the floor under your

\_\_\_\_·

4. Breathe in and lift up your chest.

5. Breathe out and relax down.