

YOGA POSES

Fill in the the gaps:

KNEES

LEGS

HEAD

FEET

TUMMY

FOOT

ARMS

SHOULDERS

BACK

HANDS

TREE



1. Mountain Pose
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.