

# 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.