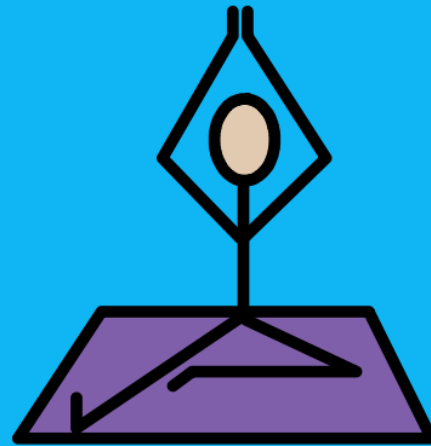




Week 2



ROSEHILL
SCHOOL



Yoga



Instructions



* Find a space at home



* Do each yoga pose for 20



seconds



1 2 3 ↓



20

(count down from 20)



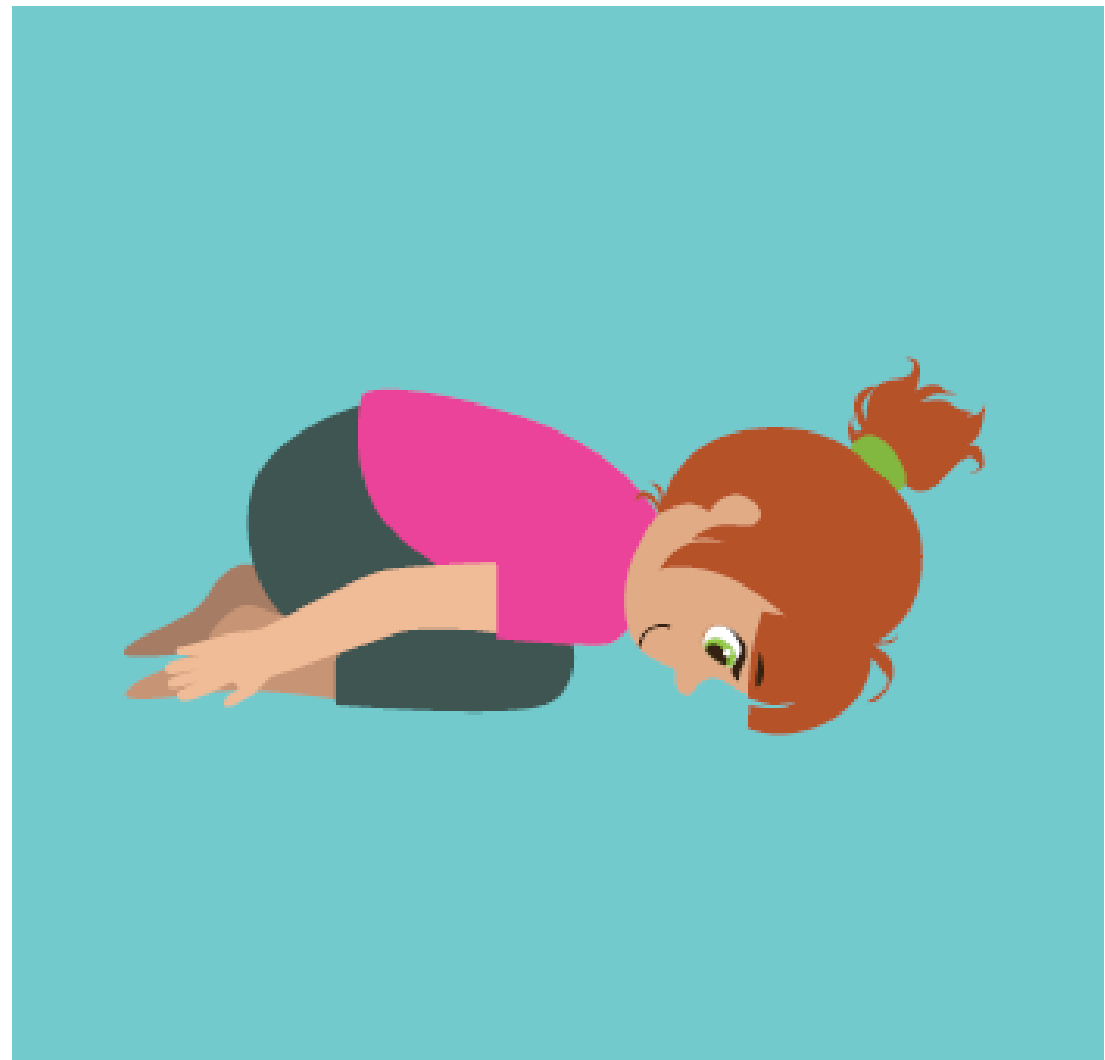
* Rest after each pose



Pose 1



Turtle



I



am

patient

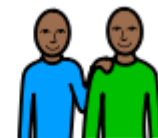
Pose 2



Puppy



I

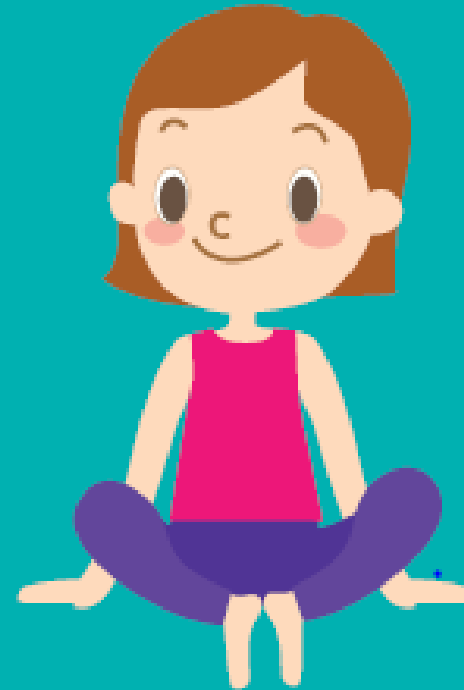


am friendly

Pose 3



Butterfly



I

am



unique

Pose 4



Cobra



On the exhale, make the 'shhh' sound



to slither like a snake.

