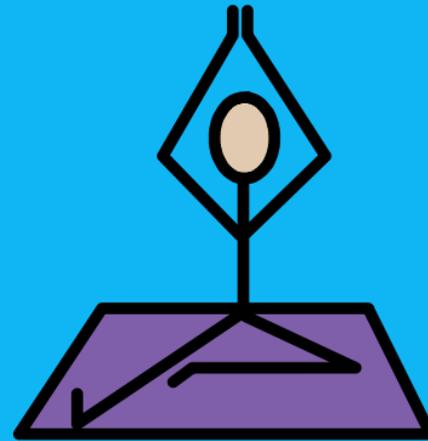




Week 3



ROSEHILL
SCHOOL



Yoga



Instructions

* Find a space at home



* Do each yoga pose for 20



seconds

  **20**
(count down from 20)

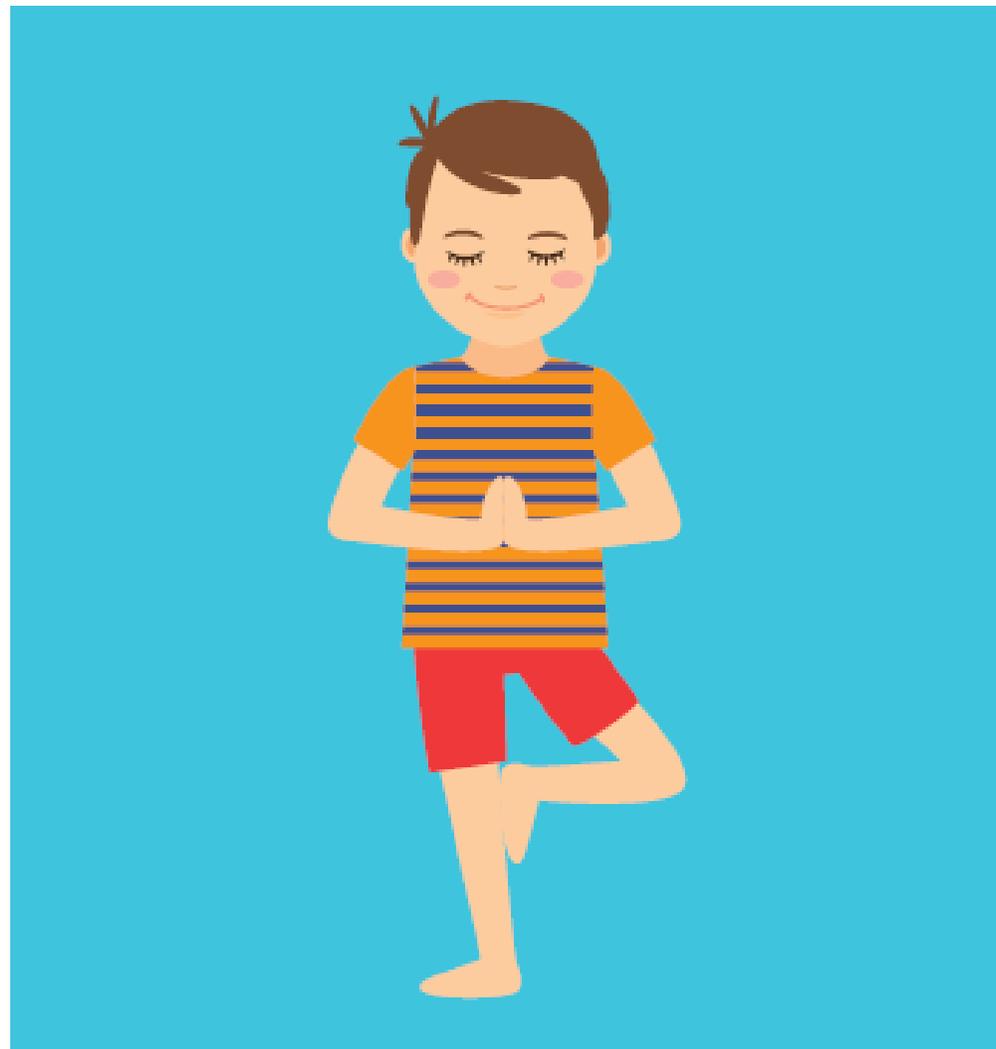
* Rest after each pose



Pose 1



Flamingo

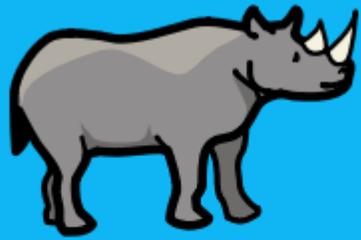


I



am beautiful

Pose 2



Rhino



I

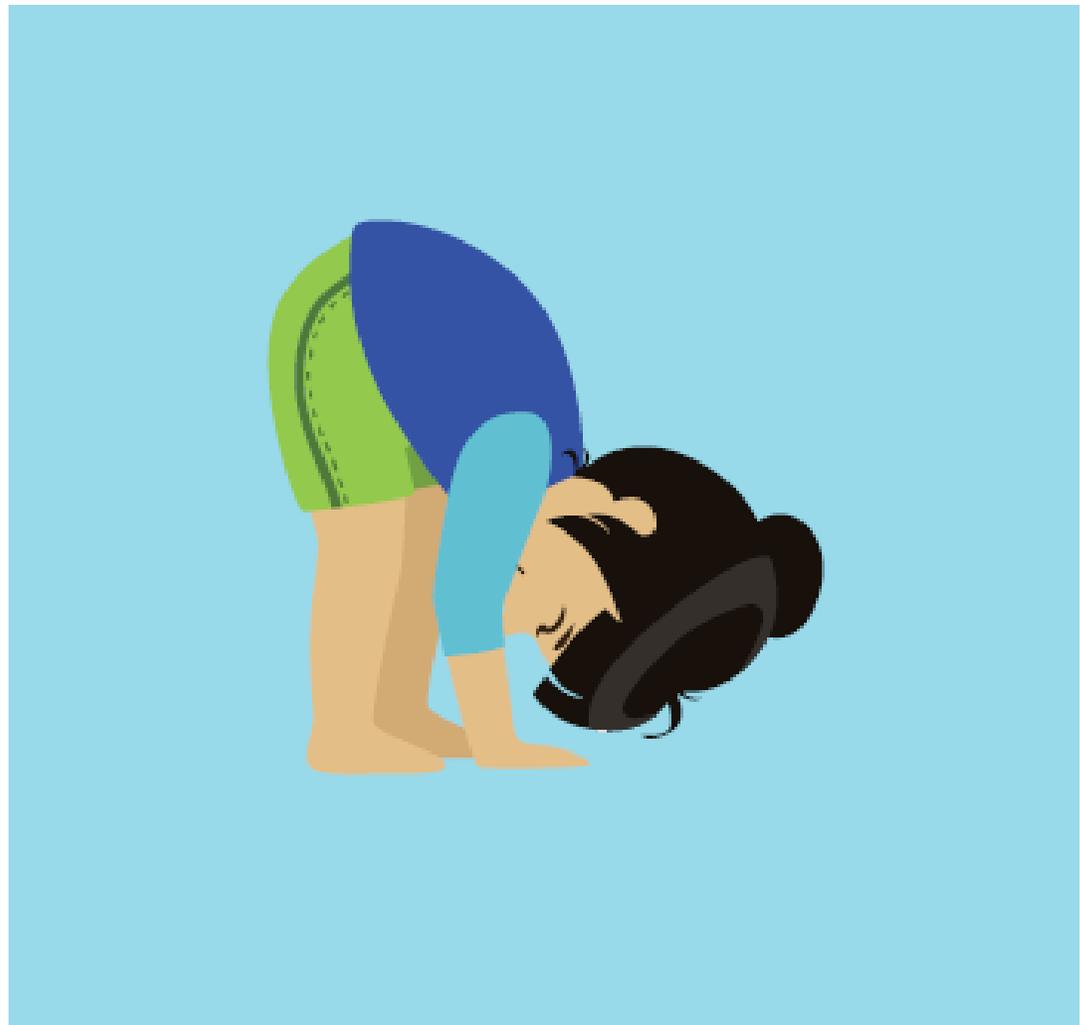


am a leader

Pose 3



Bat



Focus on your breathing.



Can you feel



the air



moving



in



and



out

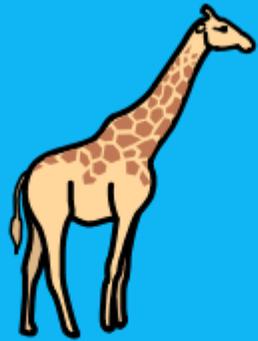


through your



nose?

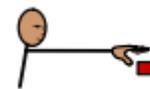
Pose 4



Giraffe



I



reach

for the



stars