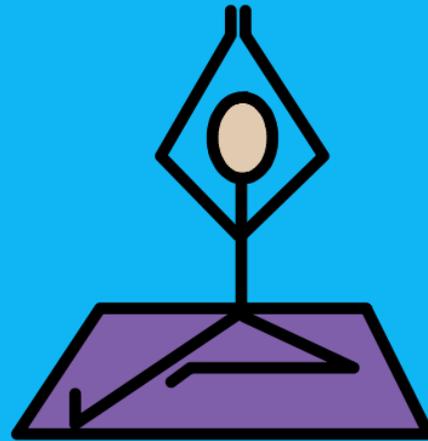


Week 1



ROSEHILL
SCHOOL



Yoga



Instructions

* Find a space at home



* Do each yoga pose for 20



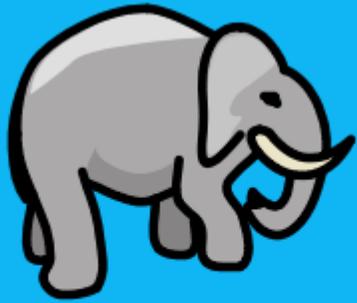
seconds

 **20**
(count down from 20)

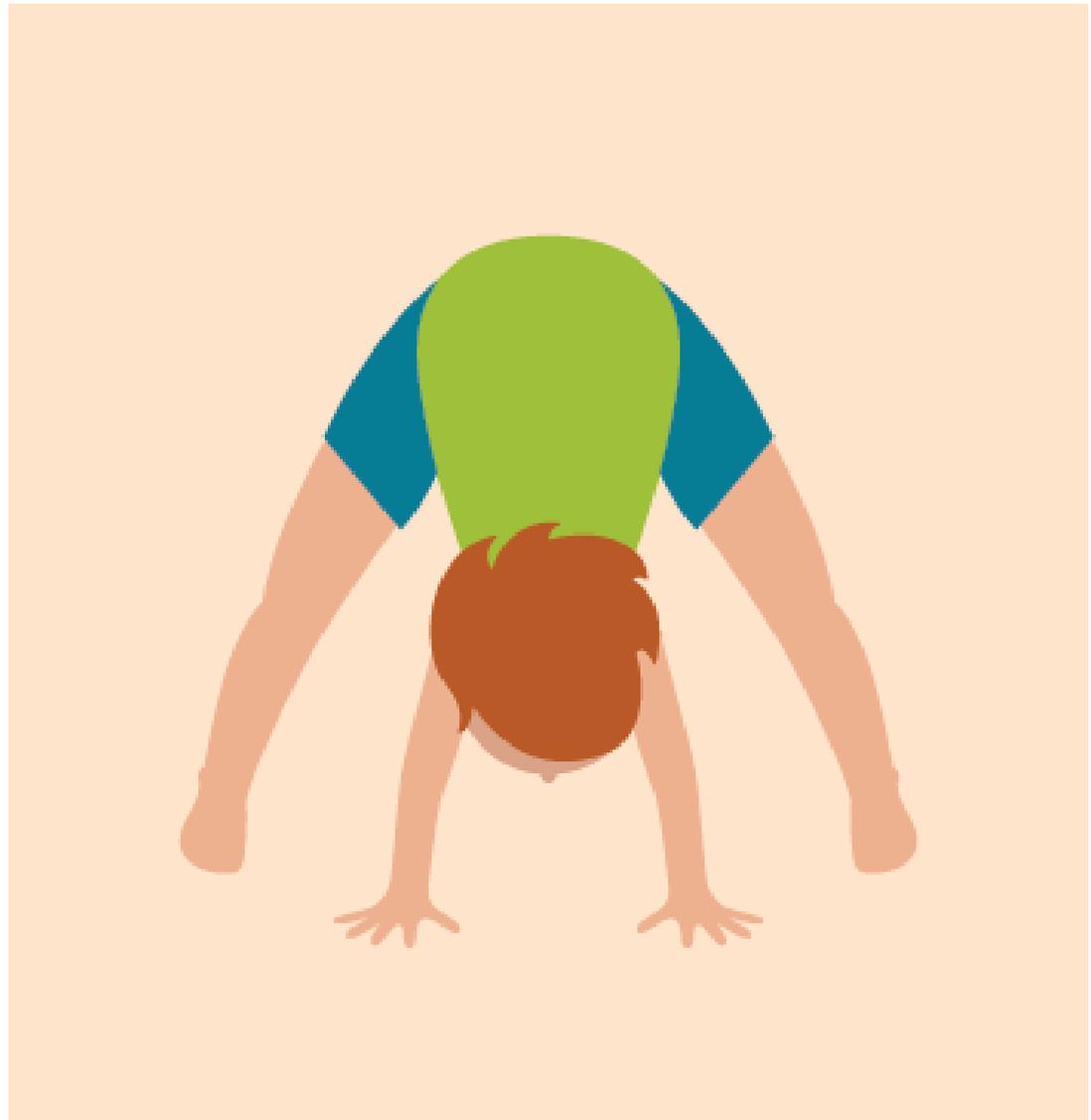
* Rest after each pose



Pose 1



Elephant



I

have a

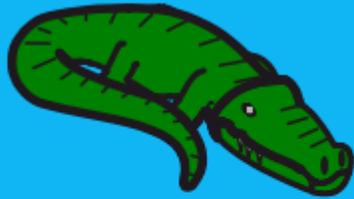


strong



body

Pose 2



Crocodile



I

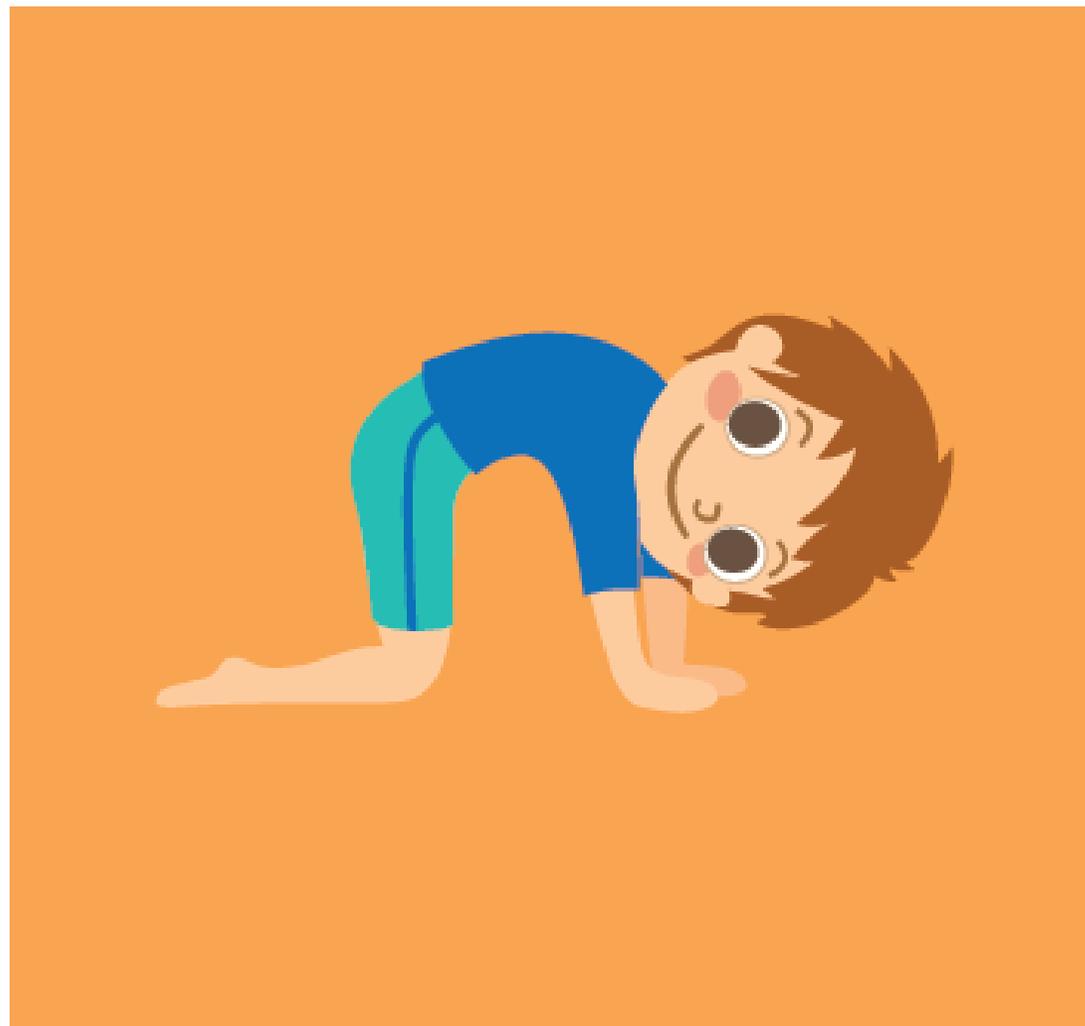


am calm

Pose 3



Tiger

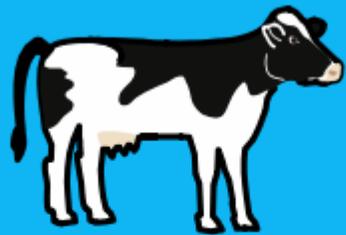


I



am brave

Pose 4



Cow



I



am

kind