

Yoga: Salute to the Sun

Stretching

In yoga, it is important to keep joints flexible and muscles healthy.

Practise these poses each day:

- All Fours: Arch and dip the back of your waist as you breathe evenly.
- Dog Pose: Starting on all fours, press down with your hands and feet and lift up with your hips. Stay in position for a few breaths and then come back to all fours.
- Child Pose: From all fours, take your bottom towards your heels and rest your head down onto the floor. Relax and let your breathing come back to normal.



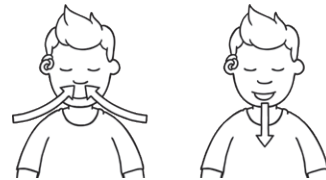
Relaxation

Relaxing can involve resting and letting your mind make up a happy story. Lie down on your back or your side. Now, shut your eyes and make up a story that makes you gently smile.



Breathing

Practise happy belly breathing each day. Take your hands onto your tummy and notice how your tummy moves when you breathe in and out.



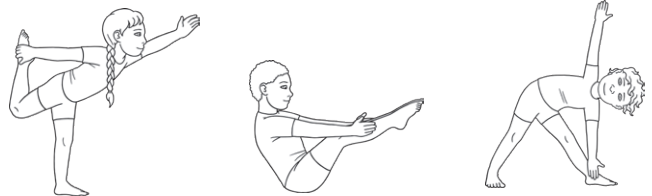
Meditation

Meditation is sitting quietly and feeling relaxed. Each day, sit quietly by yourself and let your mind have a rest.



Yoga in the Local Area

Find out about any yoga classes or courses in your local area. Write down their names and explain what type of classes they offer.



All about Yoga

Design a poster to explain what yoga is all about, how it can be learnt and what benefits it can have.

