

Ask a grown up to do it with you.

PRACTISE YOGA WITH LLAMASTE



Practise these yoga poses at home and relax with Llamaste.

1

Mountain



Stand up tall and close your eyes.

2

Warrior



Do the warrior one way then the other.

3

Tree



Don't worry if you wobble, do the tree with both legs.

4

Downward Dog



This is a fun position! Head down, bottom up.

5

Cobra



Lift your chin up and look to the sky.

6

Forward Bend



Don't worry if you can't touch your toes.

7

Mermaid Twist



This is a gentle twist, hold it for a little while.

8

Lotus



Cross your legs and close your eyes and breathe.

9

Sleeping Pose



Relax on the floor, try not to fall asleep.