

YOGA

for relaxation and strength

Yoga is a fantastic relaxation practice.

It is beneficial for strengthening and rejuvenating your body.

Yoga also helps to relax the body and mind. This makes it useful to do yoga when you are feeling uneasy or stressed.

It is a great activity to promote emotional intelligence and gain a sense of self.

These posters will help you to practice yoga.
Have fun!

WARRIOR

pose

Stand with your feet apart and front leg bent.

Hold your arms out at your sides and take 5 deep breaths.

This pose strengthens your legs and increases your stamina.



DANCER'S

pose

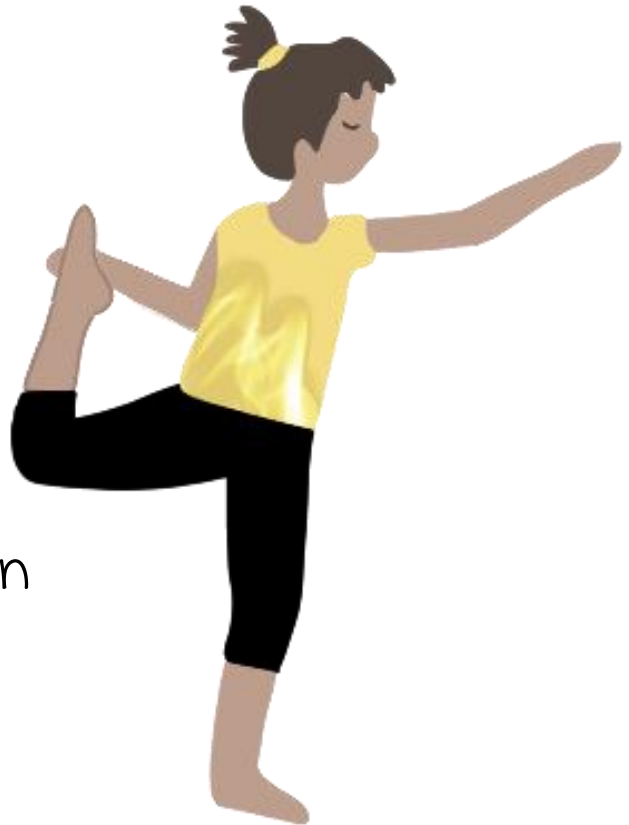
Stand on one leg and stretch the other leg out behind you.

Reach back and grab the outside of your foot or ankle and pull it inwards towards your body.

Hold your other arm out for balance.

This pose helps to improve balance.

Try focusing your gaze on a fixed object and hold the pose for as long as you can.



Tree

pose

Stand on one leg with your arms stretched above you.

Bring your other leg up and balance the inside of your foot on the side of your knee.

Hold this pose for as long as you can while taking slow breaths.

This pose helps with balance.



STANDING BEND

pose

Stand with your feet together.

Reach downwards and hold your ankles.

Close your eyes and take 5 breaths.

You can also bend your knees slightly in this pose.

This pose helps to stretch the hamstrings and calves and strengthen the thighs and knees.



DOWNWARD DOG

pose

Stand on your feet and bend forward to touch your palms on the ground.

Step backwards to make an upside-down V shape with your body.

You can also raise up onto your toes and keep your knees straight.

This pose is great for stretching and energizes you.



LOCUST

pose

Lie on your stomach with your arms at your sides. Hold your hands with your palms facing down.

Lift up your head and chest off the ground and take 5 slow breaths.



CAT AND COW

pose

Rest on your hands and knees with your knees hip width apart. Your feet should be in line with your knees and not splayed out.

Place your palms directly under your shoulders and your finger should be facing forwards.

For cat pose, round your back upwards and tuck your chin into your chest.

For cow pose, arch your back downwards and hold your chin up towards the sky.



COBRA

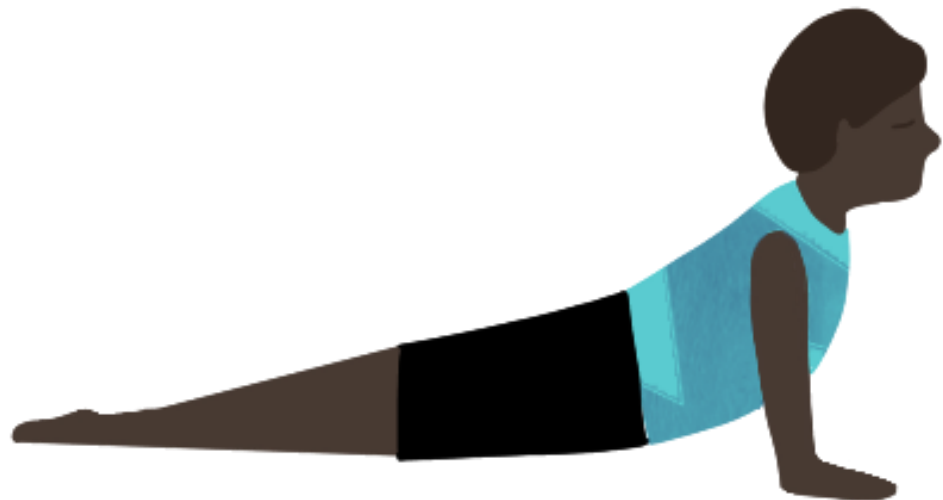
pose

Lie on your stomach and put your hands flat next to your shoulders.

Push your shoulders and head off the ground.

Take five deep breaths while holding this pose.

This pose strengthens your arms and spine. It also stretches your abs and chest.



THREE-LEGGED DOG

pose

Put yourself in the downward dog pose.

Then lift one leg into the air and hold it for as long as you can.

This pose is great for balance and strengthens your arms.



BOAT

pose

Sit down on the ground and raise your legs up with your ankles together.

Reach out and hold the outside of both ankles.

Hold this pose for 5 slow breaths.

This pose is good for balance and strengthens your spine and abs.



CHILD'S

pose

Sit on your knees with your legs underneath you.

Bring your head downwards to rest your forehead on the ground.

Place your arms at your sides towards your toes.

Close your eyes and take five deep breaths.



BRIDGE

pose

Lie flat on your back with your knees bent and have your feet flat on the ground.

Place your arms at your sides with your palms facing down.

Lift your hips off the ground by using your legs and arms to balance.

Hold this pose for 5 deep breaths.

This pose is great for stretching the shoulders, hips, thighs, and chest. It also increases flexibility for your spine.



RESTING

pose

Lie on your back with your arms and legs stretched out.

This pose is great to end yoga with as it is very relaxing.

Close your eyes and listen to your breathing as you take 10 slow breaths.

