

Yoga

By Ella, Lucy and Rose



The Dive

Take a leap of faith and dive into the ocean with this wonderful dive pose!

INSTRUCTIONS

1. Stand up straight and put your hands above your head in a triangle position, with your hands overlapping each other.
2. Lift your right foot behind you, slightly off the ground and point it.
3. Lean forward and take your dive of faith!



Zoom

Be creative with the zoom pose. If you are half relaxing, half working who cares!

INSTRUCTIONS

1. Lie on your stomach
2. Arch your back then put your hands in front of you to stabilize yourself



Drawing with Chalk

Do some art while getting a nice stretch

INSTRUCTIONS

1. Get some chalk.
2. Lie on your back with your hands above your head with your hands on the ground.
3. Hold the chalk in your non-dominant hand.
4. Push up and lift your hand that has the chalk in it and you're done.



Lying in the Sun

Channel your inner vacation mode with the lying in the sun pose. Pretend that you're getting a golden tan on your back!

INSTRUCTIONS

1. Sit on the ground with your legs outstretched in front of you.
2. Bend your right leg and push up.
3. Lower yourself back down and do it all again this time with your left leg.



Starfish

INSTRUCTIONS

1. Stand on your right leg.
2. Lean forwards and put both hands on the ground still standing on one leg.
3. Kick your leg that is off the ground up and straight after kick the one on the ground up.
4. Separate your legs into a **V** shape in the air and you're done.



Ice-cream Come-on!

INSTRUCTIONS

1. Find two friends.
2. Lie on your back.
3. Extend your legs in the air.
4. Touch your feet together.
5. And You're done.