

Chair Pose

Utkatasana



Benefits

Strengthens legs, stretches shoulders and chest.

- 1 Start in mountain pose. (Standing with your feet shoulder width apart and arms by your side.)
- 2 Exhale, and bend your knees as if you were sitting in a chair.
- 3 Reach your arms towards the ceiling with your palms facing each other.
- 4 Hold this pose and breathe.

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Cat Cow Pose

Marjaryasana Bitilasana



Benefits

Stretches torso and neck, gently massages spine and internal organs.

- 1 Start by kneeling on hands and knees. Make sure hands are below your shoulders and your knees below your hips.
- 2 Inhale and look up to the ceiling, allow your belly to sink toward the floor.
- 3 Exhale and round your back towards the ceiling and look at your belly.
- 4 Repeat.

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Frog Pose

Ardha Bhikasana



Benefits

Tones legs and increases hamstring flexibility.

1

Squat on the floor, balancing on your toes, knees spread wide, hands on the floor or out in front of you. Wherever makes you feel most balanced.

2

Look up and inhale. As you exhale, straighten your legs so you are in a standing position, lower your head towards your knees.

3

Return to the first position, then repeat.

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Already Done

Mountain

Rainbow

Snake

Savasana