



Downward Dog

1. Place your feet nice and flat on the floor shoulder width apart.
2. Bend down and place your hands flat on the floor.
3. Step your feet backwards to make a V shape.
4. Straighten your legs, relax your head and neck and look down between your legs.

How tall can you make your V while keeping your hands and feet flat on the floor?



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Triangle Pose

1. Place your feet nice and flat on the floor a little bit wider than your shoulders.
2. Stretch your arms out straight to either side, making them as long as you can.
3. Keep your hips nice and still, and your arms nice and straight.
4. Bend from the waist and stretch one arm down to your shin and the other arm up straight in the air.

How big can you make your body? How high and low can you reach with your arms?



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Fox Pose

1. Start on your hands and knees with your back nice and straight.
2. Stretch one leg out behind you, and stretch of other arm out in front of you.
3. Hold your body straight, long and steady!
4. Relax and come back to all fours, then try the other side.

How long and flat can you make your body?



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Triangle Pose

1. Lay flat on your tummy.
2. Place your hands flat on the ground next to your shoulders
3. Look up, straighten your arms, and extend your chest.

How high can you stretch your head up towards the sky?



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Tree Pose

1. Start standing up with your hands by your sides.
2. Place the bottom of your foot on the inside of your thigh (or the inside of your calf).
3. Place both your hands together in front of your chest.
4. Slowly stretch your arms up towards the sky.

How long and tall can you make your body?



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Child Pose

1. Kneel down with your feet tucked underneath you.
2. Bring your head down to the ground just in front of your knees.
3. Place your hands flat on the ground above your head.
4. Take a few deep breaths.

How low can you get your body? How close can you get to the ground?



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