

Health and Wellbeing

Yoga Activities UKS2

Bow Pose

- 1) Begin on your belly, with your hands by your body, palms up.
- 2) Exhale and bend your knees. Reach back with your hands and take hold of your ankles.
- 3) Inhale and lift your heels towards the ceiling and your thighs away from the floor. Your chest will lift away from the floor.
- 4) Gaze forward. Hold this position, and release as you exhale.



Three-Legged Dog Pose

- 1) Begin on your belly, with your hands by your body, palms up.
- 2) Exhale and bend your knees. Reach back with your hands and take hold of your ankles.
- 3) Inhale and lift your heels towards the ceiling and your thighs away from the floor. Your chest will lift away from the floor.
- 4) Gaze forward. Hold this position, and release as you exhale.



Chair Pose

- 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.
- 5) If you want to extend this, you could slowly twist your upper body from side to side, holding the stretch for a few seconds on each side.



Crescent Moon Pose

- 1) Inhale and raise your hands over your head, pressing palms together.
- 2) Exhale and tip your body to one side.
- 3) Inhale and return to standing straight.
- 4) Repeat on opposite side.
- 5) Exhale and lower your arms.

