

Yoga Poses



Try Cosmic Yoga (available on YouTube).

Yoga is a form of exercise. Among many other benefits, yoga can help relieve anxiety and stress, as well as increase our attention span and concentration. Here are some yoga poses that you can try at home.

The Chair Pose

For as long as you can, pretend you are sat on a chair.



The Snake Pose

Lie on your stomach and then, placing your hands on the floor, lift your head up so that your back is arched.



Can you research any other yoga poses?

The Rainbow Pose

Lift your hands up the sky and lean over to the left. Repeat the opposite way.



The Mouse Pose

Kneel on the floor, bring your arms forward and your face towards the floor.



Can you think carefully about your breathing?

The Star Pose

Stand with your arms and your legs as far apart as possible.



The Flying Bird Pose

Lean on one leg, and lift the other behind you. Lean forward and pretend to fly.



Can you create your own animal yoga poses?

The Butterfly Pose

Sit on the floor and place the soles of your feet together. Rest your hands on top of your feet and sit up straight.



The Tree Pose

Place your heel on the side of your leg and place your arms together in front of your chest. Switch sides.



Why not listen to some relaxing music at the same time?