YOGA – KS1

Yoga Bears

YOGA CHALLENGES

'Mula'

Below are some of Mulas favourite poses can you practice them at home remembering to stay in each pose for at least 5 breaths in and out.

Mountain Pose

Bring your big toes, ankles and knees together, spread your toes as wide as you can, relax your shoulders and with your arms down, stand tall and proud.

I am Mula, happy and free,
I grow tall, I am strong,
I am... **Tree**

Star pose

Step your feet out a little, stretch your arms out afar and as you rock from side to side you say...
Twinkle twinkle little star.

Tree pose

Standing tall and proud, as you lift up your thigh,
Place your foot above or below your knee, bring your palms together.

Yogi pose

Sit as tall as you can, with your spine as straight as can be, rest palms onto knees and smile inside..

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