

CONSEVATION CORNER YOGA SESSION



POSE #1 – SALUTATION

OUR GOOD MORNING TO THE WORLD POSE!

TAKE 5 DEEP, CLEANSING BREATHS TO START YOUR DAY!



POSE #2 – TREE
THINK OF YOUR FAVOURITE TREE WHILE YOU ARE HOLDING THIS POSE. HOW LONG CAN YOU HOLD THIS POSE.

POSE #3 – SNAKE

PRETEND YOU ARE A SNAKE TRYING TO BASK IN THE SUN. SEE HOW LONG YOU CAN HOLD THE POSE FOR. LOWER YOURSELF DOWN. TRY TO DO IT FIVE TIMES IN A ROW.



POSE #4 – BIRD

BE A GREAT BLUE HERON COOLING YOURSELF OFF IN A RIVER WAITING FOR A SNACK TO SWIM BY. TRY TO STAY VERY STILL. SWITCH LEGS AFTER.



POSE #5 – BRIDGE POSE

MAKE YOURSELF INTO A WILDLIFE BRIDGE SO ANIMALS CAN CROSS THE ROADS SAFELY!

- ✓ TRY TO HOLD EACH POSE FOR 20-SECONDS/5 BREATHS
- ✓ SEE IF YOU CAN MAKE UP NEW POSES OF YOUR OWN
- ✓ HAVE FUN – BE HEALTHY – STAY SAFE