

CONSERVATION CORNER YOGA SESSION #3



POSE #1 – BUTTERFLY WINGS

TAKE 5 DEEP, CLEANSING BREATHS TO START

WARM UP YOUR LEGS BY FLAPPING THEM LIKE WINGS OF A BUTTERFLY.



POSE #2 – RAINDROP

THINK OF SOUND OF THE RAIN AS YOU STRETCH YOURSELF INTO A RAIN DROP.

POSE #3 – FLYING BIRD

STRETCH YOUR WINGS AND SOAR ABOVE THE CLOUDS. MAKE SURE YOU TRY IT ON BOTH OF YOUR LEGS!



POSE #4 – STEPPING STONE

PRETEND YOU ARE STEPPING ACROSS A RIVER TO GET TO THE SIDE. TRY IT WITH YOUR HANDS TO THE SIDE IF YOU FIND IT HARD BALANCE. HOLD FOR 20 SECONDS AND SWITCH LEGS.



POSE #5 – BOAT POSE

MAKE YOURSELF INTO A BOAT SO YOU CAN SAIL ACROSS THE WATER. HOW LONG CAN YOU STAY FLOATING?

- ✓ 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