

Relaxation Card 1: Yoga

- 1) This will be the final station the children will take part in (Relaxation)
- 2) Children to pick 5 Yoga cards (have them facing down) and they are to attempt each Yoga move.
- 3) You could play some relaxing Yoga music.
- 3) Time for 2 minutes (you can use an egg timer or a digital timer).
- 4) Remind the children that this is the last station and after this they will go off to...



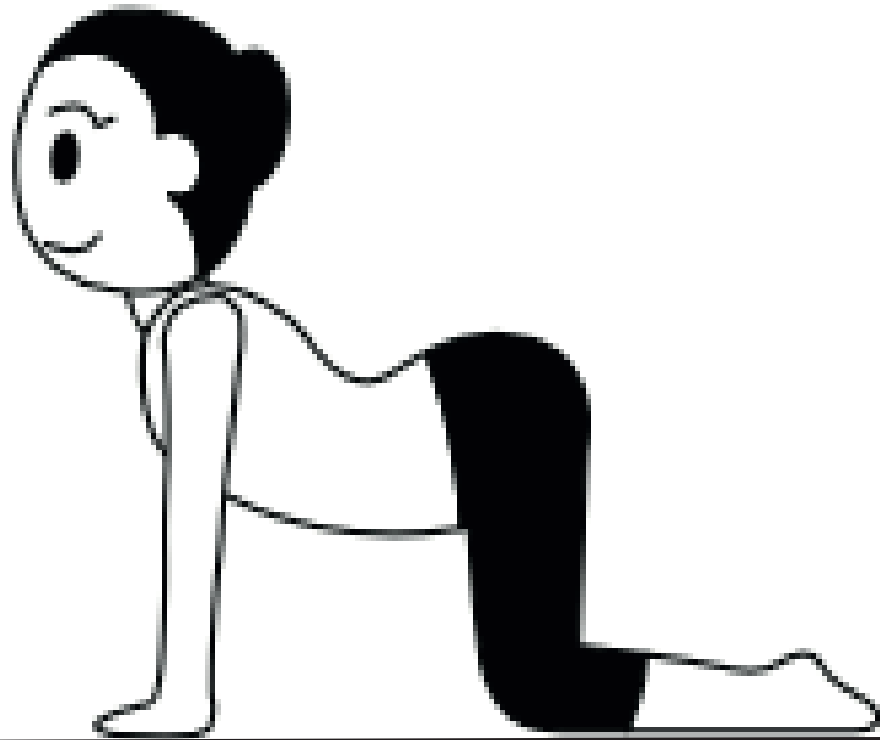
Equipment:

- Yoga cards
- Yoga Music
- Yoga mats/Gym mats
- Timer



Boat Pose

You can rock gently like a boat

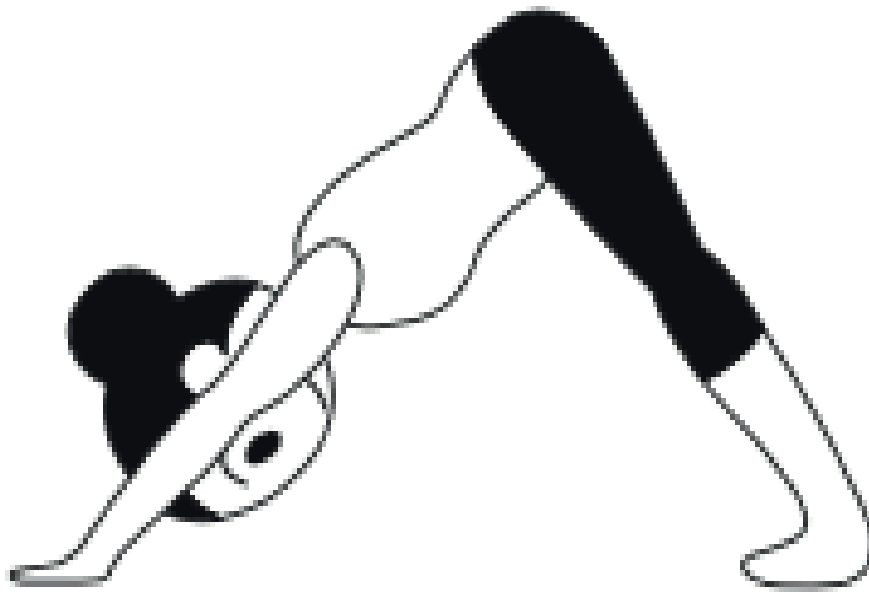


Cat Pose

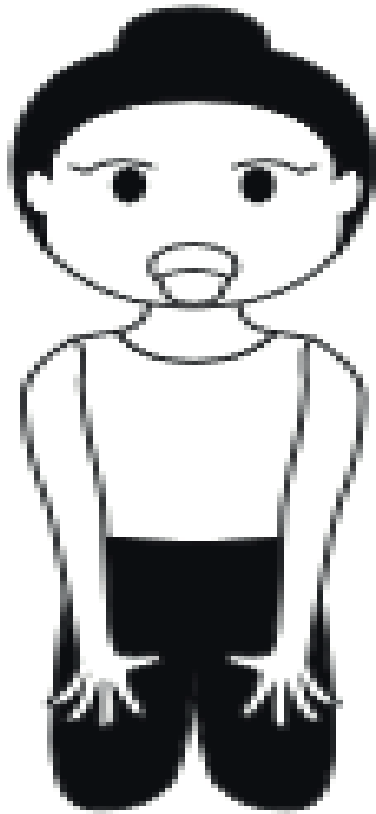


Cub Pose

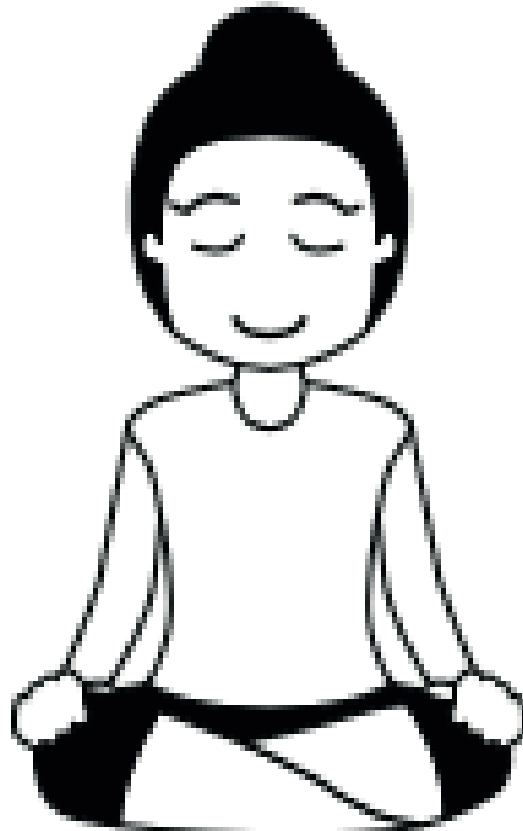
You can rock gently side to side



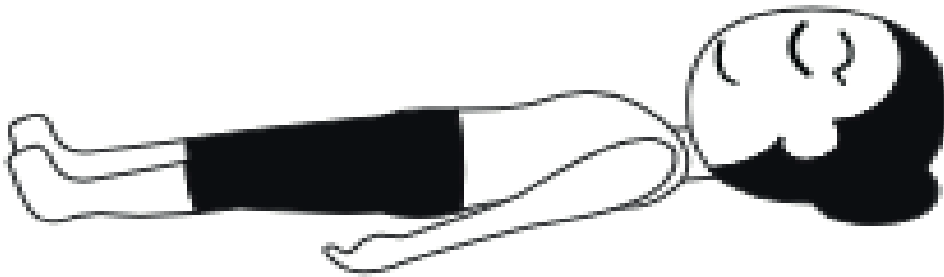
Downward Dog



Lion Pose



Lotus Pose



Rest Pose

Close your eyes



Tree Pose



Warrior Pose