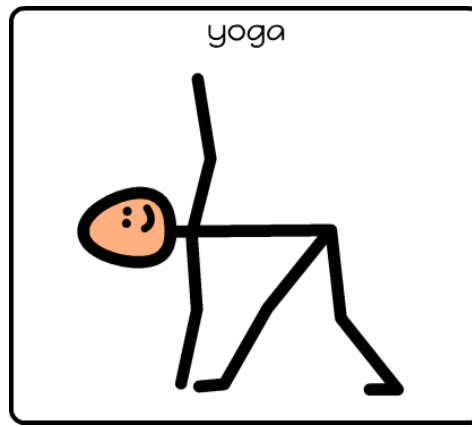


At this stressful time, Yoga can be a 5 minute activity which supports physical and mental health.

Find a quiet, comfy space and enjoy movement with your child.



Please remember that there is no 'perfect' Yoga move – have fun, get active and look to your child to lead you.

Forward bend...



Side bend...



Locust...



Downward dog...



Stretch...



Squeeze...



Baby Cobra...



Cat...



Cow...



And if you want to try something different....DISCO!

Crank up some music and have a crazy dance party! Do the yogi shake (shake each part of your body) and help you and your child let out any nerves or anxieties.

