

# Yoga with Anita 1.



## New Directions: Health & Wellbeing, Personal & Social Development



Name:



Date:

1. Start by getting comfortable and taking some deep breaths.
2. You will start to feel calm and relaxed.
3. Move yours arms and hands in slow motions.
4. Stretching the arms and wrists.
5. Shaking out the arms and hands
6. Rolling your shoulders



7. Chin to chest and deep breaths



**What was your favourite move?**

**Attach a photograph or draw a picture of you following Anita's moves**