



Chair yoga with Anita 8



New Direction Health and Wellbeing and Personal and Social Development.



Name:

You will need?

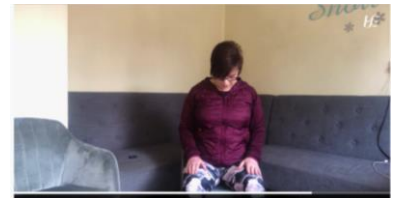
A chair

Blanket or cushion



Date:

Let's begin with some breathing exercises and warm ups



Open your arms out wide and practise your shoulder rolls



Keep moving them arms in and out



Don't forget to keep your back and core strong

Move those wrists in circular motion





Now we will begin to warm down



And breath, placing one hand your heart and one hand on your tummy



Well done guys, you done great