

Week 2: Yoga with Anita



Name:

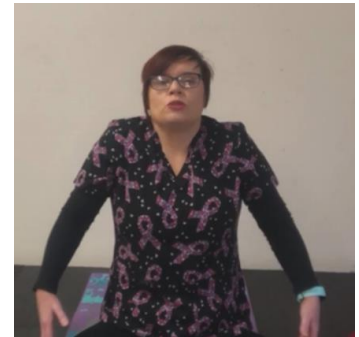


Date:



New Directions: Health and Wellbeing and Personal and Social Development.

1. Start with deep breaths and rolling the shoulders



2. Look over each shoulder



3. Stretch out the arms



4. Stretch the arms up



5. Make big circles with the arms



6. Stretch from side to side



How did your stretching go?

What was your favourite move?