



Chair yoga with Anita



New Direction Health and Wellbeing and Personal and Social Development.



Name:



Date:

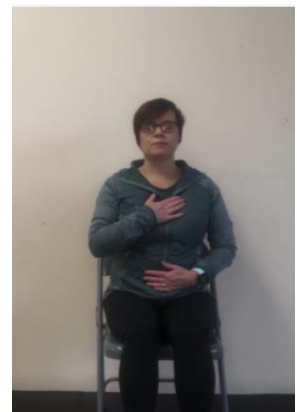
Lets get warmed up with Anita

Follow along with Anita to warm up those arms and shoulders

Can you feel the stretches in your tummy?

Keep going guys your doing great

Stretch those arms right up

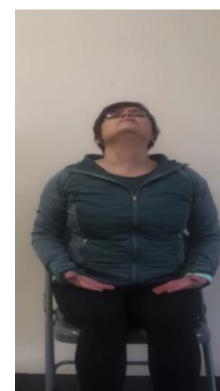




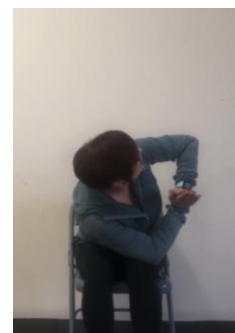
Are you practising your breathing?



Are you breathing fast or slow?

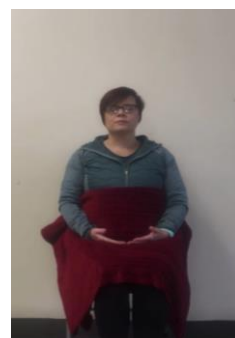


Are you feeling relaxed?



Well done guys, you have reached
the cool down

How are you feeling?



Thank you for joining us guys for Anita's yoga, tell us your
favourite exercise on the Reconnect Facebook page