



Yoga with Anita 7



New Direction Health and Wellbeing and Personal and Social Development.



Name:

You will need?

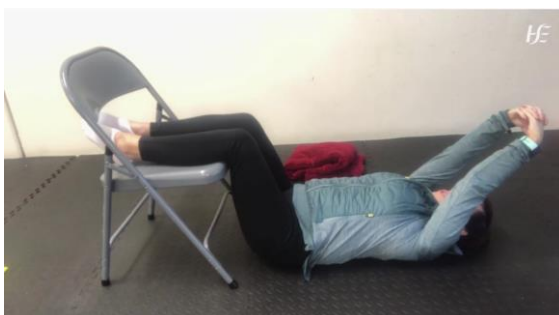
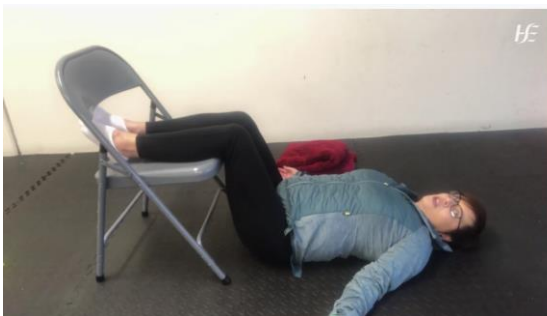
A chair

Blanket or cushion

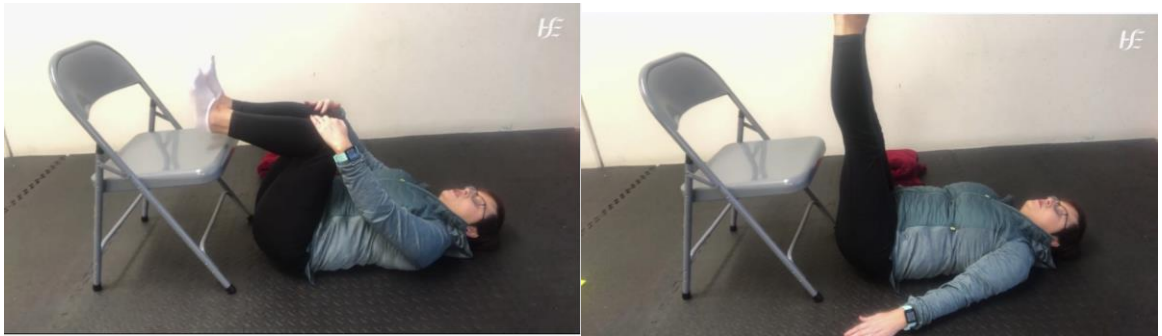


Date:

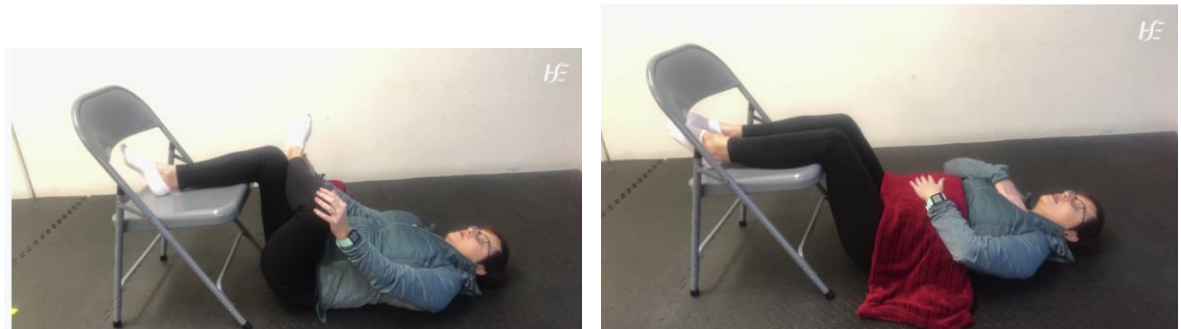
Lets go guys and get warmed up with Anita



How are you feeling guys? Keep going your doing great



Follow along with Anita focusing on our tummy rising and falling as we breath



**Guys you done super, don't forget to let us know if
your joining yoga with Anita on our Reconnect
Facebook page**