



## 15 minute's leg Yoga with Anita



**New Direction: Health and Wellbeing and Personal and Social Development.**



Name:

**You will need?**

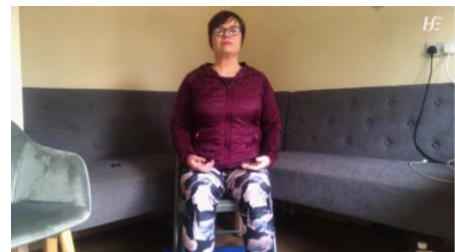
A chair

Blanket or cushion



Date:

Are you ready to warm up with Anita



Starting with our ankles rotating them in circles with Anita



We can't forget our toes, point our toes to the sky and back down to the ground





Stretching our legs, putting one ankle resting on your knee.

Keep going guys, do you feel relaxed?



Following Anita placing our arms out wide and fold them back into our shoulders.



It's time to wind down and relax with some meditation and breathing exercises.

