

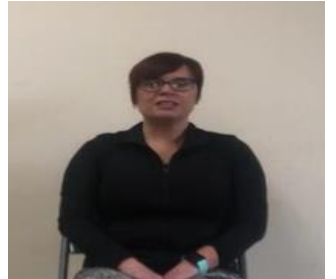
Yoga with Anita 5



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

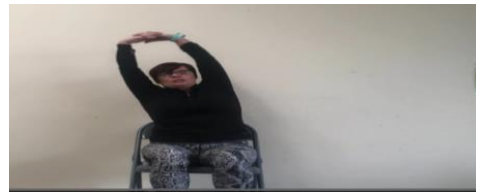


Name:



Date:

Are you feeling ready after your warm-up?



Are you taking deep breaths with Anita?





How does it feel moving your arms side to side like a windmill?

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How are you feeling after today's yoga class?

	
Energised 	

Tell us on Reconnect Facebook what you enjoy most in Anita's Yoga.