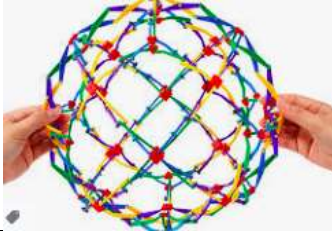






Some yoga & mindfulness activities for Home Practice when you want to

Breathing

<p>Invisible expanding ball</p> 	<p>Lion Breath</p>  <p>Lion's Breath - Foundations of Yoga ... youtube.com</p>	<p>Bee breath</p>  <p>Increased focus & concentration Offers an opportunity to relax & bond together Relaxes muscles & promotes calm Lowers the heart rate</p>	<p>Elephant breath</p>  <p>0:57 PREVIEW Elephant Breathing</p>	<p>Shape breath</p> 
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Sun salutations

Sun salutation 1=Hands, Reach for the sky, reach for the ground, tickle the ground, massive arms, banana one way, banana the other, great big stretch, hands, whoosh. Draw some pictures to help you remember each stage and so you can teach the rest of your family.

Hands	Reach for the sky	reach for the ground	tickle the ground	massive arms
banana one way	banana the other	great big stretch	hands	whoosh

Sun salutation 2=Hands, Reach for the sky, reach for the ground, ready steady go, dog pose, woof woof, straight as a plank, bums up- caterpillar, snake pose, hissssssssss, dog pose, waggy tail, woof woof (*to plant both feet down again and stretch back*), ready steady go, reach for the ground, reach for the sky, hands, whoosh.

Hands	Reach for the sky	reach for the ground	ready steady go	Dog pose
				Woof woof
Straight as a plank	bums up- caterpillar	snake pose	dog pose	ready steady go
		hissssssssss	waggy tail, woof woof	
Reach for the ground	Reach for the sky	Hands	whoosh	

Relaxations – some great guided relaxations to read to your children here: <https://www.greenchildmagazine.com/guided-relaxation/>
 Also go on some great yoga adventures with Cosmic Kids on you tube.