

Home Activities Yoga Explanation

Instructions

1. Reading Pose

- Small space between legs/ feet (hip distance)
- Bend the legs half way
- Bottom out
- Make sure the knees are NOT over the toes
- Put the weight back
- Stretch the arms to the front

2. Drawing Pose

- Stretch the arms to the side
- Make circular movements with the arms
- Change sides of the circular movements (front and back)
- Swing one arm on top of the head - keep it straight
- Repeat with the other arm

3. Writing Pose

- Kneel down
- Small space between knees
- Place elbows on the floor
- Bottom out
- Curl the lower back

4. Sleeping Pose

- **Lay down on your stomach**
- **Stretch one leg and bend the other leg to the side**
- **Place your head on the floor**
- **Turn your head/neck to the side of the bent leg**
- **Repeat on the other side**