

Alphabet IJKL Sequence Explanation

Letter 'I' Yoga Pose

- Stand up straight with your legs together
- Breathe in: lift your arms up
- Breathe out: bend your elbows and lower them down till your hands reach the level of your head
- Interlock your fingers
- Place your hands behind your head or neck (whatever feels comfortable)
- Breathe in: push your elbows back
- Repeat for a few times following the rhythm of your breath

Letter 'J' Yoga Pose

- Stand up straight with feet together
- Stretch one leg out
- Place the heel of the foot (back part) on the ground and flex the rest of the foot (toes facing up)
- Keep your arms close to your body
- Repeat on the other side

Letter 'K' Yoga Pose

- Stand up straight with feet together
- Stretch one leg out
- Point your toes
- Lift your arm up (same side of pointed feet)
- Place the other hand on the hip
- Repeat on the other side

Letter 'L' Yoga Pose

- **Kneel down**
- **Keep your upper legs straight**
- **Breathe in: raise your arms up**
- **Breathe out : place them down**
- **Repeat this for a few times**