

# Alphabet ABCD Sequence 1

## Explanation

### *A B C D*

#### Letter 'A' Yoga Pose

- Stand up with straight legs
- Bend /fold your upper body downwards
- Touch your hands on the floor
- Slowly walk your hands till you make a triangle shape with your body
- Touch the bottom part of the knee with one hand
- Repeat on the other side, changing hands

#### Letter 'B' Yoga Pose

- Stand up with straight legs
- Bend one leg
- Only turn the knee to the side
- Lift the opposite arm up and place it over your head
- Bend your upper body sideways (towards the bent knee)
- Grab the hand of the bent arm with the other hand
- Make a circular shape with your arms
- Repeat on the other side

### **Letter 'C' Yoga Pose**

- **Bend down on your knees**
- **Keep your upper body and upper legs stretched**
- **Lift your arms up**
- **Bend backwards, towards your feet**
- **Repeat this for a few times**

### **Letter 'D' Yoga Pose**

- **Stand up with straight legs**
- **Slowly curve the back forward**
- **Bend/fold your curved upper body towards the floor**
- **Touch the floor with your hands and curve your back**
- **Look down with your head**
- **Repeat for a few times**

[https://www.youtube.com/watch?v=Lx-sICTzsOc&list=PLjs4G0\\_dLq3GynpuIY3GW098PBYuE8iW\\_&index=29&pbjreload=10](https://www.youtube.com/watch?v=Lx-sICTzsOc&list=PLjs4G0_dLq3GynpuIY3GW098PBYuE8iW_&index=29&pbjreload=10)