

# Alphabet EFGH Sequence 2

## Explanation

### Letter 'E' Yoga Pose

- Sit down
- Stretch your legs in front of you
- Lift one arm up, over your head
- Twist your upper body towards the direction of the lifted hand
- Stretch out the other arm in front of you
- Try to lower your upper body closer to the legs
- Repeat on the other side, changing arms

### Letter 'F' Yoga Pose

- Stand up with legs straight
- Lift one leg towards the front
- Grab the foot of the lifted leg with the hand of the same side
- Stretch out the lifted leg and arm in front of you
- Balance for a few moments
- Repeat on the other side, changing arms and legs

### Letter 'G' Yoga Pose

- Stand up with legs straight legs
- Lift one leg to the back
- Bend the leg (foot towards the back )
- Lift both arms up
- Slowly bend your back backwards
- Repeat changing legs

### **Letter 'H' Yoga Pose**

- **Stand up**
- **Open your legs wide**
- **Bend your knees**
- **Stretch out your arms to the side**
- **Repeat this for a few times**

<https://www.youtube.com/watch?v=4qV28sOQVZs>