

Alphabet QRST Sequence Explanation

1. Letter 'Q' Yoga Pose

- Stand up with legs straight and together
- Bend on leg to the back (foot facing the back)
- Stretch the same side arm to the back
- Grab the lifted foot with your hand
- Slowly stretch the arm that's holding the foot a bit to the back
- keep the upper part of the bent leg straight and next to the other leg
- Keep the upper body straight
- Repeat on the other side changing legs

2. Letter 'R' Yoga Pose

- Stand up with legs straight
- Step one leg forward to make a small space between the 2 legs
- Bend your upper body down
- Curve your back inwards
- Look down with your head
- Place the hands on the front knee to create a circular shape
- Repeat on the other side, changing legs

3. Letter 'S' Yoga Pose

- **Kneel down on the floor/ground/mat**
- **Stretch your upper body and the upper part of your legs**
- **Untuck your toes (flat toes on the floor)**
- **Place your arms by the side of your body**
- **Curve your upper body/back/spine inwards**
- **Look down with your head**
- **Repeat for a few times**

4. Letter 'T' Yoga Pose

- **Stand up with legs straight and together**
- **Stretch your arms out to the side and keep them strong**
- **Make a straight horizontal line with your arms**
- **Keep arms strong**
- **Repeat for a few times**

https://www.youtube.com/watch?v=jt8Zvl5_inA&list=PLjs4G0_dLq3GynpuIY3GW098PBYuE8iW_&index=38