

Alphabet XYZ Sequence Explanation

Letter 'X' Yoga Pose

- Stand up straight
- Open your legs with a medium distance between feet
- Breathe in: lift your arms up to the side
- Breathe out: lower your upper body, keeping a straight/flat back
- Try and touch the floor with your hands
- Breathe in: come up with a flat back
- Repeat this upward and downward movement for a few times

Letter 'Y' Yoga Pose

- Stand up straight
- Keep your legs and feet together
- Breathe in: lift your arms up to the side
- Breathe out: lower your upper body, keeping a straight/flat back
- Try and touch the floor with your hands
- Breathe in: come back up with a flat back
- Repeat this upward and downward movement for a few times

Letter 'Z' Yoga Pose

- **Kneel down on the mat/floor**
- **Sit on your feet with your bottom**
- **Keep the upper body straight**
- **Breathe in: lift your bottom from off your feet**
Lift your arms up in front of you till your shoulder level
- **Bend your head/neck down- tuck it between your stretched arms**
- **Breathe out: lower your bottom back to your feet**
Lower your arms back down
- **Straighten your head**
- **Repeat this upward and downward movement for a few times**

<https://www.youtube.com/watch?v=g2piWuCqefc>