

## Keeping Fit and Healthy

The Body Coach TV – Joe Wicks PE at Home.

Kids Circuit Workout - <https://www.youtube.com/watch?v=97QFX3w1E4>

### Stretches to do at home



Camel pose



Plow pose



Boat pose



Tree pose



Triangle pose



Belly breathing



Cobra pose



Warrior pose



Down dog pose



# 24 YOGA POSES

## *for* BEGINNERS



CHATURANGA



COBRA



DOWNWARD  
FACING DOG



CAT



COW



LOCUST



BOAT



CHAIR



CORPSE



SEATED  
FORWARD BEND



STANDING  
FORWARD BEND



STANDING  
FORWARD FOLD



UPWARD BOW



EXTENDED  
SIDE ANGLE



TREE I



TREE II



EASY POSE



UPWARD HAND



SHOULDER STAND



WARRIOR I



WARRIOR II



EXTENDED  
HAND TO TOE



HEADSTAND \*  
SUPPORTED



HEADSTAND \*

