

Elephant Pose



Benefits
Stretches legs and back, relieves stress and calms the mind.

- 1 Bend at the hips.
- 2 Let arms hang low then clasp fingers together.
- 3 Swing arms from side to side like a trunk. Swing your whole body from side to side to walk like an elephant.

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Crescent Moon Pose



Benefits
Stretches arms, abdominals, spine and chest; calms the mind.

- 1 Inhale and raise your hands over your head, pressing palms together.
- 2 Exhale and tip your body to one side.
- 3 Inhale and return to standing straight.
- 4 Repeat on opposite side.
- 5 Exhale and lower your arms.

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Butterfly Pose

Baddha Konasana

Benefits
Calms the body and mind, helps relieve stress, headaches and fatigue.



- 1 Begin by sitting with the soles of your feet together.
- 2 Wrap your hands around your feet, keep your back straight.
- 3 Gently bounce your knees to flap your butterfly wings.

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Frog Pose

Ardha Bhekasana

Benefits
Tones legs and increases hamstring flexibility.



- 1 Squat on the floor, balancing on your toes, knees spread wide, hands on the floor or out in front of you. Wherever makes you feel most balanced.
- 2 Look up and inhale. As you exhale, straighten your legs so you are in a standing position, lower your head towards your knees.
- 3 Return to the first position, then repeat.

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Child's Pose

Balāsana

Benefits

Stretches the hips, thighs, and ankles; calms the mind; relieves stress and fatigue.



- 1 Kneel on the floor, touching your big toes together.
- 2 Sit back on your heels and separate your knees hip-width apart.
- 3 Exhale, bringing your head down, and rest it on the floor in front of you.
- 4 Place your hands wherever they are comfortable by your head, your knees, etc.
- 4 Relax and breathe, holding this pose.

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Lion Pose

Simhasana

Benefits

Stretches hips, thighs and ankles; calms the mind, relieves stress and fatigue.



- 1 Start on your knees, then sit back onto your heels.
- 2 Spread your fingers out and press your palms onto your knees.
- 3 Take a deep breath in through your nose.
- 4 Open your mouth, stretch out your tongue, open your eyes wide and let your breath out through your mouth.
- 5 Repeat a few times.

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Cobra Pose

Bhujangāsana

Benefits

Strengthens spine, backs of arms and legs; stretches shoulders, chest and belly, improves posture, helps relieve stress.



- 1 Begin by lying on your tummy.
- 2 While exhaling, lift your head and upper torso off the floor.
- 3 Gaze forward or slightly upward.
- 4 Hold this position, then release.

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Warrior II Pose

Virābhadrāsana II

Benefits

Strengthens and stretches legs and core; stretches chest and shoulders; relieves backaches.



- 1 Stand with your feet wide apart. Turn your left foot out 90°.
- 2 Inhale, and lift your arms parallel to the floor.
- 3 Exhale and bend your right knee. Be careful not to extend your knee past your ankle.
- 4 Keep your torso tall, turn your head, and look out over your finger tips.
- 5 Inhale and straighten your legs and lower your arms. Repeat on the opposite side.

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Mountain Pose

Tadasana



Benefits
Improves posture, strengthens core muscles and legs.

- 1 Stand tall with your weight balanced evenly on your feet.
- 2 Firm your thigh muscles and pull in your tummy.
- 3 Press your shoulders back and hang your arms beside your torso.
- 4 Breathe deeply and hold as long as needed (at least two breaths).

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Chair Pose

Utkataasana



Benefits
Strengthens legs, stretches shoulders and chest.

- 1 Start in mountain pose. (Standing with your feet shoulder width apart and arms by your side).
- 2 Exhale, and bend your knees as if you were sitting in a chair.
- 3 Reach your arms towards the ceiling with your palms facing each other.
- 4 Hold this pose and breathe.

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Tree Pose

Vrikasana



Benefits
Improves balance, strengthens thighs, calves and ankles, stretches legs and chest, develops concentration.

- 1 Begin in mountain pose. (Feet shoulder-width apart, hands at your sides.)
- 2 Lift your right foot, turning your knee out; place your foot on your leg wherever feels comfortable.
- 3 Press your hands together.
- 4 Raise your arms over your head and look up to your hands if possible.
- 5 Return hands to your chest and lower your right leg.
- 6 Repeat with left leg.

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Rainbow Pose

Benefits
Stretches arms, abdominals, spine and chest; calms the mind.



- 1 Start on your knees. Raise both hands over your head.
- 2 Drop one hand by your side, exhale and arch your arm over your body.
- 3 Hold this position.
- 4 As you bring your dropped arm back over your head, straighten your body.
- 5 Repeat on the other side.

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