'Keep Active' Virtual Club

Week 4

Yoga and Mindfulness!

1. Do some research on the different yoga positions
2. Look at this video from Cosmic kids to help https://www.youtube.com/watch?v=ho9uttOZdOQ
3. Wearing comfy clothes, have a go at each position – eg the dog, the dancer, the crow, the eagle, the cobra (there are lots more!)
4. Write a list of all the positions you tried