

Wellness



Did you know?

A male master practitioner of yoga is called a yogi, a female master practitioner of yoga is called a yogini.

*Let's Make
an Alphabet!*



ALPAHBET YOGA

Yoga is an ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing . It is a great exercise to relax, gain focus and clear your mind.

Can you try to hold a pose, based around each letter of the alphabet?

- Try holding each pose for 10 seconds
- Can you move smoothly from one letter to another?
- Can you spell your name letter by letter with each pose?

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