

Today's Challenge- Yoga Flow

You have 3 different routines below to practise, you will need to:

- Rehearse the 4 moves in each flow routine.*
- Try and create a fluid routine with the same movements.*

You might want to try these movements to some music!

Benefits of Yoga



Increases

- Mental Health
- Focus and Concentration
- Sleep Quality
- Academic Performance
- Physical Health
- Muscular Strength
- Endurance
- Flexibility
- Caloric Expenditure



Decreases

- Resting Heart Rate
- Respiration
- Blood Pressure
- Lower Back & Joint Pain
- Stress

fitFlow

Easy Pose

Cobra

Bow

Half Camel



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Swaying Tree Crescent Warrior II Child's Pose



fitFlow

Mountain

Tree

Chair

Forward Fold

