

# HAPPY SUN WARM UP

1

STAND UP TALL WITH YOUR LEGS SLIGHTLY APART AND YOUR HANDS BY YOUR SIDE.

2

PUSH YOUR ARMS OUT TO THE SIDE AND RAISE YOUR HANDS ABOVE YOUR HEAD MAKING A CIRCLE AROUND YOUR BODY. AS YOU RAISE YOUR ARMS BREATHE IN TO THE COUNT OF THREE.

3

HOLD YOUR ARMS STRAIGHT ABOVE YOUR HEAD WHILE HOLDING YOUR BREATH TO THE COUNT OF THREE.

4

BRING YOUR ARMS BACK DOWN TO YOUR SIDE, BREATHING OUT TO THE COUNT OF THREE.

5

DO A NICE BIG SMILE.

6

SAY 'I AM HAPPY' OUT LOUD.

7

NOW START YOUR HAPPY YOGA POSE.



# UNICORN HORN TOE TAPPING

1

LIE ON YOUR BACK AND PLACE YOUR ARMS DOWN BY THE SIDE OF YOUR BODY WITH YOUR PALMS FACING THE GROUND.

2

LIFT YOUR LEGS STRAIGHT UP TO THE CEILING. MOVE YOUR HANDS ONTO YOUR HIP TO HELP SUPPORT AND GUIDE THEM.

7

HOLD FOR A FEW SECONDS, KEEP YOUR BALANCE AND TRY NOT TO TOPPLE OVER.

3

NOW SLOWLY PUSH YOUR HIPS UPWARDS TOWARDS YOUR CHEST.

6

ONCE YOU ARE BALANCED LAY YOUR ARMS BACK DOWN ON THE GROUND, PALMS FACING DOWN.

4

USE YOUR HANDS TO PUSH YOUR HIPS.

5

STRETCH YOUR LEGS UNTIL YOUR TOES TAP YOUR IMAGINARY UNICORN HORN.



THIS POSE IS GREAT FOR YOUR POSTURE AND GIVES YOUR BODY A GOOD STRETCH. IT CALMS YOUR BRAIN WHICH HELPS WITH CREATIVE THINKING AND SLEEP.

# FACE TO THE SUNSHINE MR FOX



1 MAKE A TRIANGLE SHAPE WITH YOUR LEGS.



2 TURN YOUR RIGHT FOOT OUT TO THE RIGHT.



3 TILT YOUR BODY TO THE RIGHT, GUIDE YOUR RIGHT HAND DOWN YOUR RIGHT LEG. STRETCHING DOWN TO THE GROUND AS FAR AS YOU CAN AND TOUCH THE GROUND.



4 PUSH YOUR LEFT HAND HIGH INTO THE SKY, KEEP IT NICE AND STRAIGHT.



5 TURN YOUR HEAD UP TO FACE THE SUNSHINE.



6 HOLD THAT POSITION AND ENJOY THE STRETCH FEELING IN YOUR MUSCLES.



THIS POSE STRENGTHENS YOUR LEGS AND STRETCHES YOUR GROIN, HAMSTRINGS, AND HIPS. IT OPENS YOUR CHEST AND SHOULDERS WHICH MAKES YOU BREATHE EASIER.

# TURTLE SQUASH, SQUEEZE & STRETCH

1

FIND A COMFORTABLE SPOT ON THE FLOOR, LIE ON YOUR FRONT OR BACK WHICHEVER IS MOST COMFORTABLE. DO A LITTLE WIGGLE TO GET COMFY.

2

LIE YOUR HANDS BY YOUR SIDE WITH YOUR PALMS POINTING UPWARDS. CLOSE YOUR EYES AND DO A LITTLE SMILE.

3

SQUASH AND SQUEEZE YOUR HANDS TOGETHER REALLY TIGHT, HOLD & COUNT TO 10, THEN RELEASE. FEEL YOUR HANDS RELAX. NOW STRETCH YOUR HANDS & FINGERS.... HOLD, THEN RELAX.

4

BREATHE IN TO THE COUNT OF 3, HOLD TO THE COUNT OF 3 AND BREATHE OUT TO THE COUNT OF 3 (REPEAT THIS 3 TIMES).

7

YOUR BRAIN IS LIKE A MUSCLE, IT GETS STRONGER THE MORE YOU REPEAT THE SAME EXERCISE. DO THE TURTLE SQUASH, SQUEEZE & STRETCH THREE TIMES EACH WEEK.

6

NOW IS TIME TO SQUASH UP YOUR FACE, SQUEEZING YOUR EYES CLOSED AND YOUR LIPS TOGETHER, HOLD THEN RELAX.

5

REPEAT THIS SQUASH, SQUEEZE & STRETCH WITH YOUR ARMS, YOUR LEGS AND YOUR FEET. TAKING TIME TO BREATHE IN BETWEEN.



# HAPPY CAT, SAD CAT

1

KNEEL DOWN ON ALL FOURS LIKE A CAT. POSITION YOUR HANDS UNDER YOUR SHOULDERS AND YOUR KNEES UNDER YOUR HIPS.

2

FACE THE FLOOR WITH YOUR BACK STRAIGHT



3

SLOWLY ARCH YOUR BACK AND TUCK YOUR CHIN TO YOUR CHEST, PUSHING THROUGH YOUR SHOULDERS. THIS IS SAD CAT.

4

STAY IN THIS POSITION FOR 30 SECONDS

5

MOVE YOUR HEAD UP TOWARDS THE SKY, ALLOW YOUR TUMMY TO SINK AND PUSH YOUR BUM UP

6

SMILE THIS IS HAPPY CAT POSE, BREATHE IN AND LET OUT A MEOW

6

REPEAT THIS TEN TIMES



THIS YOGA POSE IS GREAT WHEN CHILDREN HAVE SPENT A LOT OF TIME SITTING AT SCHOOL OR AT A COMPUTER, IT STRETCHES ALL BACK MUSCLES AS WELL AS CORE MUSCLES.



# WORRIER TO WARRIOR

1

STAND STRAIGHT FACING FORWARD WITH YOUR ARMS AT YOUR SIDES.

2

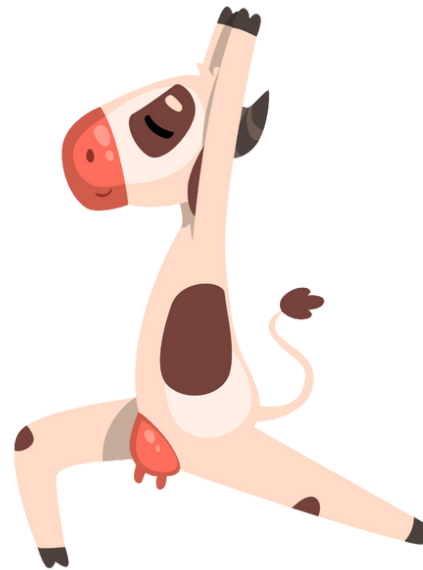
TAKE A BIG STEP FORWARD WITH YOUR RIGHT FOOT AND STRETCH YOUR LEFT FOOT BACK.

3

TAKE IN A DEEP BREATH IN, AS YOU EXHALE, BEND YOUR RIGHT KNEE SO THAT IT IS DIRECTLY OVER THE TOP OF YOUR ANKLE.

4

CONTINUE TO PRESS YOUR WEIGHT ONTO YOUR BACK HEEL. MAKE SURE YOUR HEEL STAYS FIRMLY ON THE GROUND.



6

WHILE YOU ARE IN THIS POSITION SAY OUT LOUD "I AM STRONG, I AM A WARRIOR" AND FEEL THE POWER RUSH THROUGH YOUR BODY.

5

TAKE IN ANOTHER BIG DEEP BREATH IN AND REACH YOUR ARMS UP TO THE SKY WITH YOUR PALMS FACING EACH OTHER.



THIS POSE STRENGTHENS YOUR CORE AND YOUR LEGS. IT HELPS REDUCE ANXIETY AND STRESS AND MAKES YOU FEEL POWERFUL.

# UNICORNS CAN CRAB

1

SIT ON YOUR BOTTOM, WITH YOUR KNEES BENT AND YOUR FEET FLAT ON THE FLOOR.

2

PLACE YOUR HANDS BEHIND YOUR HIPs ON THE GROUND POINTING TOWARDS YOUR FEET.

3

PRESS YOUR HANDS AND FEET DOWN ON THE GROUND AND PUSH YOUR BODY OFF THE FLOOR, LIFT YOUR HIPs UP HIGH.

4

LOOK STRAIGHT AHEAD, UP AT THE CEILING OR CAREFULLY DROP THE HEAD BACK.

5

YOU SHOULD LOOK LIKE A CRAB. MAKE SURE YOUR BODY IS STRAIGHTENED. STRETCH OUT YOUR NECK AND EXPERIENCE THE LOVELY FEELING YOU GET FROM STRETCHING.

6

TAKE A DEEP BREATH IN FOR THE COUNT OF THREE, HOLD TO THE COUNT OF THREE AND BREATHE OUT TO THE COUNT OF THREE.



THIS POSE OPENS THE CHEST AND HELPS YOU BREATHE, IT TONES THE LOWER BACK, LEGS AND ARMS AS WELL AS BUILDS CORE BODY STRENGTH. IT BOOSTS YOUR HAPPY HORMONES.