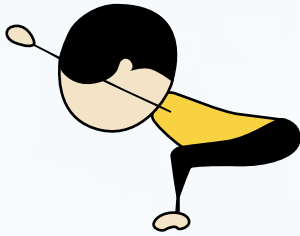


NAMAST'AY CALM

You already know that yoga can help you build strength and become more flexible, but did you know there's other benefits? Practicing yoga will leave you feeling happy, confident, and proud of what your body can do. NBA player LeBron James even practices yoga to stay at the top of his game. Put on your favorite playlist and try these moves!



CHAIR POSE

Sometimes known as "Fierce Pose" or "Powerful Pose", this is great for thigh and quadricep training. The longer you hold the pose, the more effective it will be.

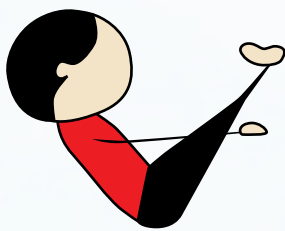
DIFFICULTY 3/5



LUNGE POSE

The Lunge Pose has several variations such as resting a knee or reaching to the sky with your arms. It improves balance, concentration and core strength.

DIFFICULTY 3/5



BOAT POSE

The Boat Pose is a position you hold in the shape of the letter "V." The main purpose is to strengthen your abdominal muscles.

DIFFICULTY 4/5



TREE POSE

Tree Pose is a modified standing position for developing balance and calming the mind. It strengthens a variety of muscle groups and improves your posture.

DIFFICULTY 4/5

Once you feel like you have these mastered, try teaching them to a friend!

Yoga pose cards provided by PaperZip.co.uk