

Alphabet Yoga

- Find a suitable space in the living room or garden.
- Grab something soft to place underneath you like a towel or blanket if you don't have a yoga mat.
- Start at the letter A and work your way through the alphabet. Try and hold each pose for between 15-20 seconds.
- Can you make your way through the entire alphabet?

Change and Challenge

- Increase the length of time holding each pose – try 25 – 30 seconds if you can manage.
- Try and spell your name using the alphabet poses – what animals are in your name?
- Did you find out what animals are in your name? - Great! Now, try finding out a fact about that animal and share it with your friends and family.

