Today, we are going to practice a few yoga poses. Are you ready?

Enjoy it!

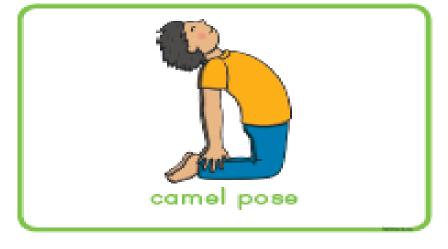
This is the link with the music that you need to put while you do the poses.

https://www.youtube.com/watch?v=5HrkXT5Bc
9E

*Try to repeat all the poses a few times.









Enjoy this video practicing yoga!©

https://www.youtube.com/watch?v=z2UQ5cVHjs