

# YOGA

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

Enjoy it! 😊

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

<https://www.youtube.com/watch?v=5HrkXT5Bc9E>

\*Try to repeat all the poses a few times.

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tree pose



cobra pose



camel pose



lion pose

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Enjoy this video  
practicing yoga!😊

<https://www.youtube.com/watch?v=z2UQ5-cVHjs>