

Wednesday 3<sup>rd</sup> February 2021

It's time to look after our body and our mind.

Everybody can benefit enormously from practising yoga. 🧘🧘

Yoga teaches us about how your body works and this can lay the foundation for well-being throughout your lives. To help us be the best person we can be, it is important to build self-esteem, self-awareness and strengthen our minds and bodies. The result is a stronger body, increased self-confidence and a calm mind. The stretching and relaxation aspects of yoga are a perfect way for everybody to begin enjoying movement and exercise, therefore yoga is the natural and easy way to balance mind and body. 🧠💪

Today, we want you (and your family) to have a go at this amazing yoga video to help you wind down and relax.

- 1) Change out of your pyjamas into something a bit more sporty (this is optional!)
- 2) Click on the following link: <https://youtu.be/X655B4ISakg> (the link is also saved on the picture too)
- 3) Watch the video and join in with the yoga moves. Try your best to fully relax whilst you do this and do each move to the best of your ability.
- 4) Send your teacher a picture 📷 of yourself in your best yoga pose. 🧘🧘
- 5) Enjoy the feeling of total and complete relaxation.

Are you up for another physical challenge? 💪🧘

If you're still wanting to burn off a bit of energy...click the link below for another short workout:

<https://www.youtube.com/watch?v=GCTg3Q70pzM>

We can't wait to see how you get on with these workouts. Enjoy and good luck.

REMEMBER: HEALTHY BODY, HEALTHY MIND. ❤️