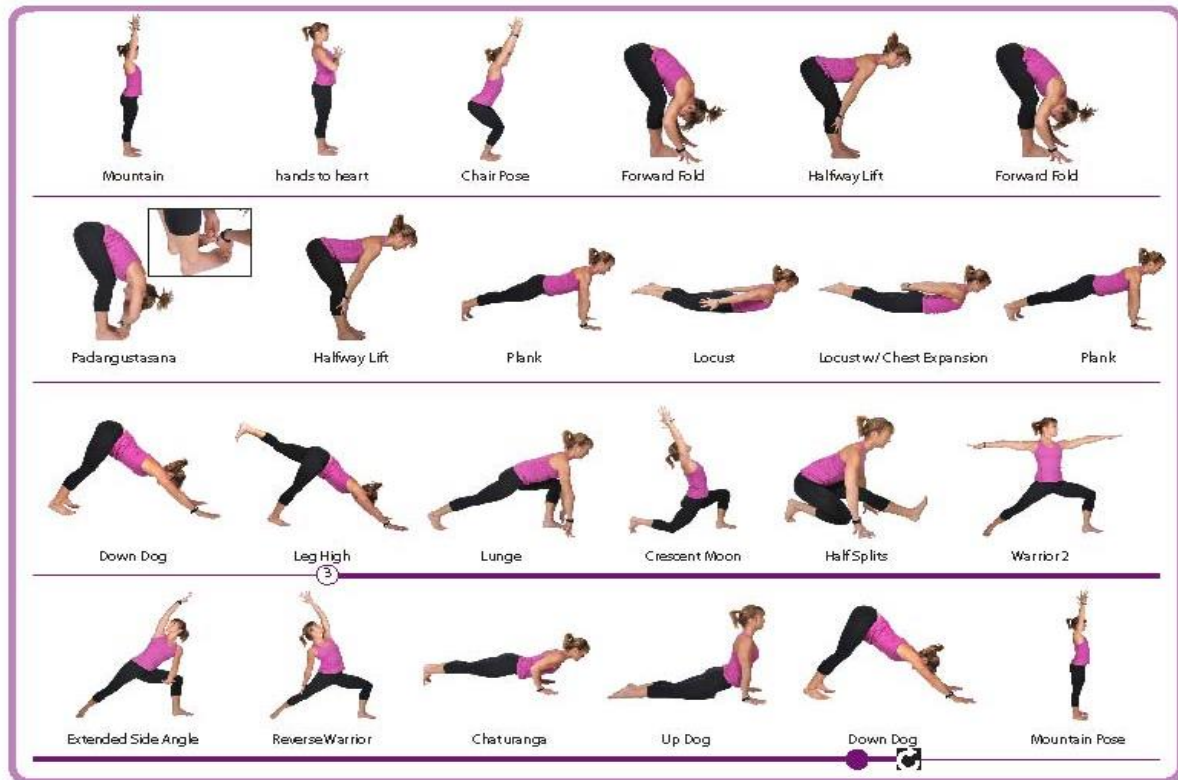


Team 2 Friday - Yoga exercises

Try holding these yoga poses.

If you like these poses below, try finding more on line.



You could use the website below.

Cosmic Kids Yoga

<https://www.youtube.com/user/CosmicKidsYoga>

Yoga, mindfulness and relaxation designed especially for children aged 3+. There is also an app that can be downloaded – they've just announced a 14 day free trial but you do have to cancel before the trial is up to ensure you don't get charged

(<https://www.cosmickids.com/>)