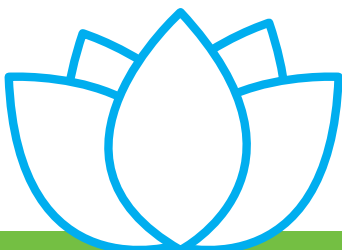


## Family Garden Yoga

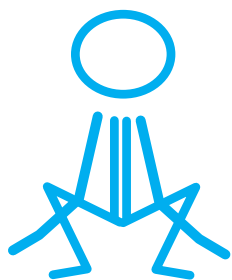
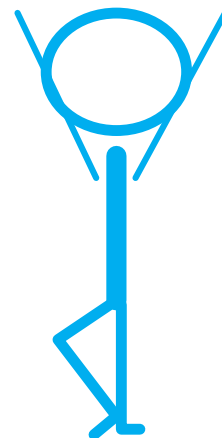
This summer why not spend some family time, connecting and grounding together. Do not worry if your family have never tried yoga before, use the guide below to support you.

Get everyone to stand in the garden, in their bare feet if they can. Feel the grass and earth beneath your feet. Take 3 slow deep breaths in and out. Try these poses.



## Pretend to be a tree

Tree Pose: Stand on one leg. Bend the other knee and place the sole of your foot on your inner thigh. Sway like a tree in the breeze. Now try the other side. This pose helps us feel strong and stable.

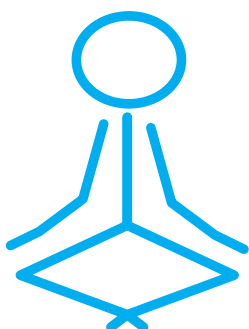


## Pretend to be a frog

Squat Pose: Come down to a squat with your knees apart and arms resting between your knees. Touch your hands to the ground. Jump like a frog. This helps us release energy.

## Pretend to be a seed

Child's Pose: Sit back on your heels and bring your forehead down to rest on the floor. Pretend to be a seed in the garden. Helping to relax and let go.



## Pretend to be a butterfly

Cobbler's Pose: Sit on your buttocks with a tall spine. Bend your legs with the soles of your feet together. Flap your legs like the wings of a butterfly. Making us feel gentle and light.

## Pretend to be a flower

Flower Pose: Sit on the grass. Lift your bent legs, balancing on your sitting bones. Weave your arms under your legs, palms up. Pretend to be a flower in bloom. Supporting our strength and help us blossom.

