

# MYSTICAL MOVES!

Bend, breathe  
and believe...

Don't worry if  
you can't manage  
all of these moves.  
Just do what feels  
comfortable.



## Cray cobra

Lay flat on your belly and stretch out your legs. Put both hands on the floor by your shoulders and push up your weight, stretching out the top half of your body. Remember chin up, cherub!

## Great for balance

Lay on your belly and bend your legs so your feet are facing the sky. Then lift up your chest and head, reach your arms behind your body and grab your feet.



Let's  
rock!



## Stargazing stretch

Put one foot in front of the other and lean into a deep lunge. Raise your arms up to the sky and reach for the stars! Now swap and do the same on the other leg.



## Fancy flamingo

Lift one leg up and out to the side and hold your foot. To help find your balance, stretch out your other arm.

## Peaceful pose

Sit on the floor and cross your legs. Making sure your spine is straight, bring your hands into your chest and lightly press them together. Inhale through your nose for four seconds, hold it for seven seconds, then exhale through your mouth for eight seconds.



Namaste!



## Rainbow bridge

Lie on your back. Bend your knees, putting your feet flat on the floor. Place both hands either side of your head - with your elbows pointing towards the sky and push your weight upwards. Ta-da!

Gentle exercises like these help focus on the moment and clear your head of any worries.

