

# Yoga and relaxation

## worksheet

1. Use these words to give instructions for a yoga pose.

Stand up straight.

Breathe in. Breathe out.

Put	your	left/right leg	on	your ...
		legs	above	you.
Stretch	your	left/right arm	behind	
		arms	in front of	
Bend	your	left/right foot	under	you.
		feet	to the left.	
Straighten	your	left/right hand	to the right.	you.
		hands	forwards.	
Turn	your	left/right knee	backwards.	you.
		knees	up.	
Shake	your	left/right thigh	down.	you.
		thighs	together.	
		head	apart.	
		body		

2. Write instructions for the \_\_\_\_\_ pose.

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