



Key Knowledge and Skills:



Namaste

Legs crossed, back straight, hands resting on knees with palms facing upwards. Touch the index finger and thumb together.

Monkey Poses:

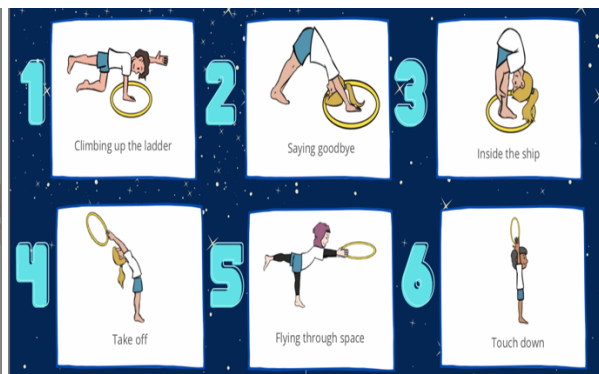
- Reaching monkey
- Balancing monkey
- Lying down monkey
- Sitting monkey



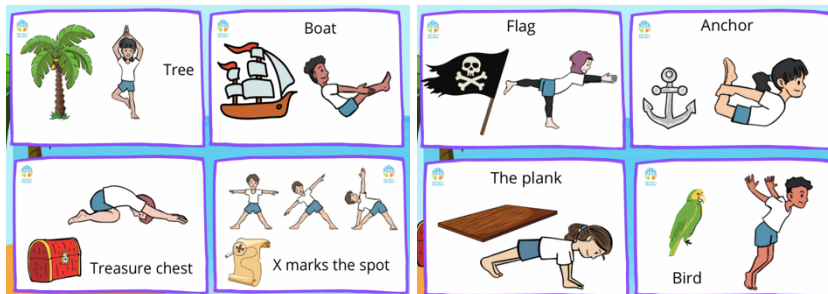
Circus Poses:



Space Flow:



Pirate Poses:



Key Vocabulary

Vocabulary	Definition
Yoga	A spiritual exercise that is for the mind and body. It can help to build strength and flexibility and make us feel good.
Namaste	A respectful greeting said at the start and end when doing yoga.
Posture	The position in which someone holds their body when standing or sitting.
Balance	When you are in a steady position.
Inhale	Breathing in through your nose.
Exhale	Breathing out through your mouth.
Mindfulness	Paying full attention to something. It means slowing down to really notice what you're doing.
Flexibility	When you are able to bend your body in different positions easily.
Strength	Being able to excel at using your body weight to make you stronger and increase muscle tone.
Pose	A way of standing or sitting when in a still position.
Flow	A series of poses put together to create a sequence.

Remember to:

- Breathe as you hold each yoga pose
- Stretch a little further each breath
- Focus on something still and squeeze your muscles