

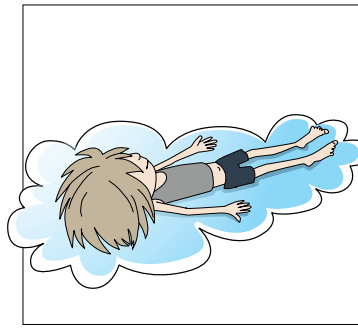
I'm strong:

Try these yoga poses to help you feel strong so you're ready for the day's challenges!

Hold each pose for 5 breaths.

Parental supervision is advised at all times during which children attempt to recreate the poses contained within. For more info, please visit:

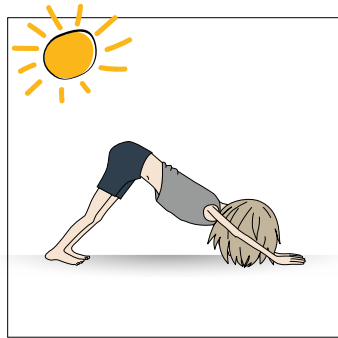
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To be strong, be still first.

To start lie on your back and close your eyes. Lie as still as you can and relax your whole body. Imagine you're resting on a fluffy cloud and floating along. Can you feel the gentle breeze? Breathe deeply and slowly through your nose. This pose will relax you.

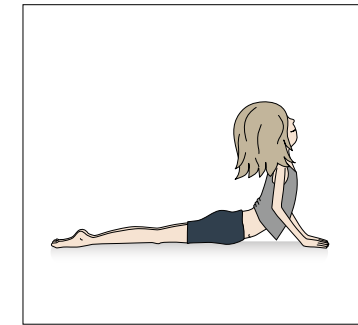
1) Corpse pose



Wake up body.

Come onto your hands and knees and lift your bottom up to the sun. Push your hands down into the mat and straighten your legs. Your back is long and straight. This pose helps to make your arms and shoulders strong.

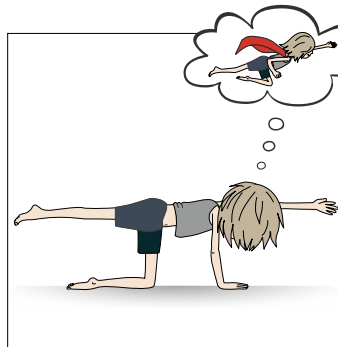
2) Downdog pose



Look up to the sky.

Lie on your tummy. Place your hands underneath your shoulders and as you breathe in, push the floor away and gently lift your upper body. Drop your shoulders away from your ears, puff up your chest area and lift your chin. Look up to the sky. This pose helps to strengthen your back.

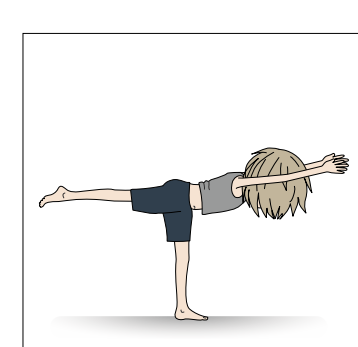
3) Cobra pose



Imagine what it would be like flying through the air like Superman! Get ready for lift off.

Come onto all fours. Lift your left arm and your right leg, look straight down. Slowly count to five, then switch to the other side, lifting your right arm and left leg. This pose helps to make your tummy strong.

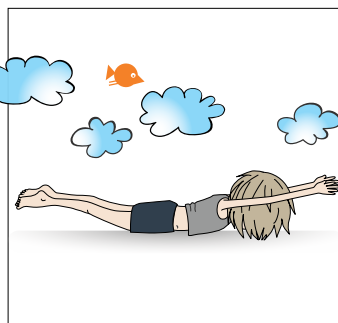
4) 'Balancing the cat' pose



Picture yourself flying through the air, look down and see how small earth looks.

Balance on your right leg, lift your left leg up and reach your arms forward, count slowly to 5, then change to the other leg. This pose helps making your ankles and legs strong.

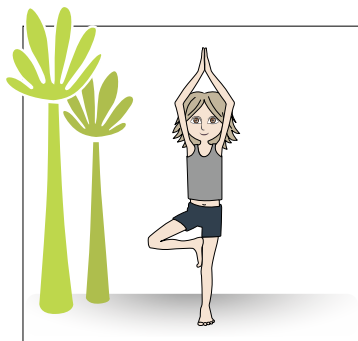
5) Warrior III / airplane pose



Like Superman, imagine dipping and diving through clouds.

Lie on your tummy, then lift your chest and your legs off the floor. Reach out your arms and legs and lengthen your whole body. This pose helps to strengthen your back, bottom and the backs of your arms and legs.

6) Locust pose



Imagine landing back on earth, stand up and be still like a tree.

Stand up tall, then lift your right leg up and place the bottom of your foot on the inside of your left leg, as close to the top of the leg as you can. Bring your arms up over your head and press your palms together. Change to the other leg and repeat. This pose helps strengthening your legs, ankles and feet.

7) Tree pose



Lie on your back with your eyes closed. Open your arms and legs a little and turn your palms up. Relax your whole body. Try very hard to hold completely still and do absolutely nothing but listen to the sound of your breath. Relax completely in this pose for about 5 minutes. Repeat in your mind 3 times: I am strong, I am strong, I am strong.

8) Corpse pose

