

# WR Sports PE

## YOGA POSE BALANCES

Find us on YouTube for extra help- WR SPORTS LTD

Each balance/ pose should be held 5 -10 seconds.

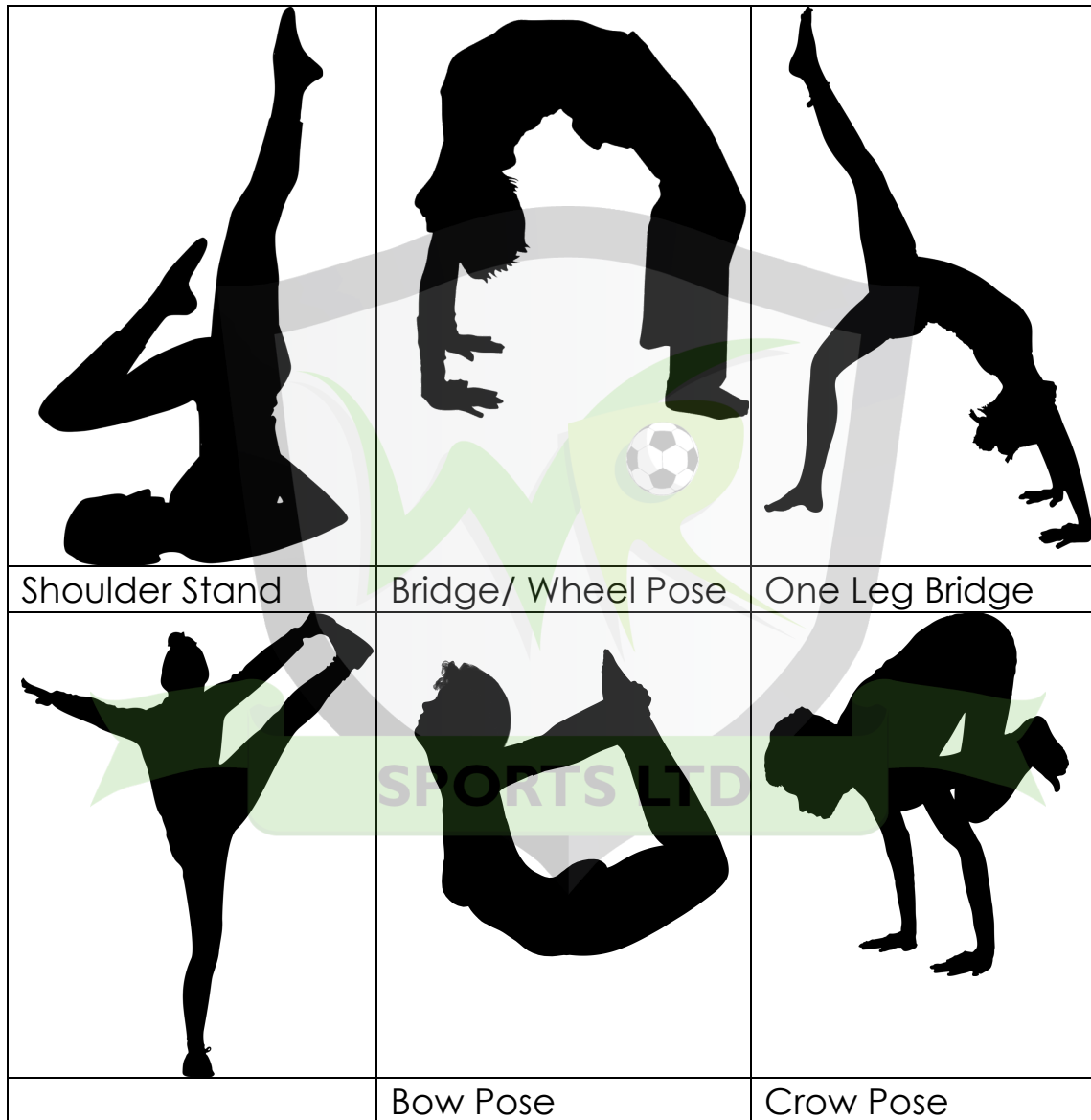
Find a clear open safe space- Living room floor, garden.  
– If you have a yoga mat, or a soft rug/carpet use it incase you fall.



Can you repeat each one 3 times?

## EXTRA CHALLENGE!!!

If those were too easy give these a try! Remember to do so safely and under grown-up supervision.



How did you get on?