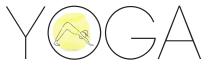
SUMMER



BINGO

Take 3 slow & full BREATHS

How many letters
can you shape
your body into?

FLY LIKE A
BIRD.
BE A TREE
FOR THE
BIRD TO
REST IN.

HOW MANY
"WARRIOR" POSES
IS THERE?
GOOGLE IF
UNSURE. ACT
THEM OUT.

Draw or paint your favorite yoga pose. Why that one, how does it make you feel?

RELAX!
SIT QUIETLY IN THE
NATURE AND JUST
OBSERVE.

MOVE THROUGH
3
SUN SALUTATIONS

Visit
youngyogis.com.
au, get the free
yoga class & do it
with the family

Do as many yoga poses with ANIMAL "names" as you can Find out what the sanskrit word 'DRISTI'

Find a partner. Give them a massage and then swap over! Say thanks & hug. Sound out 3 OM's Hands together at your heart.