

# Yoga and relaxation

## worksheet

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

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

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

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