

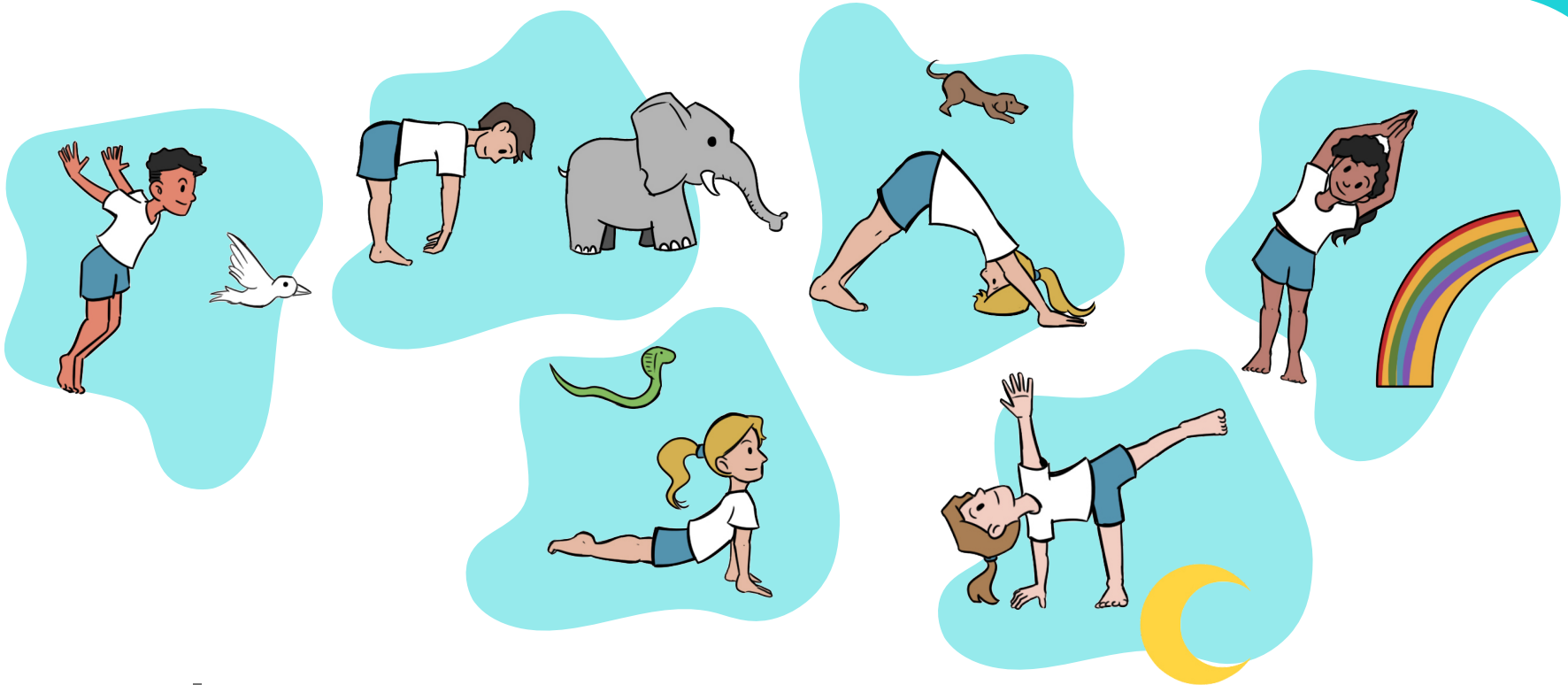
Your Flow



Get Set 4
Education

What you need: a flat space

Yoga poses often take inspiration from animals and nature. Like the ones here:



How to play:

- Look around in nature or think of animals that could inspire your poses.
- Create a yoga flow (sequence) by linking 5–6 of poses together.
- You could also use the poses shown above.

Remember to move slowly and breathe deeply.