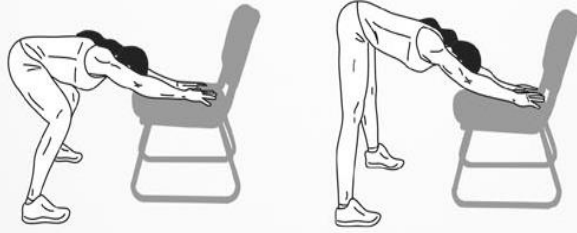


Physical Activity: Chair Yoga

Parent and child find a chair:

1. Yoga Breathing: stand next to the chair. Inhale deeply. Hold it for 2 seconds and the exhale naturally.
2. Stretch and keep the yoga positions for 20 seconds each. Keep breathing constantly.
3. Do not do any of the Yoga postures that make you feel uncomfortable or pain.





bent downward-facing dog - into - downward-facing dog



seated twist



camel pose



forward fold