

Standard 1 Learning Target 3

YOGA



Bhujangasana

This pose can help stretch out your back.



Vrikshasana

This pose is also referred to as a tree pose. This is to keep your mind and body balanced.



Baddha Koṇāsana

This pose can help with groin and knee pain.



Dandasana

This pose is a basic alignment pose for yoga.



Makarasana

This pose is one of the most powerful and relaxing pose in yoga.