

Challenge Card 12

Equipment



Sporting Challenge

See if you can hold a yoga pose for 10 seconds

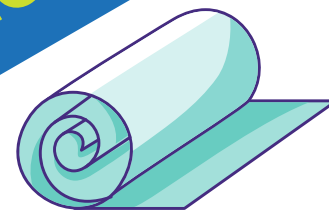
Additional Challenge

Try creating your own yoga pose or trying the ones on the video on each leg for 10 seconds or longer

Teaching points

- Try looking at one spot to help keep your balance.
- Squeeze all your muscles really tight to help keep your balance

Health Challenge



Can you complete today's yoga challenge

[Watch the video here](#)

Charity number: 1175899



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