



ALPHABET YOGA

A B C D E
F G H I J
K L M N O
P Q R S T
U V W X Y
Z

All you need for this challenge is a small space, your body and your imagination! Can you hold your body in a pose to look like each letter of the alphabet? Start with A and then B, C, D and so on. Try and hold each shape for 5 seconds before going onto the next letter. Can you complete the alphabet?

INCREASE THE DIFFICULTY – can you transition smoothly between each letter shape?