

Connecting our community with activities.

PROJECT: 110

Bend Your Body

DETAILS:

Try to take 6 big breaths while you hold each pose.

Big breath in, big breath out.

After you try each, color the pose and teach someone in your family how to do it.

Be kind, have fun!

YOU'LL NEED:

Open Space

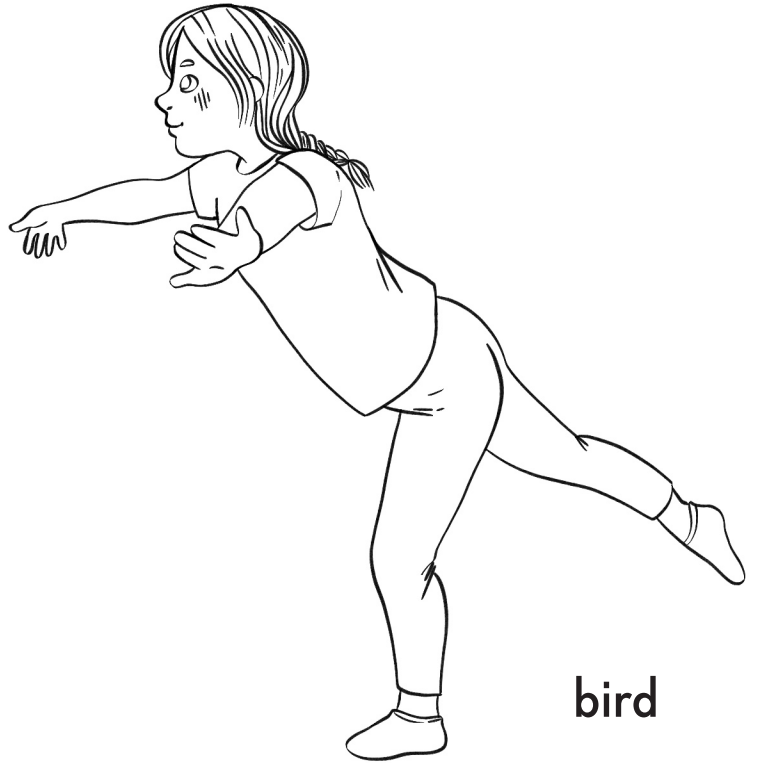
CONNECTING WITH:



www.bendcville.com
[@bendyogacharlotteville](https://www.instagram.com/bendyogacharlotteville)



easy pose



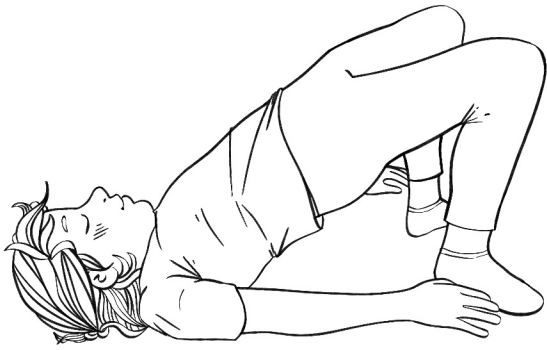
bird



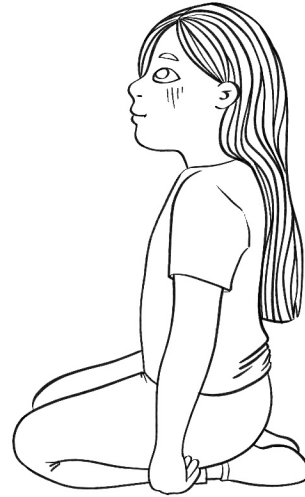
bat



down dog



bridge



thunderbolt



tree



frog



child's pose