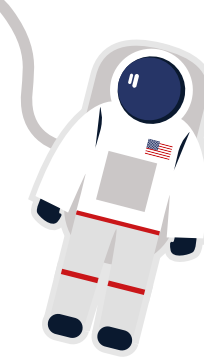


SPACE YOGA

Yoga is a great way to exercise and relax.
Why not try out this series of space inspired poses?



STAR

Stand with your hands and feet spread apart diagonally, creating a star shape.



SHOOTING STAR

Stand on one leg, lean forward a little bit, stick your opposite leg out straight and stick both arms out to the side.



CRESCENT MOON

Keeping both feet together, stretch your arms above your head with palms together. Lean over slightly sideways, creating a crescent moon shape.



SUN

Stand up straight with your feet together and place your arms straight out forming a cross shape.



EARTH

Stand with your feet shoulder width apart and stretch your arms above your head placing the palms of your hands together.



HALF MOON

Stand with your feet together and one arm by your side. Place your other arm above your head, curved to make a 'C' shape.



ASTEROID

Curl into a ball on the floor by having your chest face the floor, with your arms and knees tucked tightly to your side.



ROCKET

Stand on one foot and lift your other leg resting your foot on your knee. Stretch both arms above your head with palms of your hands together.