We would love to see you all being active and improving your physical skills, keep us updated (via Twitter) with your efforts using the 
#StayInWorkout and tag @ThinkActiveCSW

Yoga Flow

- Find yourself a mat, or a space with soft flooring big enough to allow you to stretch out your arms and legs.
- There are 5 yoga poses shown in the diagrams below, listed 1-5. Read the instructions, and hold each pose for 5 seconds one after the other to create a ‘flow’
- When doing each pose, you should not be in any pain.

1. **Warrior II Pose - Virabhadrasana II**
   - **Benefits**: Strengthens and stretches legs and core; stretches chest and shoulders; relieves backaches.
   - **Steps**:
     1. Stand with your feet wide apart. Turn your left foot in and your right foot out 90°.
     2. Inhale, and lift your arms parallel to floor.
     3. Exhale and bend your right knee. Be careful not to extend your knee past the 90° point with your ankle.
     4. Keep your torso tall, turn your head, and look out over your fingertips.
     5. Inhale, straighten your legs and lower your arms. Repeat on opposite side.

2. **Chair Pose - Utkatasana**
   - **Benefits**: Strengthens legs, stretches shoulders and chest.
   - **Steps**:
     1. Start in mountain pose.
     2. Exhale, and bend your knees as if you were sitting in a chair.
     3. Reach your arms towards the ceiling, with your palms facing each other.
     4. Hold this pose and breathe.
Why not try some of these fantastic yoga resources at home

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