

Optional online Yoga and Relaxation session

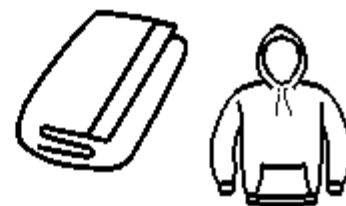
Materials you will need:



Non slip mat or dry towel on a non slip surface



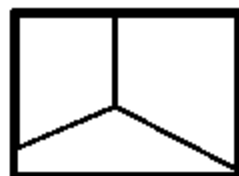
Comfortable PE clothes



Blanket or hoodie for relaxation



Socks for relaxation



Enough space in your room for yoga postures