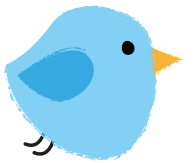


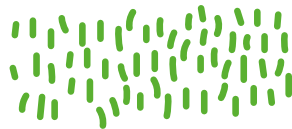
# Super stretchy

## Outdoor yoga!

Bits & bobs you need



some space to stretch



See if you are as bendy as a banana with BEAR's favourite yoga poses

1

Touch your nose with your toes! Can't smell your feet? Stretch more!



2

Toffee Twist! Twist all of your limbs around each other, hold still and count to 5



3

The Armpit Sniff! Bend to the side and take a big whiff!



4

Rubber band bend! Put both hands under your chin and put your elbows as high as you can



Remember to breathe deeply when doing yoga

BEAR's Outdoor Alphabet  
bearnibbles.co.uk

