



# Banana Yoga Pose

Stand tall with your feet firm on the ground.

Stretch your arms high over your head and bring the palms of your hands together.

Tilt your upper body to one side. Take a deep breath in through your nose and exhale through your mouth.

Return to the centre.

Tilt your upper body the other way and take a deep breath.

Return to the centre.

How did this make your body feel?

