

Yoga Flashcards

Learning objective: To understand the basics of yoga and its benefits

Flashcards for Year 4 learners working at the expected standard.

What does yoga help us achieve?

What is a common yoga pose that helps us stretch?

What is one of the main benefits of yoga for our minds?

What do we need to do to breathe properly in yoga?

Why is it helpful to practice yoga regularly?

What is a good time to practice yoga?

What do we call the ability to stand on one leg in yoga?