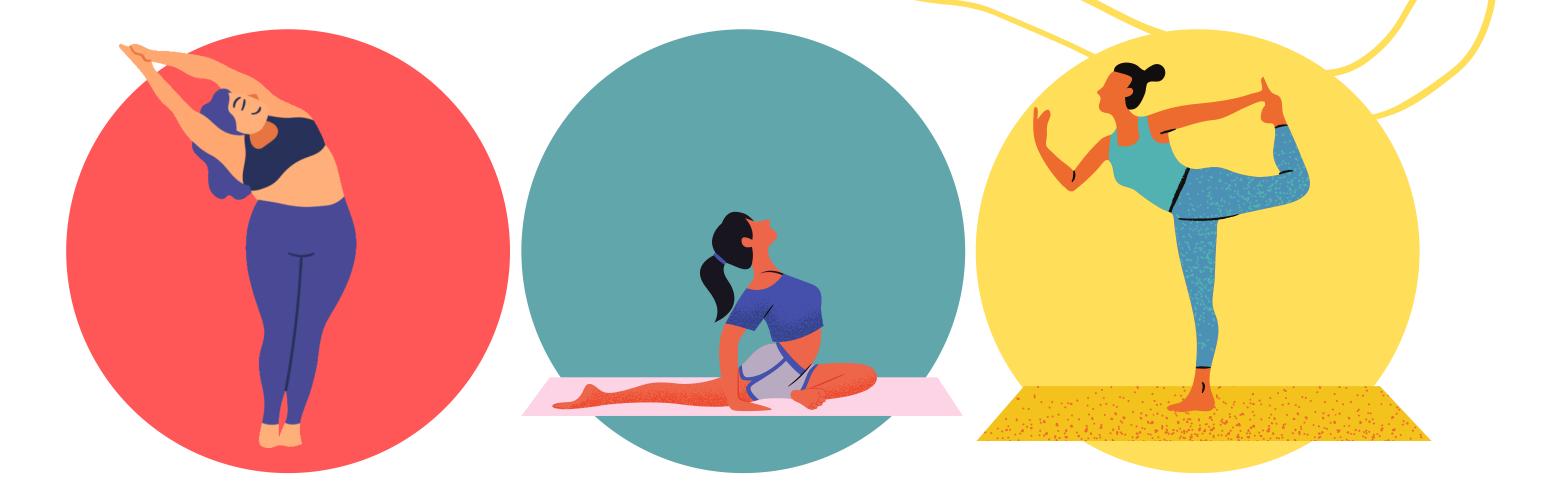
## WHATTIME IS IT?

Yoga has long been used as a means of de-stressing, both mentally and physically. For this exercise, hold each of the positions below for 30 seconds, and repeat the cycle 2-3 times! Make sure to monitor your breathing!





**Oxfordshire Discovery College**