MULA'S YOGA POSES

Now it's your turn! Follow these steps to practice Mula's yoga poses. Remember to breathe!



CHILD'S POSE

Start by kneeling on the ground, sitting on your heels. Place your forehead on the ground. Stretch your arms out in front of you.



DOWNWARD DOG

Start on your hands and knees. Press your hands into the ground, push from your feet and lift your hips into the air.



CRESCENT LUNGE

Start in Downward Dog. Step your right foot between your hands, and lower your back knee to the ground. Raise your hands and look up at the sky.





‘Missed me again,’ said the Fly calmly.
‘You need to focus on your breathing.’

Mula was so annoyed that she let out a giant huff of air.

‘Excellent!’ said the Fly.





‘Now lift your arm and try to swat me here.’

‘Now try and catch me over here.’





‘Now try to kick me over here.’

‘Wow,’ said the Fly. ‘Your yoga is quite impressive.’

Mula was confused. ‘My what?’ she asked.

‘Your yoga.’

