

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.

CRESCENT LUNGE

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.

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.



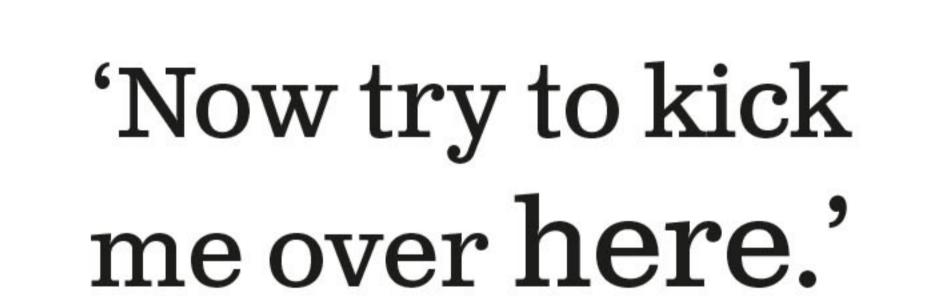
'Missed me again,' said the Fly calmly. 'You need to focus on your breathing.'

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.'



'Wow,' said the Fly. 'Your yoga is quite impressive.'

Mula was confused. 'My what?' she asked.

Your yoga.