

# Canal and River Yoga



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# Introduction

Yoga improves balance and strength and is a great way to relax.

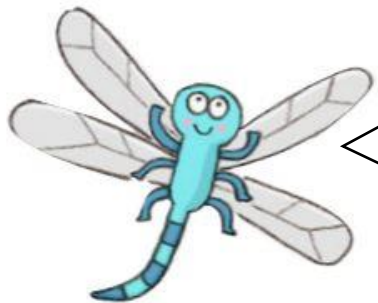
Click the illustration on each page to watch a Cosmic Kids Yoga YouTube video of the yoga pose.

Always take care when trying a new yoga pose and have adult supervision.



# Bridge Pose

Bridge pose helps to stretch your spine, chest, shoulders, and hips.

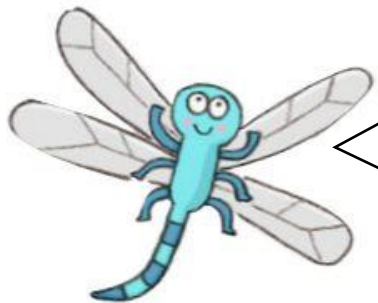


In 1874 a boat carrying gunpowder exploded under Macclesfield Bridge in Regent's Park. The explosion was so loud that it was heard all over London!



# Frog Pose

Frog pose helps to strengthen your legs and improve flexibility.

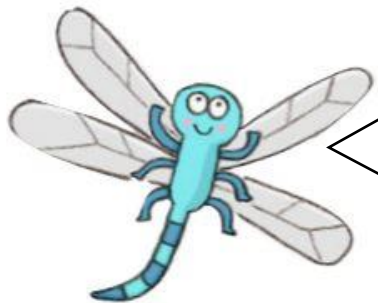


Some frogs can jump over 20 times their own body length; that is like a human jumping 30m.



# Boat Pose

Boat pose is really good for giving you a strong core – that's your back and tummy muscles.

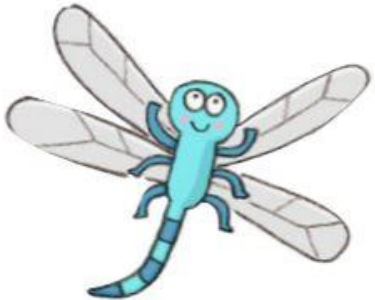


The speed limit on most canals is 4 miles per hour this makes boating a great way to slow down and relax.

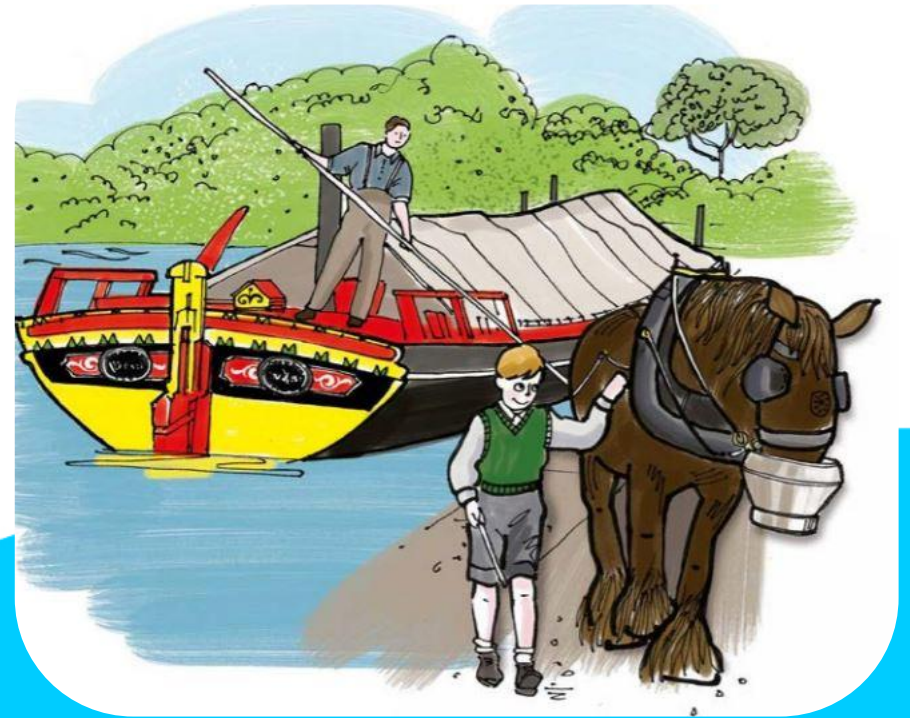


# Horse Pose

Horse pose is good for strengthening your core, legs and shoulders.

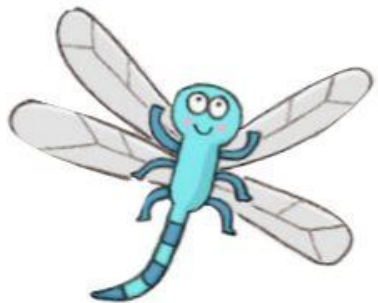


Canals were built as transport routes. Horse drawn boats delivered goods, like lorries and trains do today.



# Fish Pose

Fish pose is really good for giving the front of your body a big stretch.

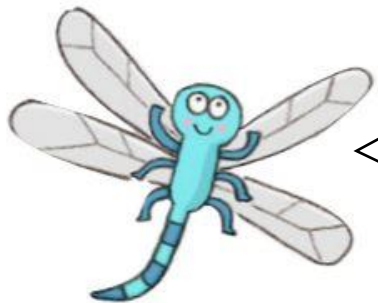


Pike have mouths filled with long, sharp teeth, their eyes are a bright yellow and they can grow up to 150cm long.



# Spider Pose

Spider pose is great for strengthening your arms and opening your hips.

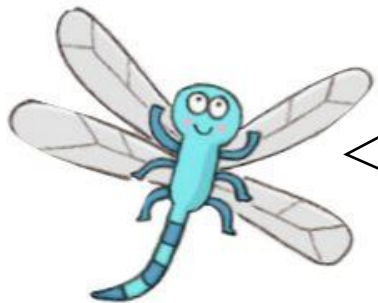


For a tasty treat  
try our recipe  
for chocolate  
spiders, yum!



# Butterfly Pose

Butterfly pose is very good for opening your hips and stretching your inner thighs.

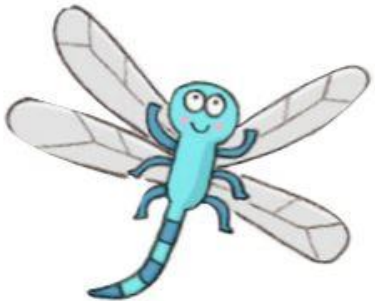


Did you know?  
Butterflies taste  
with their feet!

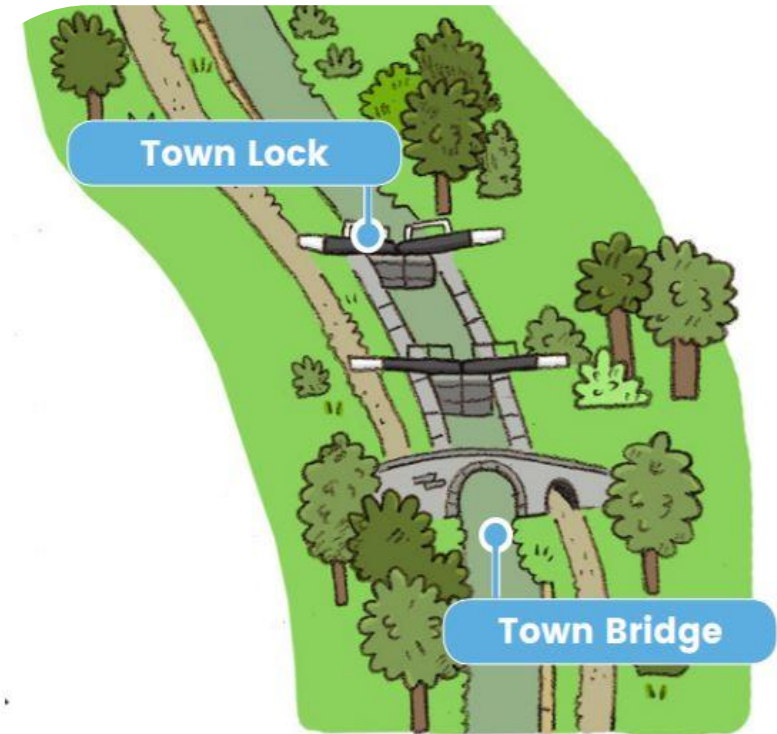


# Tree Pose

Tree Pose is great for stretching your sides and practising your balance.

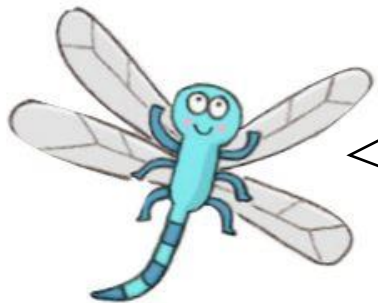


We have around one million trees growing along our canals and rivers which provide wildlife habitats and beautiful places for people to relax.



# Dragonfly Pose

Dragonfly pose is very good for strengthening your back and stretching your hips.



Dragonflies have been around for over 300 million years. That's before dinosaurs!

