

# February's Top Yoga Tips



Pose of the month:  
Warrior 1



Keep strong & focused

Eat nourishing  
warm food



Reflect on  
your health  
and yoga  
practice this  
year

Be grateful, find 3  
positives from  
lockdown



Meditate on  
the soothing  
\* calming,  
quality of  
cold

Show racism  
the red card  
day: wear red  
to do yoga on  
the 26th

Keep the  
circulation  
moving with  
an active  
practice

The future depends  
on what we do in  
the present  
Mahatma Ghandi

Watch  
for signs  
of spring  
in the  
earth,  
plants  
and birds



Yoga  
Challenge:  
Do Warrior 1  
in your  
favourite ice or  
snow scene ❄️

Share the  
love with all  
on  
Valentine's  
Day

