



# Us Plus Mental Health & Wellbeing Bulletin 23

Hello everyone,

As you all know looking after your mental health is as important as looking after your physical health. We have been a bit limited in how we can exercise during lockdown so I've included some wildlife yoga in this week's bulletin. Yoga is really good for helping you to exercise your body and relax your mind! Give it a try!

Mrs Taylor

Remember that you can contact the TIS team at Penrice if you need to discuss any worries or anxieties you might be feeling at this time. You can do this by emailing me at

[ktaylor@penrice.org.uk](mailto:ktaylor@penrice.org.uk)



## How to do wildlife yoga



You will need

- Some indoor or outdoor space
- A yoga mat (ideally)

What to do

You can make your yoga session a bit more 'wild' by trying out some of our wildlife poses!

Make sure to warm up and stretch properly when starting yoga, and always be careful to give yourself plenty of space.

Butterfly



Fox



Pine marten



Frog



Snail



Starfish



Heron



Adder



[www.wildlifewatch.org.uk](http://www.wildlifewatch.org.uk)