



**RotherHive**

Mental Health and Wellbeing Information, Support  
and Advice for people in Rotherham



Wide Legged *Forward Bend*



*Triangle Pose*



*Elbow Plank*



*Deep Lunge*



*Pigeon Pose*



*Upward Dog*



*Garland Pose*

*After*  
**WAKE UP**  
YOGA POSES