

Yoga #2

Tree pose



You are a big strong tree, standing tall and proud, stretching high into the sky and your roots connecting deep into the ground beneath you.

Benefits

Stretches out your legs, back and neck and strengthens your bones. Helps you to feel grounded and connected. It teaches you patience, improves your balance and helps to calm and relax the mind.





How to do it safely.

- Find a clear space where you are not going to bump into anything and on a non-slip surface
 - Take off your socks and shoes
 - Stand with your feet hip width apart with your arms out wide like the branches of a tree
 - Imagine the wind is blowing and take a few deep breaths in and out
 - Rock back and forth and side to side with both feet on the ground testing your balance
 - Twist your body one way and then the other with your feet still firmly on the ground
- Try to lift your foot off the ground and rest it on your calf

Spring greens

How many different shades of **green** can you find close to your home?

You could:

-  Collect leaves and grasses of different shapes and shades of green to create some natural art
-  Order your different greens from light to dark
-  Make some careful leaf drawings
-  Identify the different plants using books or the internet



Did you know?

Nettles are full of magnesium, iron and calcium. Nettles support more than 40 different types of insect. Butterflies love them!

Nettles can be used to make tea, as a substitute for spinach in cooking, for dyes and can even be used to make string and fabric.

Nettle soup

When picking nettles use rubber gloves and make sure to cover arms and legs. Pick young, bright green leaves and do not pick nettles that are flowering. Wash well.

- 1 tbsp olive oil
- 1 onion chopped
- 1 carrot diced
- 1 leek washed and finely sliced
- 1 large floury potato thinly sliced
- 1l vegetable stock
- 400g stinging nettles, washed, leaves picked
- 50g butter diced
- 50ml double cream (optional)



1. Heat the oil in a large saucepan over a medium heat. Add the onion, carrot, leek and potato, and cook for 10 mins until the vegetables start to soften. Add the stock and cook for a further 10-15 mins until the potato is soft.
2. Add the nettle leaves, simmer for 1 min to wilt, then blend the soup. Season to taste, then stir in the butter and cream. Serve with crusty bread. Yum!

Lots more leaf and tree ideas coming soon!
We'd love to see your creations- share via email or to our Facebook page

