



RECREATION AT HOME

Yoga and Workout for Skiers and Snowboarders

Keep fit in the off season with these great videos for Yoga for Snowboarders and a great workout with professional skier Crystal Wright.

Time to complete: 40mins+ per video

Age group: 16yrs+

Directions:

- Watch the videos and follow along to the instructions.
- Enjoy!

Resources

Yoga for Snowboarders: <https://www.youtube.com/watch?v=HAMuV4xJuHQ>

Workout for Skiers: <https://www.youtube.com/watch?v=GLWw2YvwMJ0>

