Yoga is a great way to exercise and relax. Why not try out this series of space inspired poses?

**STAR**
Stand with your hands and feet spread apart diagonally, creating a star shape.

**EARTH**
Stand with your feet shoulder width apart and stretch your arms above your head placing the palms of your hands together.

**HALF MOON**
Stand with your feet together and one arm by your side. Place your other arm above your head, curved to make a 'C' shape.

**ASTEROID**
Curl into a ball on the floor by having your chest face the floor, with your arms and knees tucked tightly to your side.

**ROCKET**
Stand on one foot and lift your other leg resting your foot on your knee. Stretch both arms above your head with palms of your hands together.

**SHOOTING STAR**
Stand on one leg, lean forward a little bit, stick your opposite leg out straight and stick both arms out to the side.

**CRESCENT MOON**
Keeping both feet together, stretch your arms above your head with palms together. Lean over slightly sideways, creating a crescent moon shape.

**SUN**
Stand up straight with your feet together and place your arms straight out forming a cross shape.