

CHILD'S POSE

- 1 Sit comfortably on heels with knees hip-width apart.
- 2 Bend at waist, bring torso forward, and lower chest to knees.
- 3 Rest forehead and extend arms on floor overhead.
- 4 Hold and breathe for 5 seconds.



DOWNWARD DOG

- 1 Begin on all fours with hands under shoulders, knees under hips.
- 2 Walk hands forward slightly, press into mat.
- 3 Use hands, feet, and core to bring body into an inverted "V" shape.
- 4 Hold and breathe for 5 seconds.



MOUNTAIN

- 1 Stand straight with feet hip-width apart, shoulders relaxed, equal weight on each foot, and arms lowered at sides. Chin parallel to floor.
- 2 Take a deep breath and lift hands overhead, palms facing in with arms straight.
- 4 Hold and breathe for 5 seconds.



BRIDGE

- 1 Lie faceup on floor, knees bent.
- 2 Place arms at sides. Exhale, then press feet into floor and lift hips until thighs are parallel to floor.
- 3 Hold and breathe for 15 seconds.



TRIANGLE

- 1 Stand with feet wider than shoulder-width apart, toes on right foot pointing forward, left foot turned out slightly.
- 2 Extend arms out to sides. Bend to left side at waist, place left hand as low as possible on left leg. Extend right arm toward ceiling.
- 3 Look up at right hand. Hold and breathe for 5 seconds.
- 4 Repeat on opposite side.



COBRA

- 1 Lie facedown on the floor, hands directly under shoulders.
- 2 Extend arms and lift upper body. Keep shoulders down and chest up.
- 3 Tighten glutes and push hips down. Hold and breathe for 5 seconds.



WARRIOR II

- 1 Stand with feet wider than shoulder-width apart, toes on right foot pointing forward, left foot turned out slightly.
- 2 Extend arms out to sides, palms facing down.
- 3 Bend left knee until it's directly over ankle, look down the length of left arm. Hold and breathe for 5 seconds.
- 4 Repeat on opposite side.



TREE

- 1 Stand with arms at sides.
- 2 Keep hips facing forward. Put all weight onto left leg, bend right knee, and place bottom of right foot on inside of left thigh.
- 3 Once balanced, raise arms with palms facing in.
- 4 Hold and breathe for 15 seconds.
- 5 Repeat on opposite side.

