

# Yoga Poses



# Mountain Pose

## Tadasana

### Benefits

**Improves posture, strengthens core muscles and legs.**



- 1 Stand tall with your weight balanced evenly on your feet.**
- 2 Firm your thigh muscles and pull in your tummy.**
- 3 Press your shoulders back and hang your arms beside your torso.**
- 4 Breathe deeply and hold as long as needed (at least two breaths).**

# Chair Pose

## Utkataasana

Benefits

**Strengthens legs, stretches shoulders and chest.**



- 1 Start in mountain pose. (Standing with your feet shoulder width apart and arms by your side).**
- 2 Exhale, and bend your knees as if you were sitting in a chair.**
- 3 Reach your arms towards the ceiling with your palms facing each other.**
- 4 Hold this pose and breathe.**



# Tree Pose

## Vrikshasana

### Benefits

**Improves balance, strengthens thighs, calves and ankles, stretches legs and chest, develops concentration.**



**1**

**Begin in mountain pose. (Feet shoulder-width apart, hands at your sides.)**

**2**

**Lift your right foot, turning your knee out; place your foot on your leg wherever feels comfortable.**

**3**

**Press your hands together.**

**4**

**Raise your arms over your head and look up to your hands if possible.**

**5**

**Return hands to your chest and lower your right leg.**

**6**

**Repeat with left leg.**

# Rainbow Pose



## Benefits

**Stretches arms, abdominals, spine and chest; calms the mind.**

- 1 Start on your knees. Raise both hands over your head.**
- 2 Drop one hand by your side, exhale and arch your arm over your body.**
- 3 Hold this position.**
- 4 As you bring your dropped arm back over your head, straighten your body.**
- 5 Repeat on the other side.**

# Elephant Pose



## Benefits

**Stretches legs and back, relieves stress and calms the mind.**

- 1 Bend at the hips.**
- 2 Let arms hang low then clasp fingers together.**
- 3 Swing arms from side to side like a trunk. Swing your whole body from side to side to walk like an elephant.**



# Cobra Pose

## Bhujangasana

### Benefits

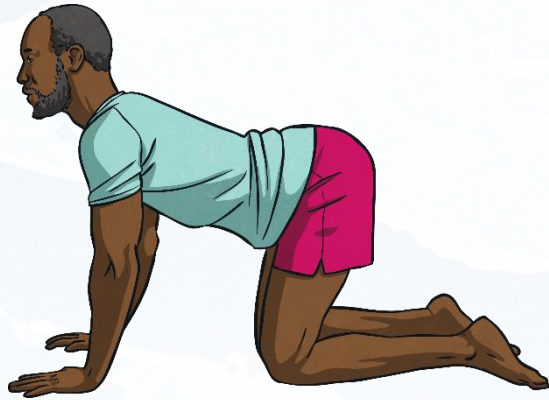
**Strengthens spine, backs of arms and legs; stretches shoulders, chest and belly, improves posture, helps relieve stress.**



- 1** Begin by lying on your tummy.
- 2** While exhaling, lift your head and upper torso off the floor.
- 3** Gaze forward or slightly upward.
- 4** Hold this position, then release.

# Cat Cow Pose

## Marjaryasana Bitilasana



### Benefits

**Stretches torso and neck, gently massages spine and internal organs.**

**Start by kneeling on hands and knees. Make sure hands are below your shoulders and your knees below your hips.**

**1**

**2**

**Inhale and look up to the ceiling, allow your belly to sink toward the floor.**

**3**

**Exhale and round your back towards the ceiling and look at your belly.**

**4**

**Repeat.**



# Lion Pose

## Simhasana

### Benefits

**Stretches hips, thighs and ankles; calms the mind, relieves stress and fatigue.**



- 1 Start on your knees, then sit back onto your heels.**
- 2 Spread your fingers out and press your palms onto your knees.**
- 3 Take a deep breath in through your nose.**
- 4 Open your mouth, stretch out your tongue, open your eyes wide and let your breath out through your mouth.**
- 5**

**Repeat a few times.**

# Butterfly Pose

## Baddha Konasana

### Benefits

**Calms the body and mind, helps relieve stress, headaches and fatigue.**

- 1** Begin by sitting with the soles of your feet together.
- 2** Wrap your hands around your feet, keep your back straight.
- 3** Gently bounce your knees to flap your butterfly wings.



# Frog Pose

## Ardha Bhikasana

Benefits

**Tones legs and increases hamstring flexibility.**



**1**

**Squat on the floor, balancing on your toes, knees spread wide, hands on the floor or out in front of you. Wherever makes you feel most balanced.**

**2**

**Look up and inhale. As you exhale, straighten your legs so you are in a standing position, lower your head towards your knees.**

**3**

**Return to the first position, then repeat.**

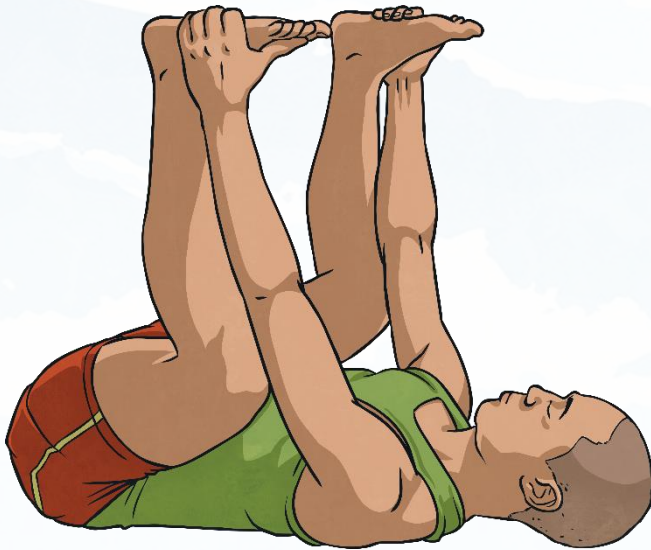


# Happy Baby Pose

## Ardha Bhekasana

### Benefits

**Gently stretches inner groin and spine, calms the mind and helps relieve stress and fatigue.**



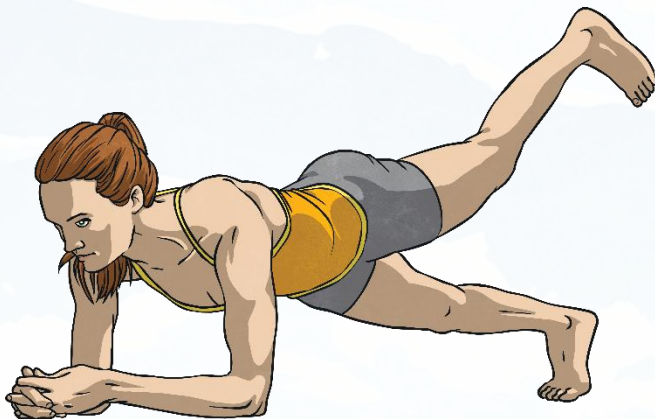
- 1 Lie down on your back.**
- 2 Exhale, bend your knees into your belly and hold onto your feet.**
- 3 Allow your body to gently rock side to side.**

# Three-Legged Dog Pose

## Tri Pada Adho Mukha Svanasana

### Benefits

**Calms the mind, relieves stress, energizes the body, strengthens arms and legs, stretches upper and lower body, relieves headaches, back pain and fatigue.**



**1**

**Begin in downward-facing dog (hands and feet on the floor, bottom in the air in an upside-down V).**

**2**

**Lift one leg, hold, then lower with an exhale.**

**3**

**Repeat with the opposite leg.**

# Bear Pose

## Benefits

**Stretches arms, legs, sides and chest; releases tension.**



- 1** Begin on your knees, then sit back on your heels.
- 2** Spread your knees comfortably apart.
- 3** Bend forward, lowering your chest to the floor.
- 4** Bring your hands in front of you, locking your fingers together.
- 5** Exhale through your mouth, warming your hands.

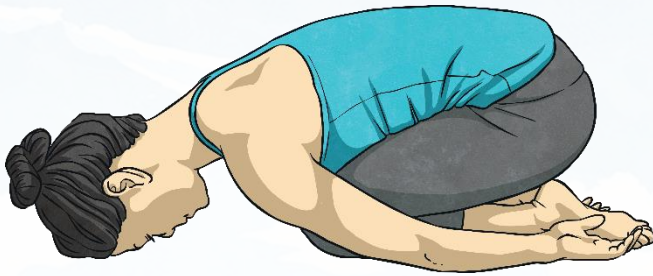


# Child's Pose

## Balasana

### Benefits

**Stretches the hips, thighs, and ankles; calms the mind; relieves stress and fatigue.**



**1**

**Kneel on the floor, touching your big toes together.**

**2**

**Sit back on your heels and separate your knees hip-width apart.**

**3**

**Exhale, bringing your head down, and rest it on the floor in front of you.**

**4**

**Place your hands wherever they are comfortable by your head, your knees, etc.**

**4**

**Relax and breathe, holding this pose.**

# Warrior II Pose

## Virabhadrasana II

### Benefits

**Strengthens and stretches legs and core; stretches chest and shoulders; relieves backaches.**



**1**

**Stand with your feet wide apart. Turn your left foot out 90°.**

**2**

**Inhale, and lift your arms parallel to the floor.**

**3**

**Exhale and bend your right knee. Be careful not to extend your knee past your ankle.**

**4**

**Keep your torso tall, turn your head, and look out over your finger tips.**

**5**

**Inhale and straighten your legs and lower your arms. Repeat on the opposite side.**

# Bow Pose

## Dhanurasana

Benefits

**Stretches entire front of the body, strengthens back muscles and improves posture.**



- 1** Begin on your belly, with your hands by your body, palms up.
- 2** Exhale and bend your knees. Reach back with your hands and take hold of your ankles.
- 3** Inhale and lift your heels towards the ceiling and your thighs away from the floor. Your chest will lift away from the floor.
- 4** Gaze forward. Hold this position, and release as you exhale.



# Crescent Moon Pose



## Benefits

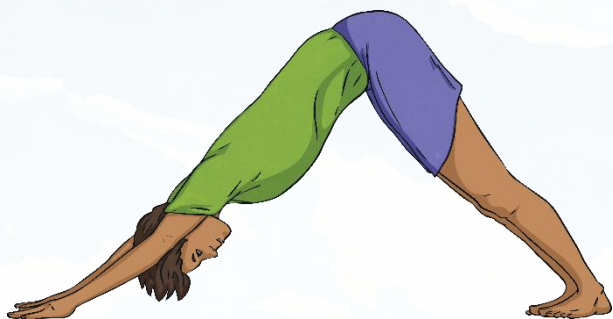
**Stretches arms, abdominals, spine and chest; calms the mind.**

- 1 Inhale and raise your hands over your head, pressing palms together.**
- 2 Exhale and tip your body to one side.**
- 3 Inhale and return to standing straight.**
- 4 Repeat on opposite side.**
- 5 Exhale and lower your arms.**

# Downward Dog

## Benefits

**Stretches the shoulders, hamstrings, calves, arches and hands; calms the mind.**



- 1 Start on your hands and knees, with your knees slightly apart, directly under the hips.**
- 2 Your hands should be shoulder-width apart, and slightly in front of your shoulders.**
- 3 Curl your toes under, straighten your knees and lift your hips.**
- 4 Keep your head between your arms.**

**Hold this pose and breathe.**

