

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.

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.

Chair Pose

Utkatasana



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.

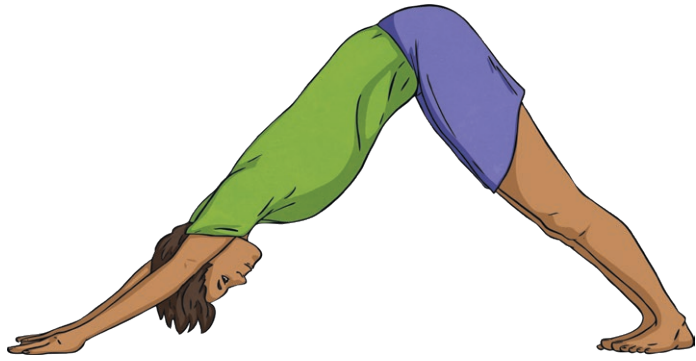
3

Reach your arms towards the ceiling with your palms facing each other.

4

Hold this pose and breathe.

Downward Dog Pose



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.

5

Hold this pose and breathe.

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 whole body from side to side to walk like an elephant.

Frog Pose

Ardha Bhekasana



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

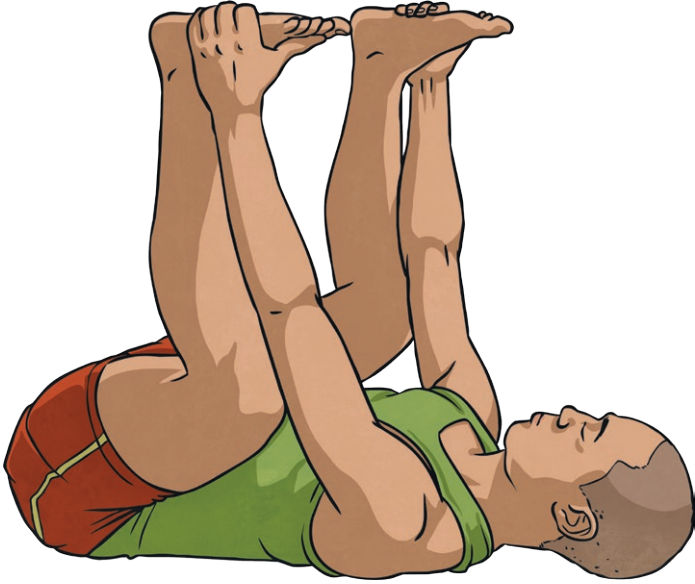
Look up and inhale. As you exhale, straighten your legs so you are in a standing position, lower your head towards your knees.

3

Return to the first position, then repeat.

Happy Baby Pose

Ananda Balasana



Benefits

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

1

Lie down on your back.

2

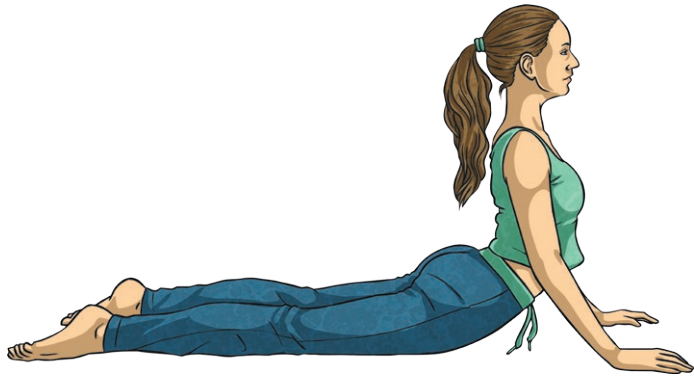
Exhale, bend your knees into your belly and hold onto your feet.

3

Allow your body to gently rock side to side.

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.

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.

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 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.

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.