

# 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

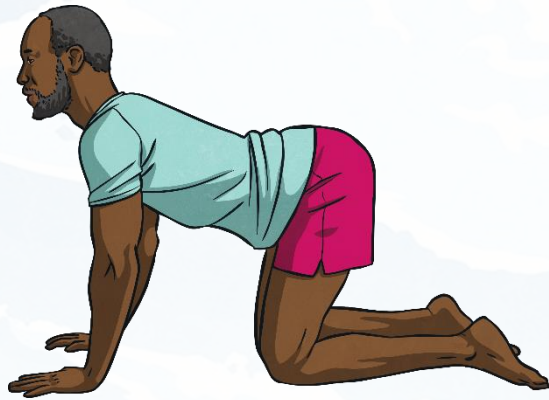
Strengthens spine, backs of arms and legs; stretches shoulders, chest and belly, improves posture, helps relieve stress.



- 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.

**1** Make sure hands are below your shoulders and your knees below your hips.

**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.

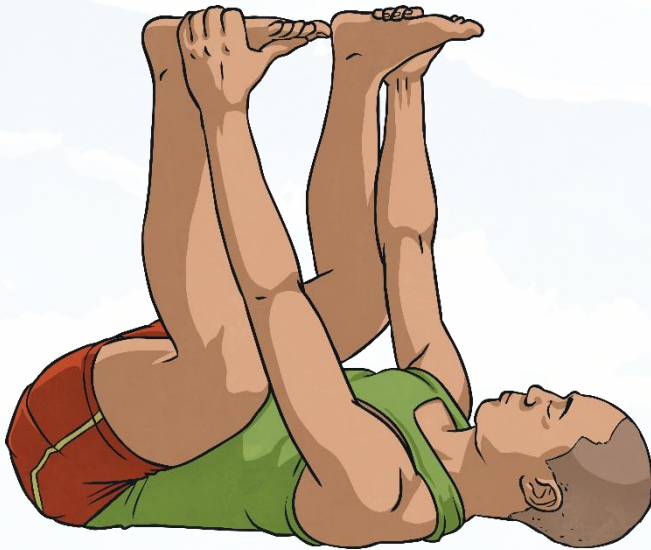
- 1 Squat on the floor, balancing on your toes, knees spread wide, hands on the floor or out in front of you. Wherever makes you feel most balanced.
- 2 Look up and inhale. As you exhale, straighten your legs so you are in a standing position, lower your head towards your knees.
- 3 Return to the first 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

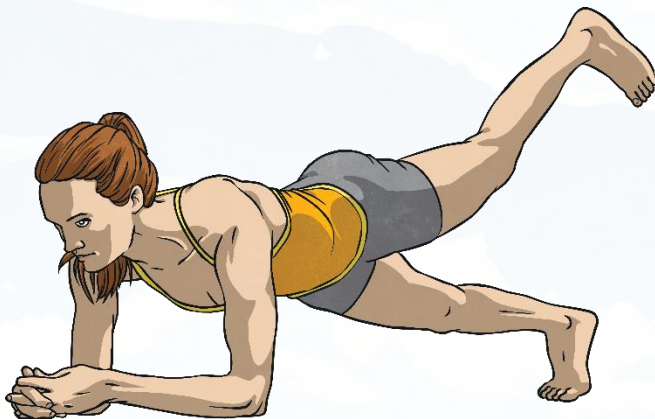
Exhale, bend your knees into your belly and hold onto your feet.

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.

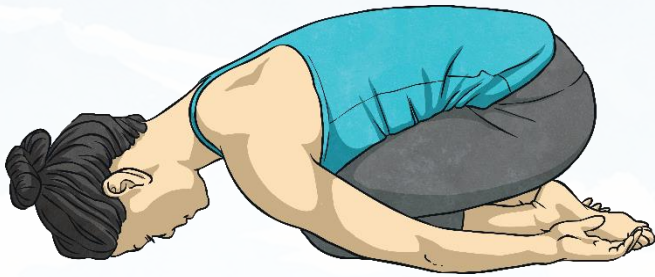
- 1 Begin on your knees, then sit back on your heels.
- 2 Spread your knees comfortably apart.
- 3 Bend forward, lowering your chest to the floor.
- 4 Bring your hands in front of you, locking your fingers together.
- 5 Exhale through your mouth, warming your hands.

# Child's Pose

## Balāsana

### 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

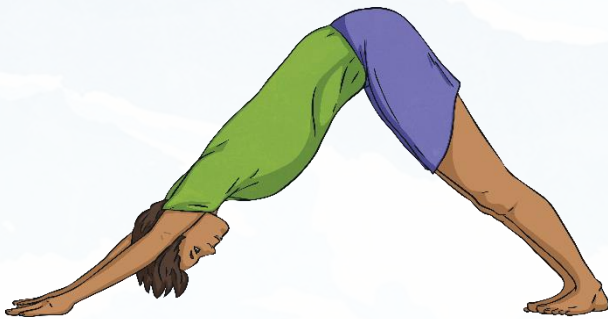
Stretches arms, abdominals, spine and chest; calms the mind.

- 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.
- 5 Hold this pose and breathe.

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