



YOGA

CHILD'S POSE



STEP 1: Begin with your knees on the floor, touch your big toes together and sit on your heels, then separate your knees as wide as your hips.

STEP 2: Exhale and lay your chest between your bent legs.

STEP 3: Extend your arms above your head, with your palms touching the ground.

STEP 4: Hold this position for 30 seconds.

CAT/COW POSE



STEP 1: Begin with your hands and knees on the floor. Your hands should be placed under your shoulders and knees directly below your hips. Your head should be in a neutral position, looking at the floor.

STEP 2: Begin to round your spine, keeping your hands and knees in position.

STEP 3: Return your back to a neutral position.

STEP 4: Exhaling, lift your chest and sink your back to the floor.

STEP 5: Return to a neutral position.

STEP 6: Repeat 3-5 times.

DOWNWARD FACING DOG



STEP 1: Start with your hands and knees on the floor and your toes turned under towards the ground.

STEP 2: Lift your knees away from the floor. Keep your knees slightly bent and heels lifted off the floor.

STEP 3: Begin to straighten your legs and push your heels to the floor.

STEP 4: Hold the pose for 30 seconds, breathing easily.

STEP 5: Slowly return to your knees.

COBRA POSE



STEP 1: Lie with your stomach on the floor and place your hands underneath your shoulders.

STEP 2: Breathing in, begin to push your chest off the floor.

STEP 3: Push yourself until your chest is facing outwards and you are looking straight ahead.

STEP 4: Hold the pose for 10-15 seconds, breathing easily.

STEP 5: Release and slowly move back to the ground.

STEP 6: Repeat 3-5 times.

CHAIR POSE



STEP 1: Stand with your feet shoulder width apart.

STEP 2: Raise and straighten your arms above your head.

STEP 3: Slowly start bending your knees, trying to sit nearly parallel to the floor– like sitting in an invisible chair.

STEP 4: Hold the pose for 30 seconds, breathing easily.

STEP 5: Release and slowly stand back up.

STEP 6: Repeat 3-5 times.