

CHILD

Child pose

- Kneel with your knees & feet under your body, resting your bottom on your feet
- Lean forward & place your forehead on the floor
- Bring your arms to your sides with palms facing upward



SNAKE

Snake pose

- Lay down with your stomach flat on the floor
- Place your hands at your shoulders, palms on the floor
- Lift your upper body up until your arms are straight; your back is bent and you keep your hips and legs flat on the floor



DOG

Dog pose

- Get down on all fours (hands & knees)
- Stretch your bottom up keeping your feet flat on the floor and try to “press down” into the stretch with your upper body



VOLCANO

Volcano pose

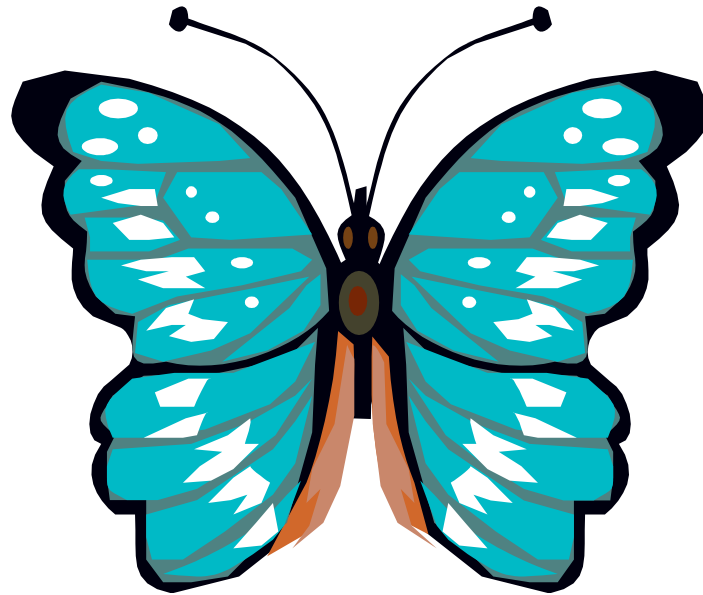
- Stand with feet shoulder width apart, stretch arms out to sides
- Bring arms down slowly to the front and touch palms together
- Slowly move palms straight up like the lava rising in the volcano
- When arms are stretched straight up overhead, slowly move arms back out to your sides



WARRIOR

Warrior pose

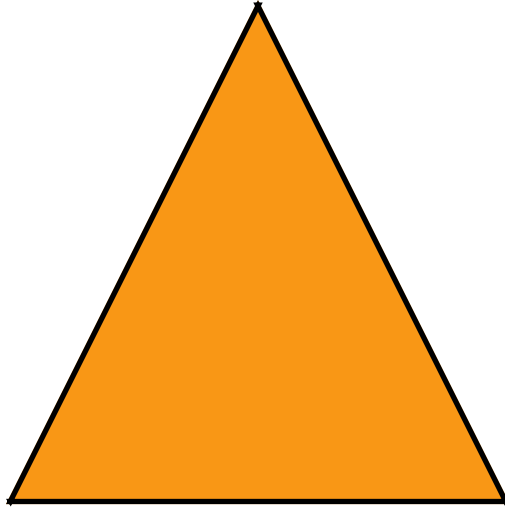
- Stand with feet spread wide apart
- Hold arms stretched straight out to your sides
- Point your left foot towards the left wall and lean to the left, bending the left knee, keeping arms up and straight
- Repeat to the right



BUTTERFLY

Butterfly pose

- Sit on the floor, bend your knees and touch the bottoms of your feet together (your legs are the butterfly “wings”)
- Straighten your back, slowly wave your arms if you want and breath in and out



TRIANGLE

Triangle pose

- Stand with feet spread wide apart, stretch arms out to sides
- Point your left foot toward the left wall, very slowly “tip” to your left, keeping your arms straight, and touch your left hand to the lower half of your left leg (go lower as you get better at this one)
- Repeat to the right side



BRIDGE

Bridge pose

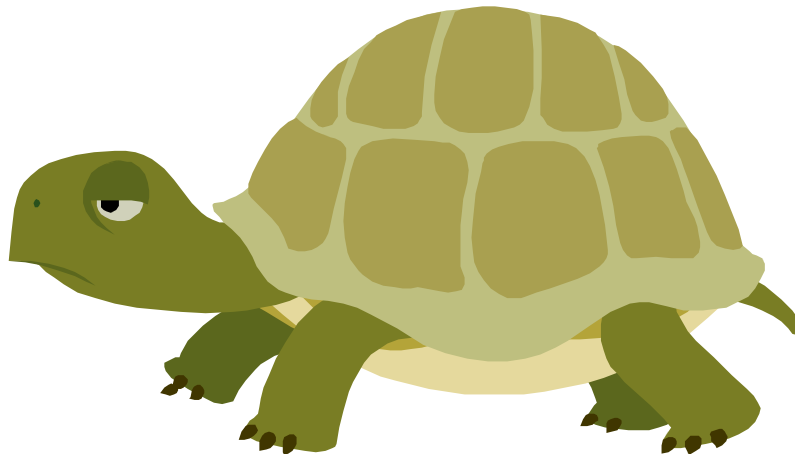
- Lay down on the floor on your back with arms at your sides, palms to the floor
- Bend your knees and lift your hips from the floor forming a “bridge”



FLAMINGO

Flamingo pose

- Stand with your feet together
- Slowly lift one leg and stretch the leg behind you
- Keep your arms stretched out to your sides and hold the pose
- Switch and repeat with the other leg



TURTLE

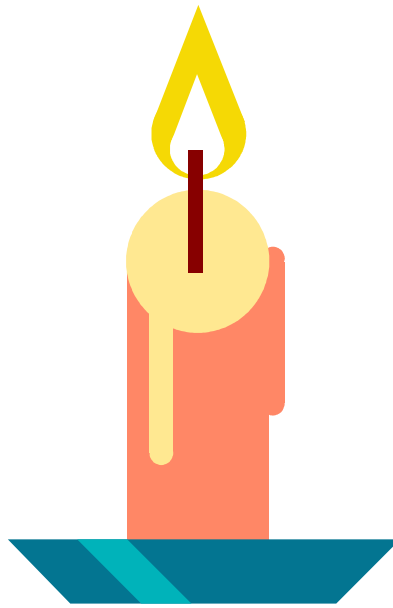
Turtle Pose

- Sit on the floor with legs spread wide
- Bend your knees
- Gradually lower your upper body forward and slowly slide both arms under your legs and rest your forehead on the floor (this is the turtle “hiding in his shell”)
- Lift your chest & head, stretch up (say “hello!” – the turtle is “out of his shell”)



Driving My Car pose

- Sit with legs extended in front of you
- Rock on your bottom (“warm up your car”)
- Put arms in front of your to grab your steering wheel
- Using the rocking motion, move forward, then try moving backward



CANDLE

Candle pose

- Kneel on the floor
- Put your hands in the “prayer” position
- Breathe quietly