

## 1. Mountain Pose/Tadasana:

- Stand with your big toes touching and your heels slightly apart. Lift and spread your toes wide, releasing them down to the ground, and root down through all four corners of your feet — the big toe mound, pinkie toe mound, and the two outer edges of your heels.
- Engage your thighs to lift your kneecaps slightly (without hyper extending your knees). Gently draw your energy in toward the midline of your body.
- Lengthen your tailbone down toward the floor and find a neutral pelvis.
- Draw your low ribs in to your body and press your shoulder blades into your back, lifting your sternum. Move your shoulders away from your ears, and broaden your collarbones.
- Relax your arms by your sides, and turn your palms to face forward to open up through your chest.
- Bring your chin parallel to the floor and soften your face and jaw. Get tall from the soles of your feet up and out through the crown of your head.
- Remain in the pose anywhere from 5 to 10 breaths.



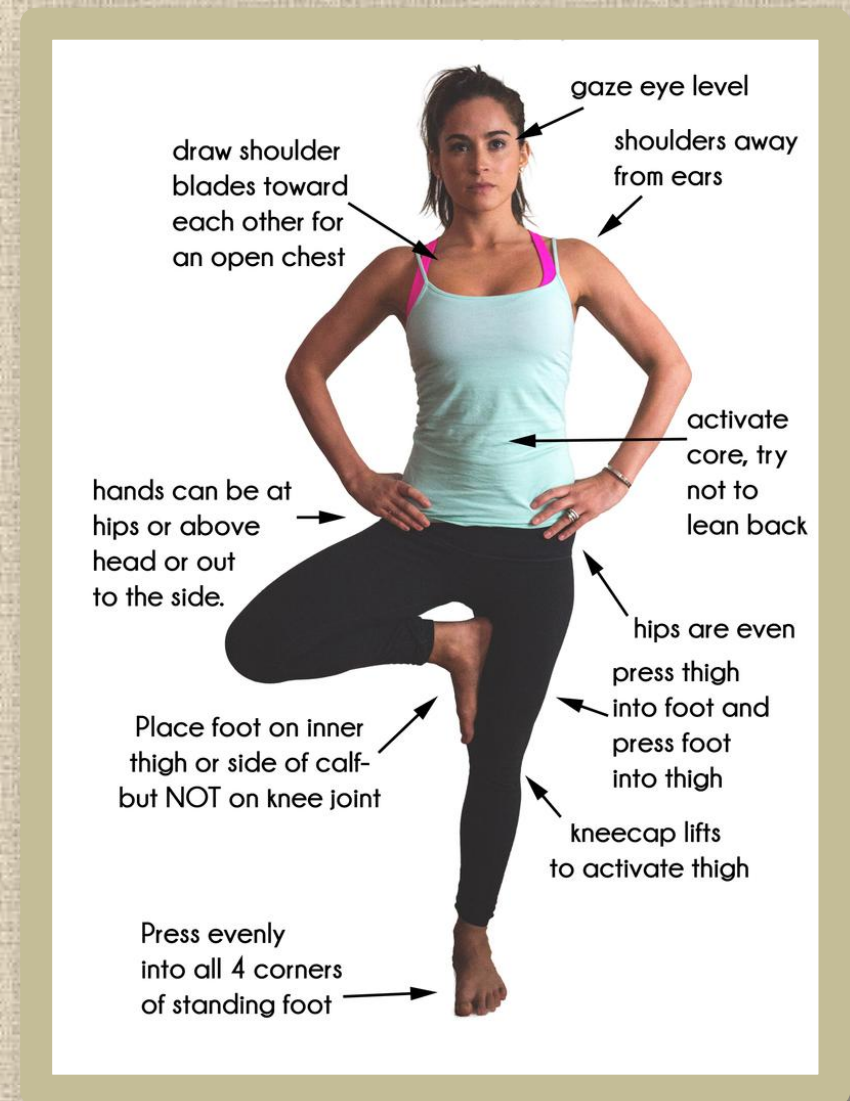
## 2. Tree Pose/Vrikshasana:

Tree pose helps to improve balance which can help prevent falls.

- Stand with your legs together and your arms straight over your head, palms together.
- Raise your right leg slightly off the ground so that the toes are still on the ground and your heel is touching the inside part of your ankle.
- Balance for 20 to 30 seconds if possible.
- Repeat with the other leg. Hold onto something if necessary.

As you gain balance, draw your raised foot upward, resting the sole of your foot on the inside of the lower leg.

Eventually, work toward having your raised leg bent, with the foot resting on the inside of the opposite leg above your knee.



### 3. Warrior II/Virabhadrasana II

Any standing pose helps to improve bone density while also improving lower body strength. Not only do you strengthen, you get a stretch through your hips, groin, and inner thighs.

- Begin with your feet hip-distance apart and your arms straight at your side.
- Turn to the right, and step your right foot out wide about 3 to 4 feet while keeping your heels in line. Turn your right foot out to a 90-degree angle.
- Inhale and raise your arms straight to the sides to shoulder height.
- As you exhale, bend the right leg until your thigh is parallel with the floor. Your left leg should be straight.

Hold pose for up to 30 seconds while concentrating on your breath.

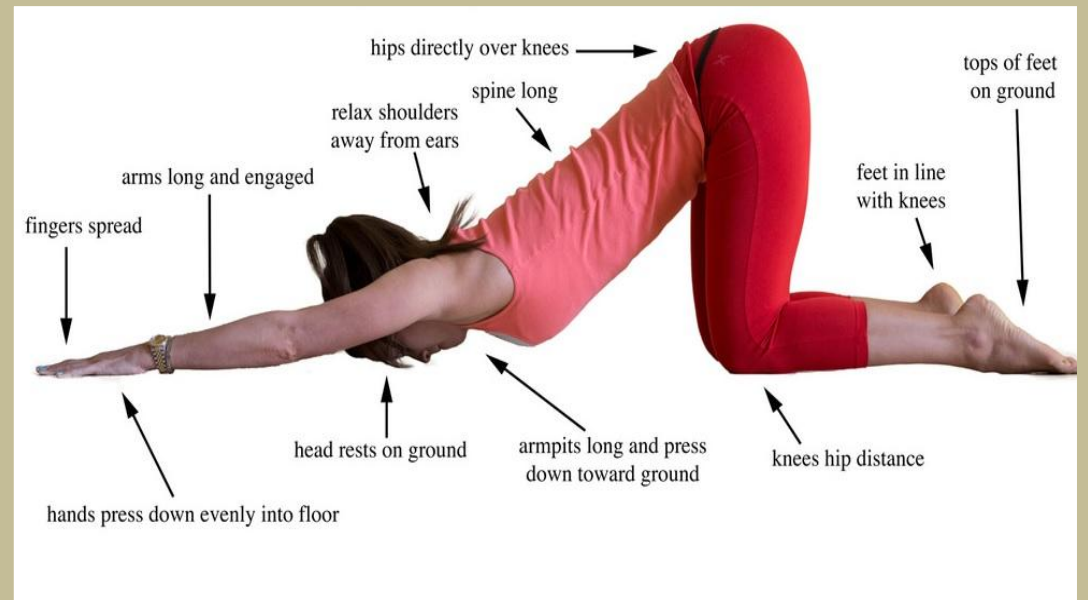
Repeat pose with other leg.



#### 4. Extended Puppy/ Uttana Shishosana:

A cross between two of the better-known yoga poses, downward dog and child's pose, extended puppy pose offers the benefits of lengthening your spine without some of the discomfort some people find on their knees and hips in the other poses.

- Start on all fours in a tabletop position, with your knees under your hips, and wrists under your shoulders. Place a towel under your knees if necessary.
- Walk your hands in front until your chest is close to the ground while your hips remain over the knees.
- Keep your head down, and press your arms and hands into the ground.
- Breathe deeply for 20 to 30 seconds, and then return slowly to tabletop.



## 5. Low Lunge/Anjaneyasana

This move offers the benefits of a lunge, but with the added stability of the back leg remaining in contact with the ground.

- Stand with your legs hip-distance apart and arms at your side.
- Step the right foot forward and bend the knee until your knee is directly over your ankle.
- Your left leg is straight behind you with the knee or shin resting on the ground. Place a towel under your back leg if necessary.
- Press your hands or fingers into the floor to the side of your right heel.
- Keep your upper body lifted.
- Breathe for 20 seconds, and then return to standing and repeat with other leg.

### Low Lunge

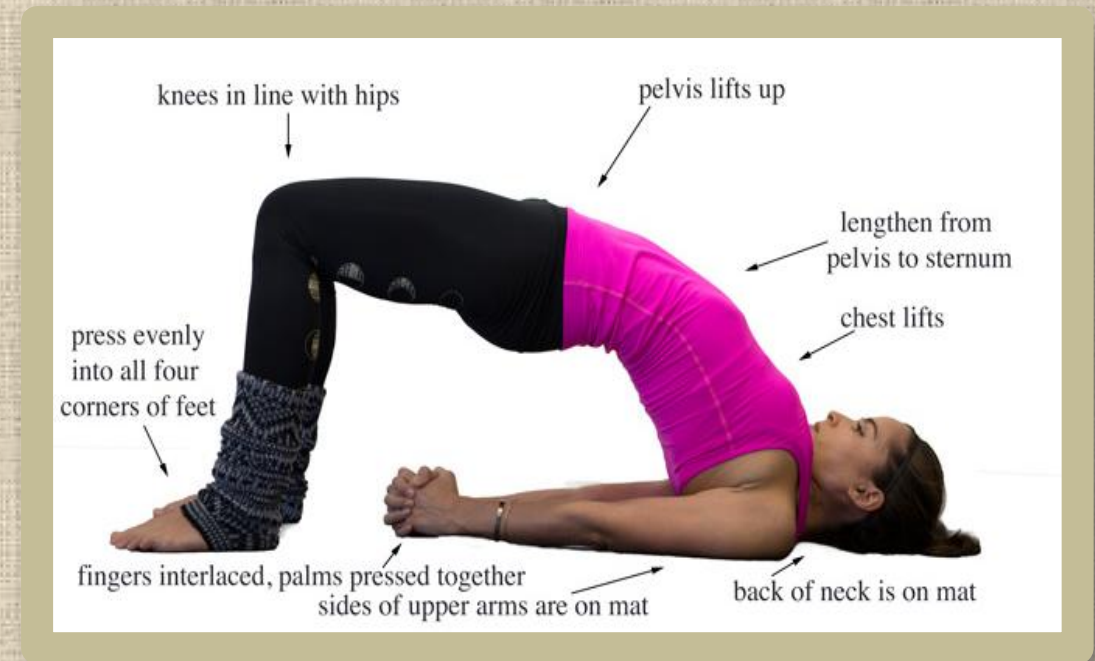
Low Lunge is another transition posture that helps beginners move between standing poses. It's also great for increasing leg strength.



## 6. Bridge/Setu Bandhasana

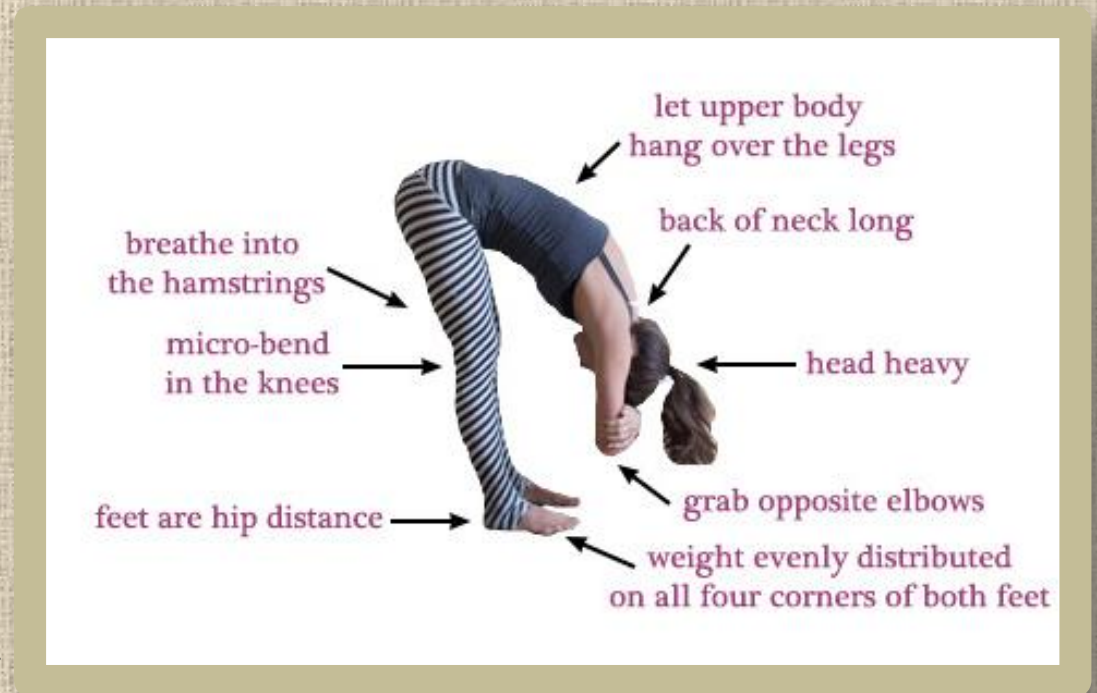
Bridge pose is good for your hips and strengthens your lower back. "This is great if you've spent many years working at a desk job or if you haven't been active in a long time," Matthews says.

- Begin lying on your back with your feet flat on the floor, hip-distance apart directly under your knees. Arms should be straight at your side.
- Breathe in as you press your hands into the floor.
- Exhale and tighten your stomach muscles as you tilt your pelvis and then your spine off the ground until you are in a bridge position. Hold for 30 seconds, and then slowly lower your spine starting from the shoulders until your back is flat on the floor. If needed, put a folded blanket or towel under your shoulders for support.



## 7. Rag Doll Pose/ Uttanasana

- Stand in Tadasana, hands on hips. Exhale and bend forward from the hip joints, not from the waist. As you descend draw the front torso out of the groins and open the space between the pubis and top sternum. As in all the forward bends, the emphasis is on lengthening the front torso as you move more fully into the position.
- If possible, with your knees straight, bring your palms or finger tips to the floor slightly in front of or beside your feet, or bring your palms to the backs of your ankles. If this isn't possible, cross your forearms and hold your elbows. Press the heels firmly into the floor and lift the sitting bones toward the ceiling. Turn the top thighs slightly inward.
- With each inhalation in the pose, lift and lengthen the front torso just slightly; with each exhalation release a little more fully into the forward bend. In this way the torso oscillates almost imperceptibly with the breath. Let your head hang from the root of the neck, which is deep in the upper back, between the shoulder blades.
- Uttanasana can be used as a resting position between the standing poses. Stay in the pose for 30 seconds to 1 minute. It can also be practiced as a pose in itself.



## 8. Legs Up the Wall/ Viparita Karani

This restorative pose can offer some of the gentle release of other poses without the strain of bending over, Matthews says. It also helps re-circulate blood back to the heart.

- Sit with one side of your body against a wall. Slowly lower your back to the floor. Shift your legs up the wall until the backs of your legs are flat against the wall.
- If you can't get your legs flat against the wall, move your body back slightly from the wall and bend the knees slightly. Keep your arms flat at your side.
- Breathe deeply through the stretch for 30 to 60 seconds.
- Slowly swing your legs down from the wall.





## 9. Staff Pose/Dandasana:

- Sit down on the ground with your legs together and extended straight out in front of you. Move the flesh out from underneath your sitting bones and root them firmly down into the ground.
- Flex your feet and press your heels down, distributing your weight evenly across the inner and outer leg. Activate your legs without hyper extending your knees, and gently draw your energy in toward the mid-line of your body.
- Plant your palms beside your hips with your fingertips pointing toward your toes, and press into your hands to sit up tall.
- Gently draw your low ribs in and find a slight lift in your sternum, bringing your torso perpendicular to the floor. Soften the tops of your shoulders and relax your shoulder blades down your back.
- Lengthen all the way from your tailbone up and out through the crown of your head, and tuck your chin in slightly toward your chest.
- Remain in the pose anywhere from 5 to 10 breaths.



## 10. Cat/Cow Pose - Marjaryasana/Bitilasana

On your hands and knees, aligning your wrists underneath your shoulders and your knees underneath your hips.

### Cow Pose/Bitilasana

#### Inhale

- Curl your toes under.
- Tilt your pelvis back so that your tail sticks up.
- Let this movement ripple from your tailbone up your spine so that your neck is the last thing to move.
- Your belly drops down, but keep your abdominal muscles hugging your spine by drawing your navel in.
- Gaze up gently up toward the ceiling without cranking your neck.

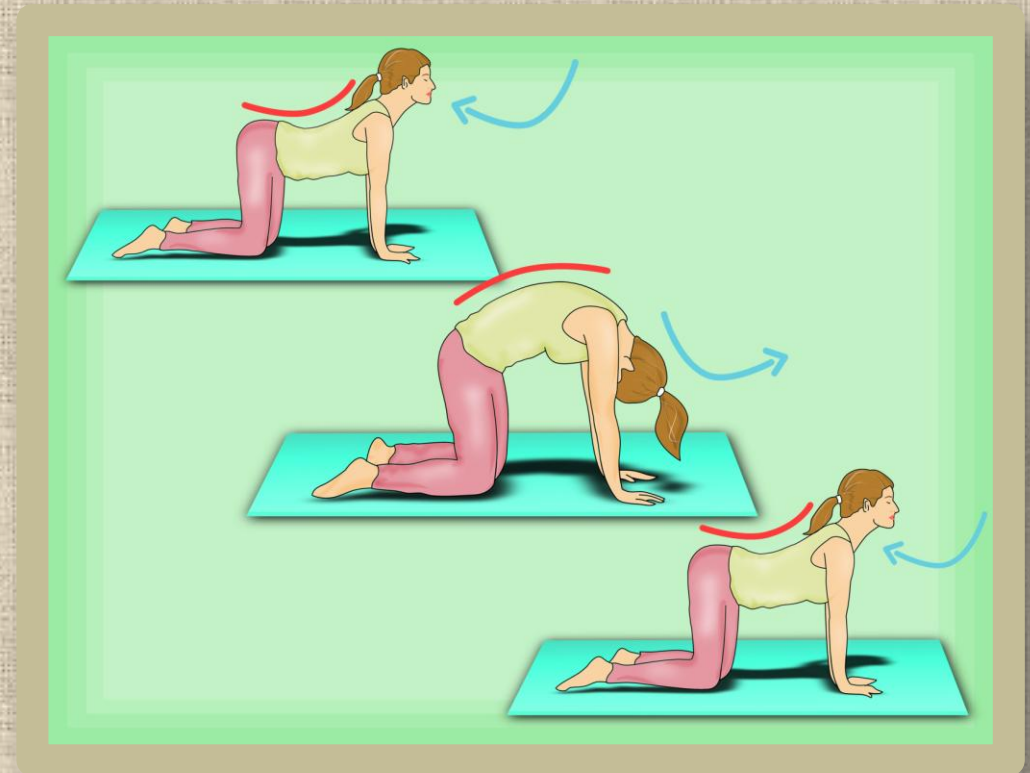
### Cat Pose/Marjaryasana

#### Exhale

- Release the tops of your feet to the floor.
- Tip your pelvis forward, tucking your tailbone. Again, let this action move up your spine.
- Your spine will naturally round.
- Draw your navel toward your spine.
- Drop your head.
- Take your gaze to your navel.

Repeat the cat-cow stretch on each inhale and exhale, matching the movement to your own breath.

Continue for 5-10 breaths, moving the whole spine. After your final exhale, come back to a neutral spine.



## 11. Cobra Pose/Bhujangasana:

- Lie prone on the floor. Stretch your legs back, tops of the feet on the floor. Spread your hands on the floor under your shoulders. Hug the elbows back into your body.
- Press the tops of the feet and thighs and the pubis firmly into the floor.
- On an inhalation, begin to straighten the arms to lift the chest off the floor, going only to the height at which you can maintain a connection through your pubis to your legs. Press the tailbone toward the pubis and lift the pubis toward the navel. Narrow the hip points. Firm but don't harden the buttocks.
- Firm the shoulder blades against the back, puffing the side ribs forward. Lift through the top of the sternum but avoid pushing the front ribs forward, which only hardens the lower back. Distribute the backbend evenly throughout the entire spine.
- Hold the pose anywhere from 15 to 30 seconds, breathing easily. Release back to the floor with an exhalation.



## 12. Downward Facing Dog/Adho mukha śvānāsana

Downward Dog is used in most yoga practices and it stretches and strengthens the entire body. I always say, "a down dog a day keeps the doctor away."

- Come on to all fours with your wrists under your shoulders and knees under your hips. Tuck under your toes and lift your hips up off the floor as you draw them up at back towards your heels.
- Keep your knees slightly bent if your hamstrings are tight, otherwise try and straighten out your legs while keeping your hips back. Walk your hands forward to give yourself more length if you need to.
- Press firmly through your palms and rotate the inner elbows towards each other. Hollow out the abdominals and keep engaging your legs to keep the torso moving back towards the thighs. Hold for 5-8 breaths before dropping back to hands and knees to rest.



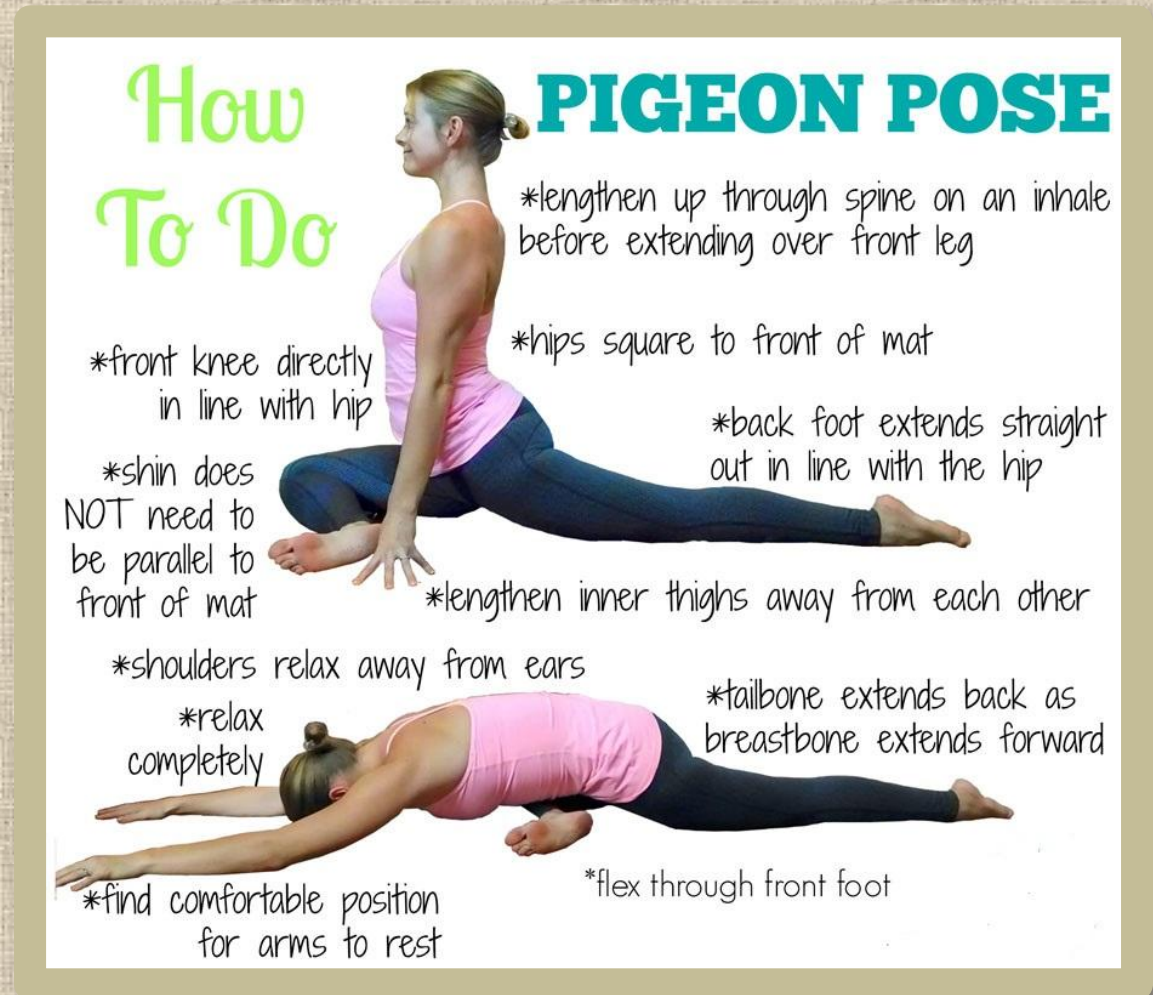
### 13. Eagle Pose/*Garudasana*:

- Begin standing in Mountain Pose (*Tadasana*), with your arms at your sides.
- Bend your knees. Balance on your right foot and cross your left thigh over your right. Fix your gaze at a point in front of you. Hook the top of your left foot behind your right calf. Balance for one breath.
  - Beginners can omit the foot hook and cross the leg over the top of the standing leg, instead, resting the toes gently on the floor.
- Extend your arms straight in front of your body. Drop your left arm under your right.
- Bend your elbows, and then raise your forearms perpendicular to the floor. Wrap your arms and hands, and press your palms together (or as close as you can get them). Lift your elbows and reach your fingertips toward the ceiling. Keep your shoulder blades pressing down your back, toward your waist.
  - If your palms don't touch yet, press the backs of your hands together, instead, or hold onto a strap.
- Square your hips and chest to the front wall. Draw your belly in and up.
- Gaze at the tips of your thumbs. Breathe smoothly and evenly.
- Hold for up to one minute, focusing on your breath and keeping your gaze fixed and soft. Gently unwind your arms and legs and return to *Tadasana*. Repeat on the opposite side.



## 14. Pigeon Pose/Eka Pada Rajakapotasana:

- Begin in a full push-up position, palms aligned under shoulders.
- Place left knee on the floor near shoulder with left heel by right hip.
- Lower down to forearms and bring right leg down with the top of the foot on the floor
- Keep chest lifted to the wall in front of you, gazing down.



## 15. Crow Pose/Bakasana:

- Get into downward dog position (palms pressed into mat, feet hip-width apart) and walk feet forward until knees touch your arms.
- Bend your elbows, lift heels off floor, and rest knees against the outside of your upper arms. Keep toes on floor, abs engaged and legs pressed against arms. Hold for 5 to 10 breaths.



## 16. Child's Pose/Balāsana:

- Sit up comfortably on your heels.
- Roll your torso forward, bringing your forehead to rest on the bed in front of you.
- Lower your chest as close to your knees as you comfortably can, extending your arms in front of you.
- Hold the pose and breathe.





## 17. Triangle Pose/Trikonasana:

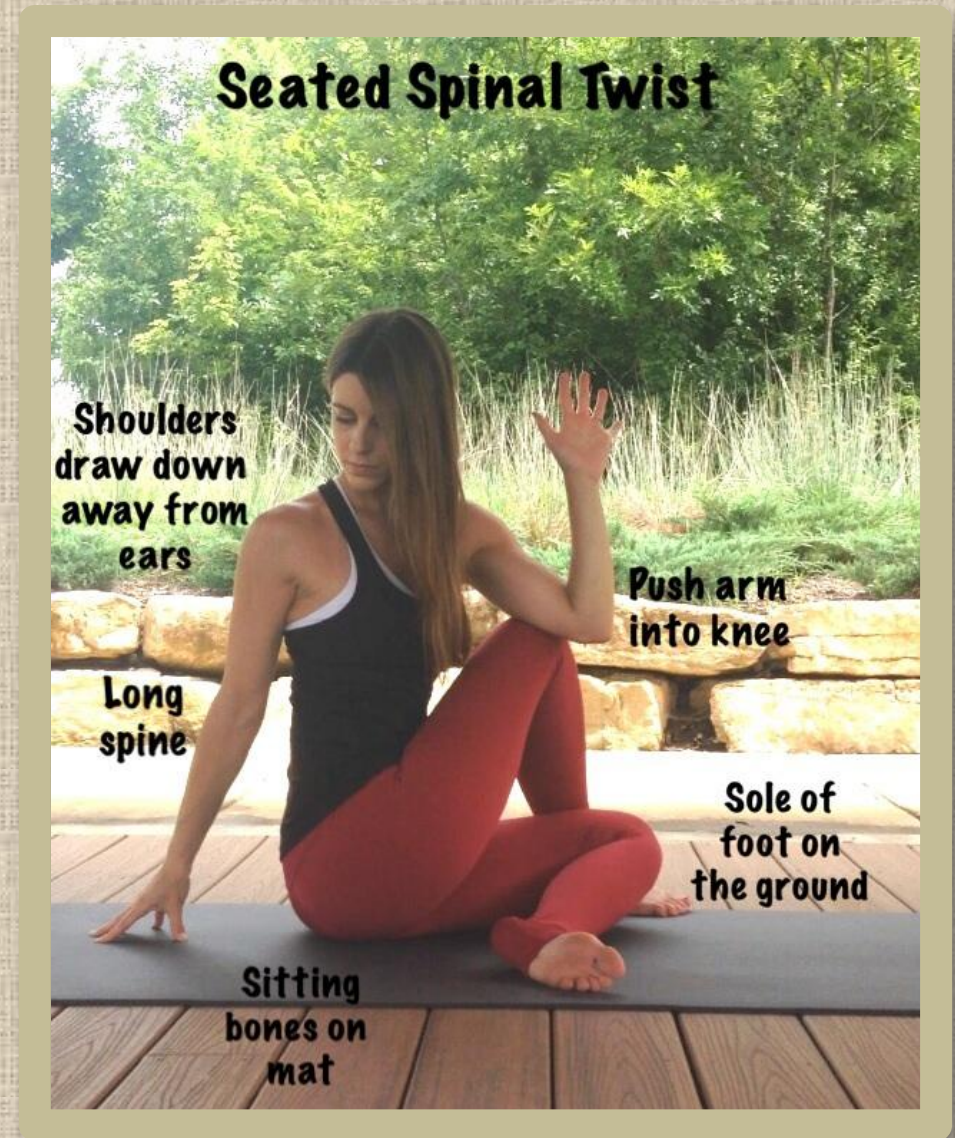
- Extend arms out to sides, then bend over your right leg.
- Stand with feet about 3 feet apart, toes on your right foot turned out to 90 degrees, left foot to 45 degrees.
- Allow your right hand to touch the floor or rest on your right leg below or above the knee, and extend the fingertips of your left hand toward the ceiling.
- Turn your gaze toward the ceiling, and hold for 5 breaths.
- Stand and repeat on opposite side.



## 18. Seated Twist/Ardha Matsyendrasana:

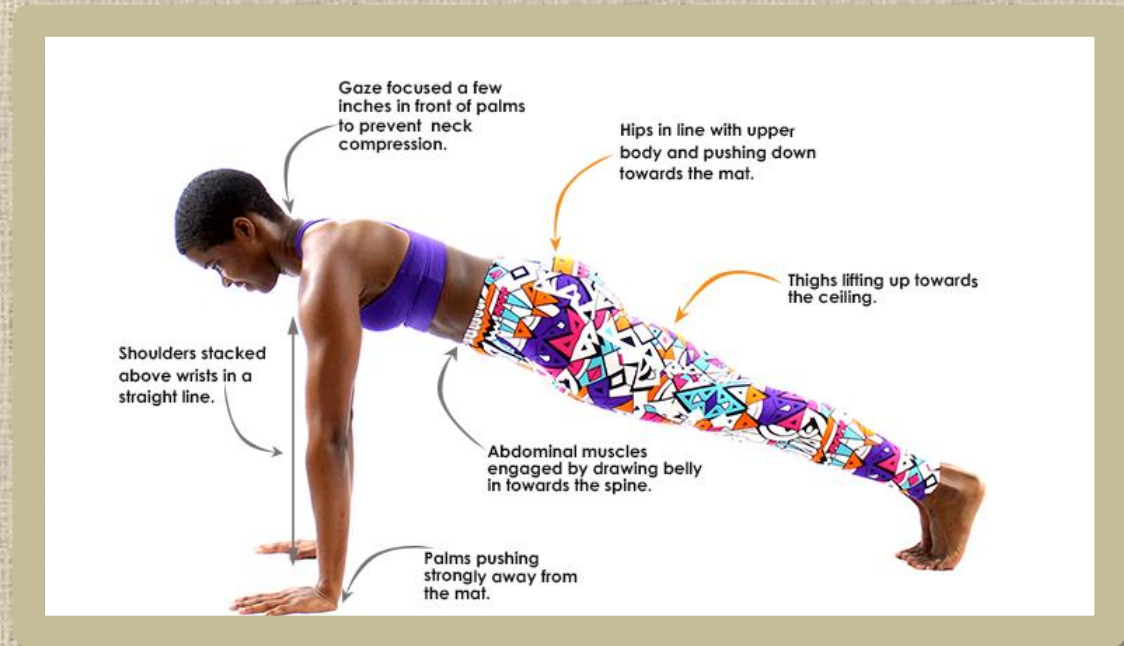
*Stretches shoulders, hips, and back; increases circulation; tones abdomen; strengthens obliques*

- Sit on the floor with your legs extended.
- Cross right foot over outside of left thigh; bend left knee. Keep right knee pointed toward ceiling.
- Place left elbow to the outside of right knee and right hand on the floor behind you.
- Twist right as far as you can, moving from your abdomen; keep both sides of your butt on the floor. Stay for 1 minute.
- Switch sides and repeat.
- Make it easier: Keep bottom leg straight and place both hands on raised knee. If your lower back rounds forward, sit on a folded blanket.



## 19. Plank Pose/Phalakasana

- From Standing Forward Fold, step or jump both feet back 4-5 feet into a push-up position.
- Spread the fingers wide apart with the middle finger pointing forward, press into the palms with the arms are straight. Tuck the tailbone under so the legs, hips and torso are one straight line. Press the crown of the head forward and with the toes tucked, press the heels back.
- Breathe and hold for 1-4 breaths.
- To release: either bend the knees to the floor into Child pose, or bend the elbows and lower down into Kataranga.



## 19. Happy Baby Pose/ Ananda Balasana

- Begin lying comfortably on the back. Bend your knees in to your chest and separate the feet and knees wide, holding on to the outer (pinkie toe) edges of the feet.
- Stack your ankles over your knees, bringing the shins perpendicular to the floor, and gently begin to pull down on the feet, finding the action of bringing the knees closer to the armpits.
- Lengthen your tailbone down toward the mat to find the natural curve of the low back, and draw your shoulders onto your back.
- Keep your feet flexed and extend out energetically through the heels.
- If it feels appropriate, you can gently rock from side to side, providing a deeper release in the inner groins.
- Remain in the pose for 5-15 full, deep breaths. To come out, release the grip on the feet, bend the knees into the chest, and wrap your arms around your legs before extending them straight down onto the mat.



## 20. Lotus Position/Padmasana

- Sit on the floor or on a mat with legs stretched out in front of you while keeping the spine erect.
- Bend the right knee and place it on the left thigh. Make sure that the sole of the feet point upward and the heel is close to the abdomen.
- Now, repeat the same step with the other leg.
- With both the legs crossed and feet placed on opposite thighs, place your hands on the knees in mudra position.
- Keep the head straight and spine erect.
- Hold and continue with long, slow, gentle breaths - in and out.

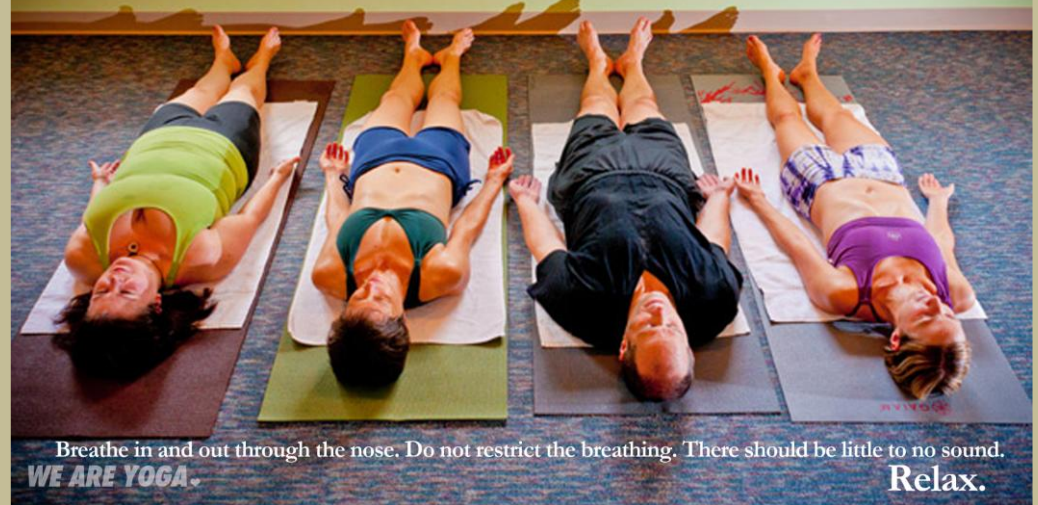


## Corpse Pose/Shavasana

- Lie flat on your back, preferably without any props or cushions. Use small pillow below your neck if absolutely required. Close your eyes.
- Keep your legs comfortable apart and let your feet and knees relax completely, toes facing to the sides.
- Place your arms alongside, yet a little spread apart from your body. Leave your palms open, facing upward.
- Taking your attention to different body parts one by one, slowly relax your entire body.
- Begin with bringing your awareness to the right foot, move on to the right knee (as you complete one leg, move your attention on to the other leg), and so on, and slowly move upwards to your head, relaxing each part of the body.
- Keep breathing slowly, gently, deeply and allow your breath to relax you more and more. The incoming breath energizes the body while the outgoing breath brings relaxation. Drop all sense of hurry or urgency or any need to attend to anything else. Just be with the body and the breath. Surrender the whole body to the floor and let go. Don't fall asleep!
- After some time, about 10-20minutes when you feel fully relaxed, keeping your eyes closed, slowly roll onto your right side. Lie in that position for a minute or so. Then, taking the support of your right hand, gently sit up into a seated pose such as Sukhasana (Easy Pose).
- Keep your eyes closed and take a few deep breaths in and out as you gradually become aware of your environment and the body. When you feel complete, slowly and gently open your eyes.

## Savasana

lie on your back **feet facing the back wall**  
**heels touch** feet fall open **arms by your side** palms facing up **eyes open**  
breathing always normal inhale belly rises exhale belly falls **Be still.**



Breathe in and out through the nose. Do not restrict the breathing. There should be little to no sound.  
**WE ARE YOGA.** **Relax.**