



## Easy pose

- Sit straight with your legs crossed. Keep your back strong.
- Slowly, breathe in through your nose (pause), and out through your nose (pause).
- Lift your shoulders up and down.
- Raise your hands up and down.
- Wave your arms.



## Butterfly Pose

- Bend your knees and pull your heels toward your pelvis.
- Gently bounce your knees to flap your butterfly wings



## Hare pose

- Lower your head as you sit on your heels.
- Stretch your arms forward on the floor. Relax.



## Upward facing dog

- Take the plank pose.
- Bending your arms, lower your pelvis and thighs.
- Straighten your arms. Try to arch



## Low lunge, right leg forward

- Press your palms and fingers against the floor at the sides of your feet.
- Step back with your left foot.
- Arch a little forward



## Wide-legged forward bend with hands lock

- Stand with your feet leg-length apart.
- Lace your hands behind your back and stretch your arms.
- Bend your torso forward as far as you can, keeping your arms straight



## Right triangle pose

- Put your feet at the length of your leg.
- Stretch your arms to your sides.
- Raise your left hand.



## Bend

- Stand up straight with your feet at your hips' width.
- Raise your right arm through your side and bend to the left.



## Half moon pose left

- Stand up straight.
- Raise your arms through your sides.
- Clasp them over your head, stretching your index fingers up.
- Bend your torso to the left, keeping your arms straight and stretching to the side.



## Chair pose

- Stand up straight, legs together.
- Raise your arms through your sides and join your palms.
- Bend your knees as much as possible, keeping your heels on the floor.
- Slightly arch your back.



## Tree pose

- Stand up straight.
- Put your right foot firmly on the floor.
- Bend your left knee and put your left foot on the inner side of your thigh,
- Achieve balance.
- Raise your hands, join them



## **Airplane Pose**

- Extend arms out to either side.
- When you feel balanced, exhale and lean forward, lifting one leg straight behind you.
- Hold this pose, then return your leg to the ground and your arms to your sides.
- Repeat with opposite leg