

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).

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Chair Pose

Utkatasana



Benefits

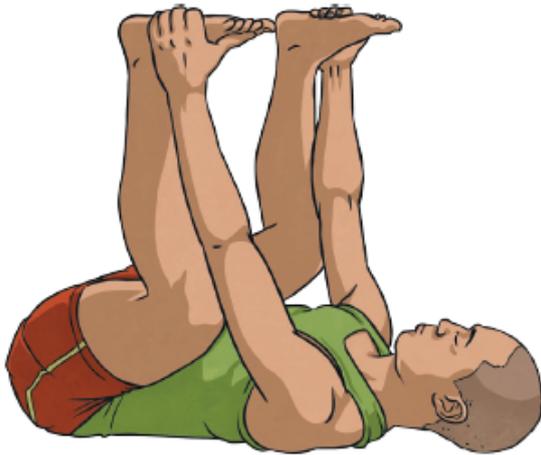
Strengthens legs, stretches shoulders and chest.

- 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.

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Happy Baby Pose

Ananda Balasana



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.

Frog Pose

Ardha Bhekasana



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.

Relaxation Pose

Corpse Pose: Savasana



Benefits

Calms the body and mind, helps relieve stress, headaches and fatigue.

- 1 Lie down on your back with your arms next to your body and your legs slightly apart.
- 2 Relax and close your eyes, focus on deep breathing and relaxation. For the full benefit, relax for 2-5 minutes.

Butterfly Pose

Baddha Konasana



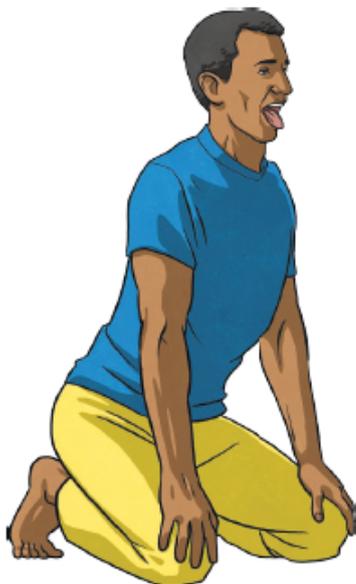
Benefits

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.

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.

Cat Cow Pose

Marjaryasana Bitilasana



Benefits

Stretches torso and neck, gently massages spine and internal organs.

- 1 Start by kneeling on hands and knees. 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.

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.

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 whole body from side to side to walk like an elephant.

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 other side.

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 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.