

Yoga Moves



Sunset / Sunrise

Stand up tall and take a deep breath. Lift both arms above your head and reach toward the sky. Hold for two breaths then bend at your waist and reach for your toes. Hold for 2 breaths and repeat.



Tree Pose

Stand evenly on both feet, then shift weight to balance one foot. Raise the other foot up and rest it on the thigh. Put your palms together, spread your arms up and out like tree branches, and balance. Breathe and hold.



Butterfly Pose

While seated, bring the bottom of the feet together and let the knees fall out to the sides. Grasp ankles with hands and sit up straight and tall. Flap knees up and down like butterfly wings. Breathe and hold.



Warrior Pose

Stand with feet pointed forward. Lift arms, keeping arms and hands straight. Turn out toes of right foot so it's pointing in direction of right hand. Lunge with the right leg and hold. Switch legs.



Cobra Pose

Lie face down with your palms flat. Push your upper body off the floor and straighten your arms while keeping your hips, legs, and feet planted on the floor. Tilt your chin upward. Hold for 5 full breaths.



Downward-Facing Dog

Begin on your hands and knees like a dog. Press into your hands and feet, straighten your legs and arms, and lift your hips into the air. Breathe and hold.



Camel Pose

Kneel on the ground, then sit back onto your calves. Slowly rise up off of your calves until you are standing on your knees. Reach back and grab the soles of your feet. Breathe and hold.



Child's Pose (Arms Out)

Kneel on the ground, big toes together. Sit back on your heels, separating your knees hip-width apart. Fold over and bring your head down to the ground. Stretch arms out in front, breathe, and hold.