



Child's Pose

1. Spread the knees as wide as the mat, keeping the big toes touching.
2. Bring the belly to rest between the thighs and the forehead to the floor.
3. There are two possible arm variations:
Either stretch the arms in front of you with the palms toward the floor or bring the arms back alongside the thighs with the palms facing upwards.



Mountain Pose

1. Come to stand with the big toes touching.
2. Lift up all your toes and let them fan out, then drop them down creating a wide solid base. You can separate your heels slightly if your ankles are knocking together uncomfortably.
3. Bring your weight evenly onto all four corners of both feet.
4. Let the feet and the calves root down into the floor.
5. Engage the quadriceps and draw them upwards causing your knee caps to rise.
6. Rotate both thighs inwards creating a widening of the sit bones and tuck your tailbone in between the sit bones.
7. Tone the belly, drawing it in slightly.

Staff Pose

1. Come to sit with the legs outstretched straight in front.
2. Engage the thigh muscles and flex the feet. The heels may come up off the floor.
3. Bring the spine long.
4. Stack the shoulders directly on top of the hips.



Tree Pose

1. Feel your weight equally on all four corners of both feet.
2. Begin to shift the weight over to the right foot, lifting the left foot off the floor.
3. Bend the left knee, bringing the sole of the left foot high onto the inner right thigh.
4. Press the foot into the thigh and the thigh back into the foot.
5. Try not to let the right hip jut out. Keep both hips squared towards the front.
6. Focus on something that doesn't move to help you keep your balance



Chair Pose

1. From mountain pose bend the knees until the thighs are almost parallel to the floor.
2. Keep the butt low.
3. Bring the arms up towards the ceiling.
4. Bring a slight back bend into the upper back.
5. Hold 5-10 breaths

<p style="text-align: center;">Cobbler's Pose</p> <ol style="list-style-type: none"> 1. From staff pose bend the knees bringing the soles of the feet together and letting the knees fall out to either side. 2. Keep the spine long. 3. Press the outer edges of the feet together strongly. 	
	<p style="text-align: center;">Cobra Pose</p> <ol style="list-style-type: none"> 1. Slide your chest forward and up keeping your hands exactly where they were. 2. Roll your shoulders back and lift the chest higher, while keeping the low ribs on the floor. 3. Keep your neck neutral, don't crank it back.
	<p style="text-align: center;">Corpse Pose</p> <ol style="list-style-type: none"> 1. Come to lie down on the back. 2. Let the feet fall out to either side. 3. Bring the arms alongside the body, but slightly separated from the body, and turn the palms to face upwards. 4. Relax the whole body, including the face. Let the body feel heavy. 5. Let the breath occur naturally
	<p style="text-align: center;">Downward Dog</p> <ol style="list-style-type: none"> 1. Come to your hands and knees with the wrists underneath the shoulders and the knees underneath the hips. 2. Curl the toes under and push back raising the hips and straightening the legs. 3. Spread the fingers and ground down from the forearms into the fingertips. 4. Outwardly rotate the upper arms broadening the collarbones. 5. Let the head hang, move the shoulder blades away from the ears towards the hips. 6. Engage the quadriceps strongly to take the weight off the arms, making this a resting pose. 7. Rotate the thighs inward, keep the tail high and sink your heels to the floor. 8. Check that the distance between your hands and feet is correct by coming forward to a plank position. The distance between the hands and feet should be the same in these two poses. Do not step the feet toward the hands in Down Dog in order to get the heels to the floor. This will happen eventually as the muscles lengthen
	<p style="text-align: center;">Fish Pose</p> <ol style="list-style-type: none"> 1. Come to lie on the back. 2. Come up onto the elbows. 3. Slide the body towards the back of the mat while keeping the forearms in place and puffing up the chest. 4. Drop the crown of the head back to the floor, opening the throat. 5. To come out, press strongly into the forearms and raise the head off the floor. 6. Release the upper body to the floor.

Happy Baby Pose

1. Come to lie on the back.
2. Bend the knees into the chest.
3. Open the knees bringing them towards the armpits.
4. Stack each ankle directly over the knee, so that the shins are perpendicular to the floor.
5. Flex the feet.
6. Hold the outer edges of the feet as you draw the knees towards the floor



Head to Knee Pose

1. From Staff Pose bend your knee and bring the sole of the left foot to your inner right thigh.
2. Square your torso over the extended right leg and begin to forward bend over that leg.
3. Keep the right foot flexed and keep pressing the back of the right thigh down towards the floor.
4. In order not to collapse the back, keep the heart center lifted as long as possible as you come forward. When you reach your limit, bring the heart and head down towards the extended leg.
5. On each inhale, extend the spine long and on each exhale, deepen the forward bend.



Boat and 1/2 Boat Pose

1. From a seated position, bring the legs straight up to a 45 degree angle.
2. The torso will naturally fall back, but do not let the spine collapse. Make a "V" shape with the body.
3. Bring the arms out straight in line with the shoulders.
4. Balance on the sit bones.

Beginners: Bend the knees if necessary, bringing the calves parallel the the floor. This is Half Boat Pose



Goddess Pose

1. From Cobbler's Pose lean backwards, bringing your elbows to the floor.
2. Lower the back all the way to the floor.
3. Stay here several minutes. To come out, roll over to your side and sit up using your hands to support you.



Hero's Pose

1. Start in a kneeling position.
2. Keep the knees together as you separate the feet bringing your butt down to the floor between your feet.
3. Make sure that you are not sitting on the feet, but between them.
4. Make sure the feet stay pointed straight back, not inwards or outwards.

Locust Pose

1. Come to lie on the stomach, taking a blanket under the hips as padding.
2. Interlace the fingers behind the back.
3. Bend the arms, drawing the elbows together.
4. On an inhale, draw the torso up off the floor as you straighten the arms behind you.
5. Press the tops of the feet into the floor.
6. Come down and rest on one cheek



Plank Pose

1. From downward dog, draw the torso forward until the shoulders are over the wrists and the whole body is in one straight line. This is very similar to the position you would take if you were about to do a push up.
 2. Press the forearms and hands firmly down, do not let your chest sink, press back through the heels.
 3. Keep the neck in line with the spine and broaden the shoulder blades.
- Beginners:** Move back and forth between Down Dog and Plank making sure the distance between your hands and feet does not change.



Lotus Pose

1. From staff pose, bend the right knee and bring the right ankle to the left hip crease with the sole of the right foot facing upwards.
 2. Settle the foot into the hip crease.
 3. Bend the left knee and cross the left ankle over to the right hip crease with the sole of the left foot facing upwards.
 4. Repeat, with the left foot on the bottom and the right foot on top.
- Beginners:** First attempt Half Lotus, coming into only one side of the pose at a time.



Seated Forward Bend

1. From staff pose bring the arms straight out to the sides and up over your head.
2. Inhale and draw the spine up long.
3. As you exhale, begin to come forward, hinging at the hips.
4. On each inhale, extend the spine and on each exhale come a bit further into the forward bend.
5. Keep the neck the natural extension of the spine.
6. Do not round the back.
7. Take hold of the ankles or shins, whichever you can reach.



Plow Pose

1. Come to lie on the back.
2. Using the abdominal muscles, lift the legs over the head until the toes touch the floor behind the head.
3. Interlace the fingers behind your back and straighten the arms.
4. Roll the shoulders under one at a time.
5. The hips should be aligned over the shoulders.
6. To come out, roll out of the pose slowly, one vertebra at a time, keeping the legs straight and feet together.



1. From the staff position open the legs out as wide as is comfortable.
2. Keep the thigh muscles engaged and the feet flexed.
3. Make sure the toes are pointing straight up to the ceiling.
4. Press the legs down into the floor.

