



Yoga for Beginners

Whole Body & Mind

Introductory yoga pack
with four sequences

WOMEN

WL WorkoutLabs

“You yourself must strive.
The Buddhas only point
the way.”

– The Buddha

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Introduction

Nearly everyone who gives yoga a chance falls in love with the practice. It makes you feel good; physically, mentally and emotionally. This is because yoga is more than just exercise. It's a practice that permeates and benefits your entire being.

Practice and You Shall be Rewarded

Practice yoga even just a few times a week and you'll reap its many outwardly physical benefits: long, lean muscles, toned arms and the coveted yoga booty. You'll find your back becoming more limber, tension in your shoulders being released and a sense of physical opening. Yoga makes your body look good, and it also makes you feel good about your body.

However, there's so much more to yoga than what shows on the outside! As yoga postures sculpt and lengthen muscles they simultaneously affect the deepest layers of the body. Those that twist, stretch and compress the abdominal organs fire up digestion and metabolism. Many postures even give the organs a gentle massage for optimal function. Others stimulate the glands and improve endocrine activity. And because yoga postures are always paired with rhythmic yogic breathing, they stimulate the parasympathetic nervous system. This means that the body is relieved of its stressed-out flight-or-flight mode and can rejuvenate itself in its rest-and-digest mode.

As if all this wasn't wonderful enough, yoga has some serious mental and emotional benefits as well. A regular yoga practice amplifies overall brain function. It improves memory, concentration and clarity while reducing stress and anxiety. Plus, yoga boosts self-confidence and stabilizes emotions.

Yoga has spiritual benefits, too. It increases awareness and grants a sense of connectedness to oneself and others. Practice long enough and you'll undoubtedly feel something positively profound happening on the inside.

Inspired? Let's get started!

Consult with your physician or other health care professional before performing any exercises in this document. Not suitable for pregnant women.

The Nitty Gritty of Yoga

Yoga isn't confined to strict rules, but its forefathers did share some important guidelines to ensure a safe and optimally beneficial practice. Make sure to familiarize yourself with these before starting your practice.

Equipment

The great thing about yoga is that all you really need is yourself, but a yoga mat does come in handy. It both prevents slippage and cushions your body from the floor. Choose a mat that's around 1/4" thick and free of harmful plastics like PVC.

Props like yoga blocks and straps can be helpful for the less flexible. However, it's better to learn to work within your body's limitations and omit props altogether.

Where to practice

You can practice yoga *anywhere* the ground is flat. Be sure to shield yourself from harsh midday sun if you prefer to practice outdoors.

When to practice

Yogis recommend practicing in the wee hours of the morning. This is considered a very pure time of day and makes it easy to focus. However, you can really practice yoga whenever. Just make sure that you choose calming, grounding practices in the evening so that you don't energize yourself before bed.

Eating and drinking

Yoga aims to improve digestion. If you eat a big meal but immediately stretch, twist and compress your digestive organs in yoga postures, you'll negatively affect the digestive process. It's best to practice yoga on an empty stomach or at least a few hours after a heavy meal.

As far as drinking goes, leave the ice water behind. Yogis recommend abstaining from drinking during yoga because it douses the digestive fire and serves as a distraction. You shouldn't be sweating so much during your practice that you need to immediately hydrate, anyway. If you are, it's time to take a little rest!

How long and how often to practice

It's better to do several short sessions a week than one hour-long practice only every now and then. Fit in yoga where you can and don't beat yourself up if you miss a day. As your practice develops, you'll find yourself wanting to make time for yoga. It just feels that good.

There are a few signs, however, that you've done enough yoga. If you're short of breath, in pain, or dripping sweat, it's time to rest.

Aim to practice yoga at least three times a week if you want to see benefits. A daily practice is even better. Yoga doesn't deplete the body like some other forms of exercise, so there's no need for recovery days.

General precautions, menstruation and pregnancy

Speak to your doctor if you're overcoming an injury or have a serious health concern. Only then should you seek out the instruction of a good teacher who can customize your practice. And if you're feeling under the weather, skip your practice and rest instead.

Some teachers encourage gentle yoga during menstruation while others forbid it all together. Err on the side of caution and take a few days off; the body doesn't need extra stress during this important time of purification.

Yoga requires many modifications during pregnancy for the safety of both baby and mother. Pregnant women should seek their doctor's approval before taking prenatal yoga classes with a qualified teacher.

Combining yoga with other workouts

Yoga perfectly complements other forms of exercise. If you are weight training, you can practice yoga on your off days or follow your workouts with one of the 3 main sequences here. They'll serve as a cool-down; stretching the muscles, allowing lactic acid buildup to release and relieving fatigue.

A Peek into Yogic Philosophy

There's more to yoga than just stretching. It has its own complex philosophy and code of ethics. In fact, yoga is an entire lifestyle. In order to simplify this deep ocean of a science, a yogi named Swami Vishnudevananda condensed the essence of yogic teachings into these 5 points.

1. Proper Exercise

It's no secret that physical exercise is important. The body is like a car: if you don't take it for a drive every now and then, it ceases to properly function. Yoga acts as a daily tune up. It strengthens and stretches muscles; regulates organ and gland function; and improves flexibility. And as yogis say that you're only as young as your spine is flexible, yoga ensures that the back stays bendy.

2. Proper Breathing

Yoga isn't yoga without a focus on the breath--this is what differentiates it from other forms of exercise. The purpose is twofold. Firstly, yoga teaches the correct way to breathe. This is *incredibly* important for overall health. Deep, rhythmic yogic breathing oxygenates the body and massages the internal organs. It also relieves stress and anxiety so that the body can rejuvenate itself in its rest-and-digest mode.

Secondly, by focusing on the breath yoga postures are transformed from physical exercise to a form of moving meditation. This trains the mind and develops a sense of connectedness to oneself and others.

3. Proper Relaxation

Proper relaxation is just as important as proper exercise. The body and mind need a chance to recharge, *especially* in this fast-paced world of sensory overload. Yoga fulfills this need as it includes plenty of time for relaxation. This happens both in between the poses in short, mini-rests and through a long final rest called savasana (or Corpse). Yoga leaves you feeling energized and recharged rather than worn out and exhausted, unlike some forms of less-balanced exercise.

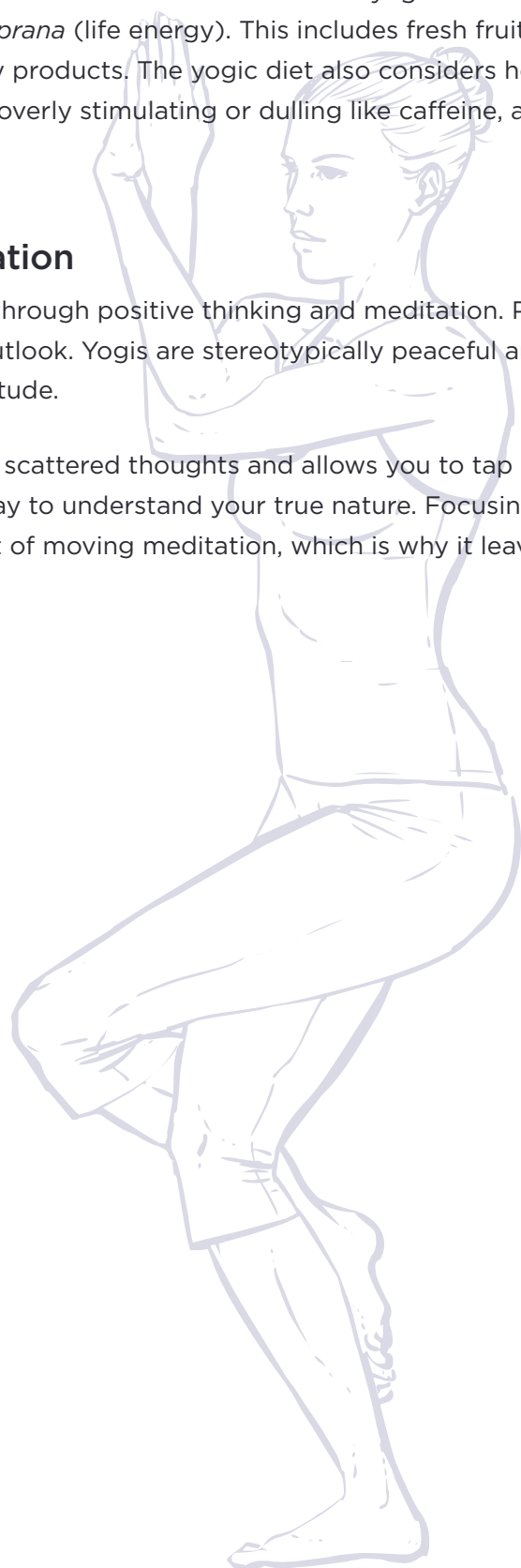
4. Proper Diet

Yoga is an entire lifestyle that happens both on and off the mat – *including* what goes on your plate. After all, diet is just as important to health as exercise and relaxation. The yogic diet focuses on pure, wholesome foods with large amounts of *prana* (life energy). This includes fresh fruits and vegetables, grains, legumes, seeds, nuts, and dairy products. The yogic diet also considers how food affects the mind. It reduces foods which are overly stimulating or dulling like caffeine, alcohol and meat.

5. Proper Positive Thinking & Meditation

Yoga aims to steady the fluctuations of the mind through positive thinking and meditation. Positive thinking has a profound effect on one's general outlook. Yogis are stereotypically peaceful and calm people because they embrace a positive attitude.

And meditation is a *huge* part of yoga. It reigns in scattered thoughts and allows you to tap into something bigger than yourself. Meditation is a way to understand your true nature. Focusing on the breath throughout your yoga practice is a sort of moving meditation, which is why it leaves you feeling gooey and zen'd out!



Practice

Now that you know the basic pillars of yoga and correct ways to carry yourself on and off the mat, you are ready to start your practice.

Instructions

This Yoga Pack includes four perfectly balanced sequences:

- Dynamic Warm-Up Yoga
- Firm & Tone Yoga
- Energize & Awaken Yoga
- Destress & Refresh Yoga

Always begin with Dynamic Warm-Up Yoga. As with every other form of exercise, yoga requires a proper warm-up to prevent injury. Follow up with any of the other 3 sequences.

Beginners should hold each pose for 5 breaths unless otherwise noted. More seasoned practitioners should aim to hold each pose for 10 breaths.

Move slowly and mindfully throughout the entire practice. And know that yoga should never hurt. If you experience pain, you may be practicing incorrectly or practicing a posture that isn't suited to your body. Gently ease out of the pose and take a short rest before continuing.

First Thing's First: Yogic Breathing

Yogis say that without the breath, it's not yoga. So before delving into the yoga sequences, you'll need to learn Yogic Breathing.

Yogic Breathing tames the mind and calms the nerves. It promotes proper breathing habits on and off the mat (too many people breathe incorrectly!) It also strengthens the respiratory muscles, massages the abdominal organs and improves lymphatic drainage and circulation. Most importantly, it transforms yoga from exercise to a moving meditation.



- Sit in a comfortable position. Lengthen your spine. Place a firm cushion or rolled mat under your bottom if you feel like you're slouching.
- Place your right hand over your belly and your left hand over your chest. Close your eyes and breathe through your nose.
- Inhale into your belly slowly and deeply. Feel your belly expand. As you continue to inhale, feel your ribs expand next and then the base of your throat.
- As you exhale, relax the upper chest, feel the ribs contract next and lastly the belly.
- Each breath should flow naturally without tension. Repeat 5 to 10 rounds of this breath.

Practice Yogic Breathing during your entire yoga practice. Keep your mind focused on your breath; observing its flow with your undivided attention.

Dynamic Warm-Up Yoga

Warm up your entire body and get into a yoga mindset

Just like other forms of exercise, yoga should always begin with a solid warm-up. You'll generate internal heat, warm up the spine and to start link breath with movement. Your body will be ready to hold the yoga poses that follow.

Begin your warm-up with Yogic Breathing. Carry this breath throughout your entire practice and release it during your final rest in Corpse. Move slowly and mindfully through each exercise.

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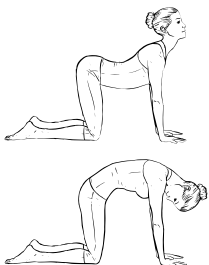


Dynamic Warm-Up Yoga

Yoga

Start with and carry Yogic Breathing throughout your entire practice and release it during your final rest in Corpse, unless following with another sequence. Move slowly and mindfully through each exercise.

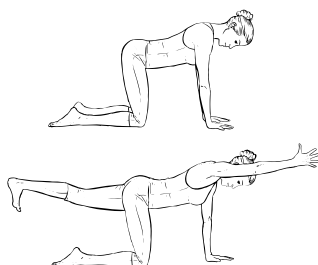
Cat Stretch · Marjariasana



3 breaths

Align wrists under shoulders · Align knees under hips · Broaden shoulders · Inhale and arch · Exhale and round

Balancing Table · Dandayamna Bharmanasana



3 breaths

Draw belly toward spine · Broaden shoulder blades · Flex top foot · Keep top leg, torso and top arm in one line

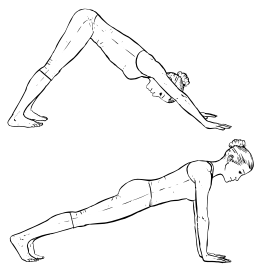
Tiger · Vyaghrasana



3 breaths

Align wrists under shoulders · Align knees under hips · Lengthen the neck · Inhale and arch · Exhale and round

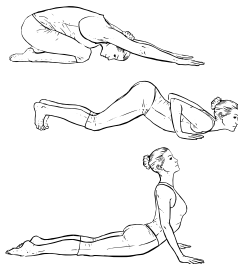
Plank Flow · Kumbhakasana Vinyasa



3 breaths

Hands shoulder-width apart, fingers wide · Feet hip-width apart · Draw belly toward spine

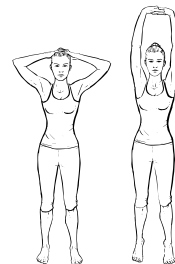
Striking Cobra · Shashank Bhujangasana



3 breaths

Keep hands fixed to floor shoulder-width apart · Draw shoulders away from ears · Keep elbows bent

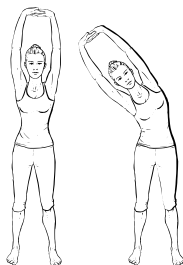
Palm Tree · Tadasana



3 breaths

Feet hip-width apart · Draw shoulders down · Tuck tailbone under · Tuck front ribs in

Swaying Palm Tree · Tiryaka Tadasana



3 breaths

Bring feet wider than shoulders · Do not move hips · Draw shoulders down

Standing Yoga Seal · Dandayamana Yoga Mudrasana



3 breaths

Draw shoulder blades together · Keep neck in line with spine · Keep knees bent, aligned over ankles

Corpse · Savasana



Keep head and spine in one line · Relax forehead · Release tension in jaw · Tuck shoulder blades under

Firm & Tone Yoga

Build long and lean muscles for an overall toned body

Build long and lean muscles for an overall toned body. With an emphasis on poses that firm and strengthen your butt and thighs, this sequence tones your lower body and simultaneously builds core strength. Plus, poses that engage the arms encourage your muscles to hug the bones for toned arms and overall leaner look.

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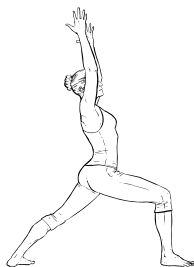


Firm & Tone Yoga

Yoga

Precede this sequence with the Dynamic Warm-up Yoga. Move slowly and mindfully through each pose. Finish with 5-10 minutes in the Corpse pose followed by Ocean Breathing. Enjoy ☯

Warrior I · Virabhadrasana I



3 breaths

Lengthen tailbone toward floor · Anchor outer edge of foot to floor · Draw shoulders away from ears

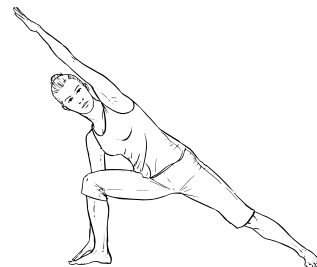
Warrior II · Virabhadrasana II



3 breaths

Lengthen tailbone toward floor · Anchor outer edge of foot to floor · Stretch hands away from each other

Extended Side Angle · Utthita Parsvakonasana



3 breaths

Anchor outer edge of foot to floor · Align knee over ankle · Center body weight evenly between feet

Chair · Utkatasana



3 breaths

Keep knees behind toes · Tuck the tailbone under · Draw shoulders away from ears · Keep body weight in heels

Standing Forward Bend · Uttanasana



3 breaths

Relax neck · Do not lock knees · Press heels into floor · Lift kneecaps · Lift sit bones toward sky

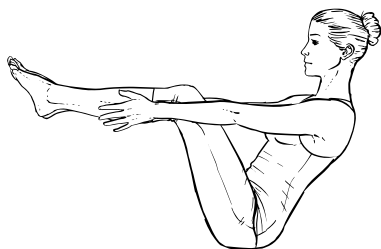
Extended Child's Pose · Utthita Balasana



3 breaths

Release tailbone toward feet · Rest forehead on floor · Bring knees hip-width apart

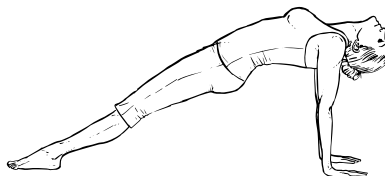
Half Boat · Ardha Navasana



3 breaths

Lengthen spine and keep back flat · Reach strongly through fingers · Balance on sit bones

Inclined Plane · Purvottanasana



3 breaths

Press soles of feet toward floor · Align wrists under shoulders · Lift hips toward sky · Keep the neck neutral

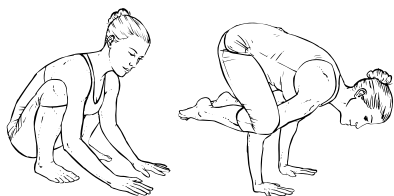
Head to Knee · Janu Sirsasana



3 breaths

Flex extended foot · Keep neck in line with spine · Bend elbows. Hold for 3 breaths for each side.

Crow · Kakasana



3 breaths

Spread fingers wide · Bring knees high on upper arms · Keep elbows bent · Focus your gaze beneath you

Half Spinal Twist · Ardha Matsyendrasana



3 breaths

Position foot just outside of knee · Lengthen spine vertically and then twist · Draw shoulders down

Corpse · Savasana



Keep head and spine in one line · Release tension in jaw · Tuck shoulder blades under. Relax for 5-10 minutes.

Ocean Breathing · Ujjayi Pranayama



10 breaths

Lengthen spine · Keep chin parallel to floor · Relax shoulders · Slightly constrict the throat

Energize & Awaken Yoga

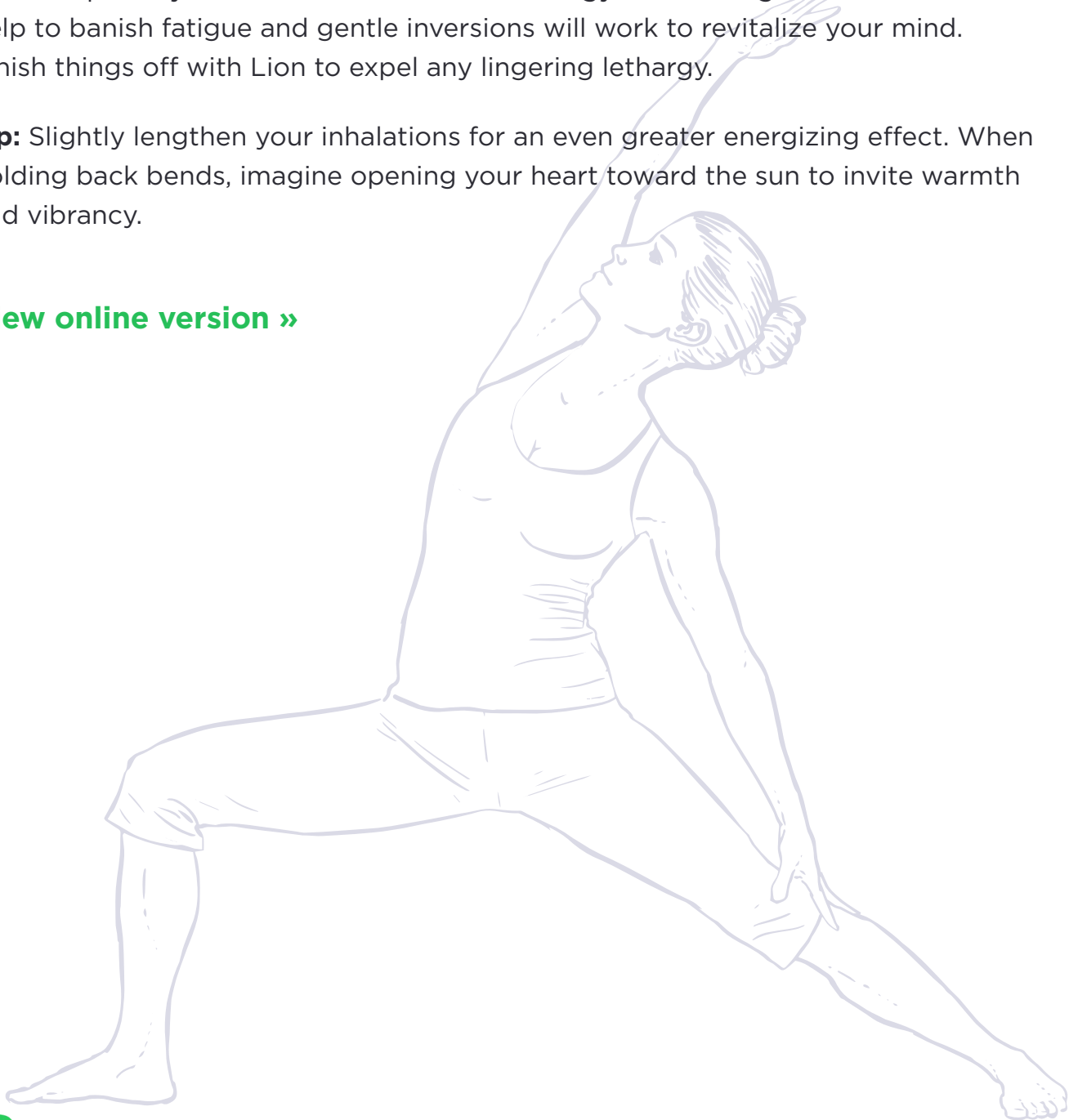
Invigorate your body and mind

This sequence is perfect for sluggish mornings or anytime you need an energy boost.

With poses that tend to stimulate the nervous system, this sequence will enable you to tap into your own natural source of energy. Stimulating back bends will help to banish fatigue and gentle inversions will work to revitalize your mind. Finish things off with Lion to expel any lingering lethargy.

Tip: Slightly lengthen your inhalations for an even greater energizing effect. When holding back bends, imagine opening your heart toward the sun to invite warmth and vibrancy.

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Energize & Awaken Yoga

Yoga

Precede this sequence with the Dynamic Warm-up Yoga. Move slowly and mindfully through each pose. Finish with 5-10 minutes in the Corpse pose for final relaxation. Enjoy ☯

Warrior I · Virabhadrasana I



5 breaths

Lengthen tailbone toward floor · Anchor outer edge of foot to floor · Draw shoulders away from ears

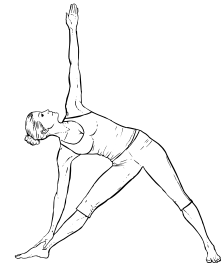
Warrior III · Virabhadrasana III



5 breaths

Point toes toward floor · Don't lock knee · Keep arms, torso and lifted leg in one line

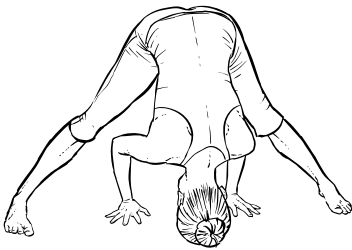
Extended Triangle · Utthita Trikonasana



5 breaths

Anchor outer edge of foot to floor · Stretch hands away from each other · Lengthen both sides of torso

Wide Legged Forward Bend · Prasarita Padottanasana



5 breaths

Engage your legs muscles · Press into outer edges of your feet · Draw shoulder blades toward tailbone

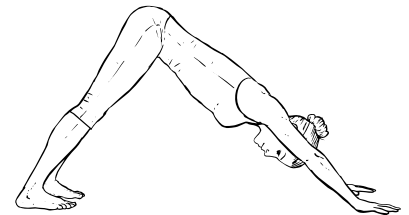
Eagle · Garudasana



5 breaths

Reach elbows upward · Draw shoulders downward · Gaze at a fixed point to balance · Lengthen spine

Downward Facing Dog · Adho Mukha Svanasana



5 breaths

Bring feet hip-width apart · Bring hands shoulder-width apart

Extended Child's Pose · Utthita Balasana



5 breaths

Release tailbone toward feet · Rest forehead on floor · Bring knees hip-width apart

Camel · Ustrasana



5 breaths

Keep neck neutral · Lengthen tailbone toward floor · Reach chest toward sky · Align hips over knees

Locust · Salabasana



5 breaths

Separate feet several inches · Keep head in line with spine · Firm your buttocks

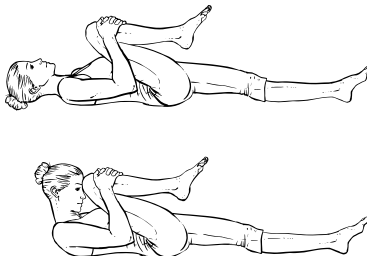
Bow · Dhanurasana



5 breaths

Bring knees hip-width apart · Balance on navel · Keep neck in line with spine · Kick feet away from you

Wind Release · Pavanmuktasana



5 breaths

Press straight leg into floor · Hug knee into chest · Lift shoulders from floor · Press thigh to belly

Lion · Simhasana



5 breaths

Open mouth wide · Actively stretch tongue out of mouth · Spread fingers wide · Lengthen and arch the spine

Corpse · Savasana



Keep head and spine in one line · Release tension in jaw · Tuck shoulder blades under. Relax for 5-10 minutes.

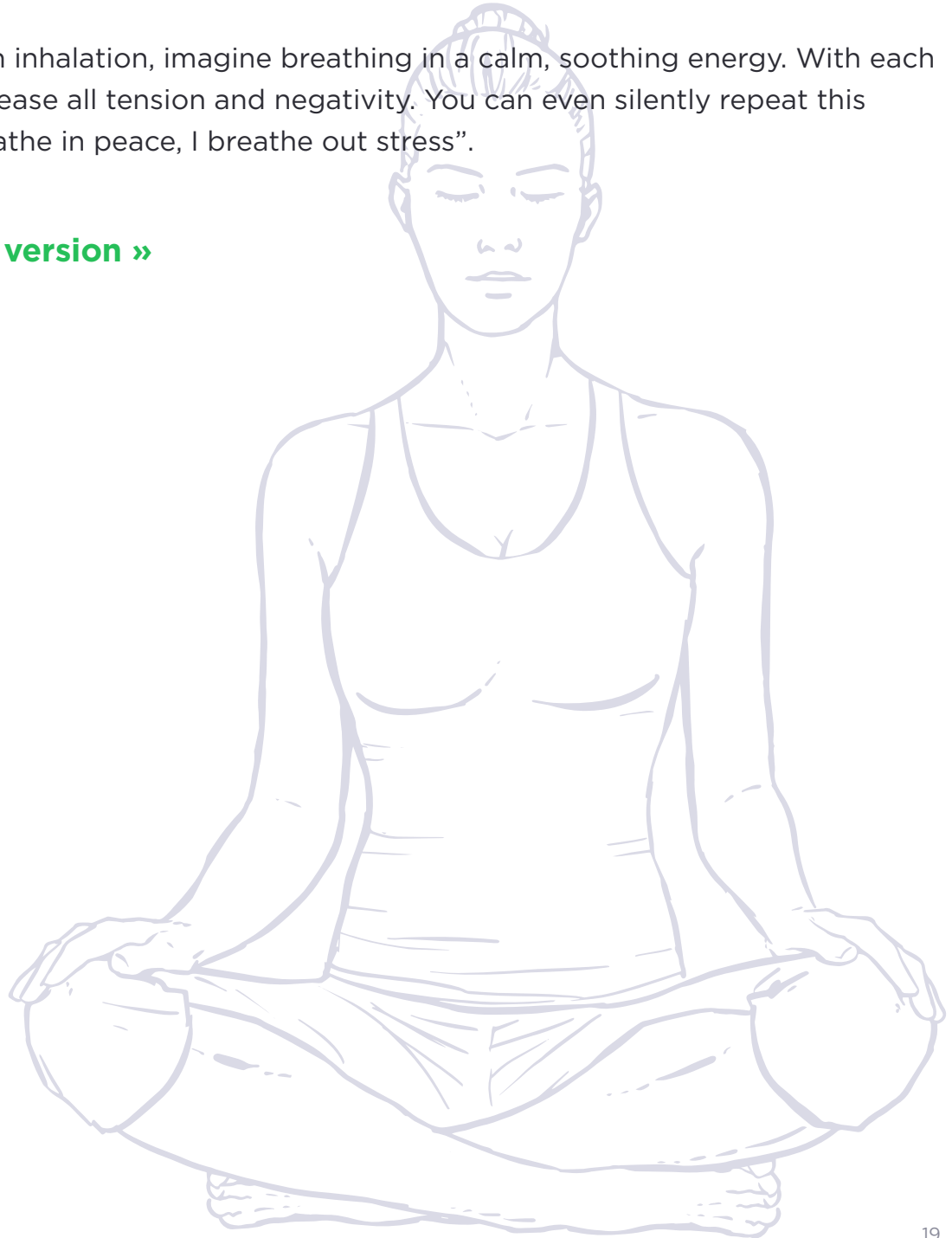
Destress & Refresh Yoga

Bring mind and body back to their natural state of calm

This sequence combines major stress-relieving poses to center and ground your energy. You'll release stubborn emotional blockages from the hips, calm the mind with forward bends and balance the left and right brain with the soothing Alternate Nostril Breathing.

Tip: With each inhalation, imagine breathing in a calm, soothing energy. With each exhalation, release all tension and negativity. You can even silently repeat this mantra: "I breathe in peace, I breathe out stress".

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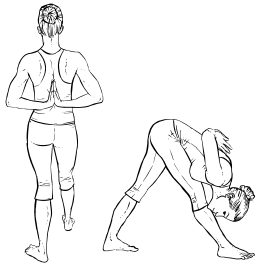


Destress & Refresh Yoga

Yoga

Precede this sequence with the Dynamic Warm-up Yoga. Move slowly and mindfully through each pose. Finish with 5-10 minutes in the Corpse pose followed by Alternate Nostril Breathing. Enjoy ☯

Pyramid · Parsvottanasana



5 breaths

Anchor back heel to floor · Lengthen front of torso · Square your hips · Do not lock knees

Tree · Vrksasana



5 breaths

Draw shoulders away from ears · Gaze at a fixed point to balance · Lengthen spine · Open knee to the side

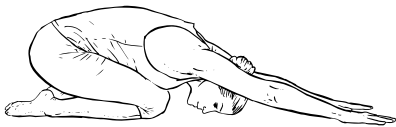
Extended Cobra · Saral Hasta Bhujangasana



5 breaths

Bring feet hip-width apart · Bend elbows slightly · Draw shoulders away from ears · Keep head in line with spine

Extended Child's Pose · Utthita Balasana



5 breaths

Release tailbone toward feet · Rest forehead on floor · Bring knees hip-width apart

Cow Face · Gomukhasana



5 breaths

Lengthen spine · Keep neck neutral and relaxed

Fire Log · Agnistambhasana



5 breaths

Flex feet · Position top foot just beyond bottom knee · Lengthen spine · Try to bring shins parallel

Shoulderstand · Sarvangasana



5 breaths

Push ribs in and up · Soften tongue and throat · Press upper arms and shoulders into floor · Keep legs together

Plow · Halasana



5 breaths

Align hips over shoulders · Do not turn head · Push tops of shoulders into floor · Soften tongue and throat

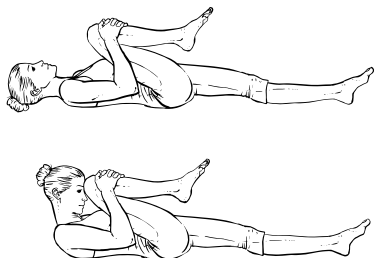
Fish · Matsyasana



5 breaths

Relax toes · Keep most of the weight in the elbows · Lift chest up · Keep mouth closed

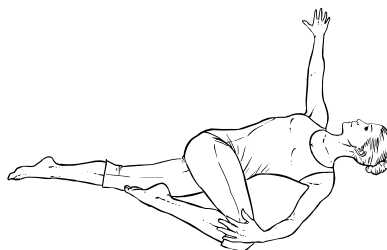
Wind Release · Pavanmuktasana



5 breaths

Press straight leg into floor · Hug knee into chest · Lift shoulders from floor · Press thigh to belly

Reclined Spinal Twist · Supta Matsyendrasana



5 breaths

Press shoulder blades toward floor · Gaze in opposite direction of twist

Corpse · Savasana



Keep head and spine in one line · Release tension in jaw · Tuck shoulder blades under. Relax for 5-10 minutes.

Alternate Nostril Breathing · Nadi Shodhana Pranayama



5 breaths

Lengthen spine · Keep chin parallel to floor · Relax shoulders · Tuck right index and middle fingers into palm

The 5 Minute Meditation

Add this 5 minute meditation to the end of any yoga sequence. 5 minutes may not sound like much, but even a short meditation session will rejuvenate both mind and body. Of course, the longer the better; if you have 15 minutes or even a half hour for meditation then go for it! The benefits will surely come: stress relief, clarity, a sharper mind, stronger immunity, lower blood pressure, pain relief, more energy, overall calmness and a greater sense of purpose.

Meditation is only possible through concentration. The reason why so many people give up on meditation is because they're going about it all wrong; they expect to close their eyes and stop their thoughts! But the mind doesn't work this way. In order to reach a meditative state, the mind needs an object of concentration.

In this 5 minute meditation the object of concentration is the breath. All you have to do is observe your breath; simply watching the way it flows in and out of the nostrils. All kinds of thoughts will pop up but simply allow them to drift away without paying them much attention. Bring your focus back to your breath. The thoughts will become fewer and fewer until you ultimately enter a meditative state.

- Sit in a comfortable position. Lengthen your spine. Make yourself as comfortable as possible so that you're not tempted to fidget. If you're sitting on the floor, try placing a firm cushion or rolled mat under your bottom to alleviate tension in your hips. Use pillows to support your knees if your legs are crossed. Then settle in, and silently affirm that you'll keep absolutely still for the next 5 minutes. Know that all physical sensations--the good and bad--will eventually pass.
- Touch your thumbs and index fingers together. Rest your hands on your knees either face up or face down. Close your eyes.
- Breathe naturally. Focus your attention on your breath. Simply observe the way in which the breath flows in and out through your nose.
- Whenever you notice your mind wandering, return your attention to your breath.
- Continue this meditation for as long as you like.

Try to meditate around the same time each day. With regularity, meditation will eventually become a habit and you'll look forward to your daily sessions.

7 day yoga journal

Date	How I felt before yoga	How I feel after yoga
Day 1		
Day 2		
Day 3		
Day 4		
Day 5		
Day 6		
Day 7		

Alternate Nostril Breathing · Nadi Shodhana Pranayama

NAH-DEE sho-dha-nah PRAHN-AH-YAHM-ah

Primary muscle group(s):

Abs, Chest

Sit in a comfortable position. Lengthen your spine.

Bring your left thumb and index finger together. Rest the back of the hand on your left knee.

Tuck your right index and middle fingers into your palm. Close your eyes.

Close your right nostril with your right thumb. Exhale completely.

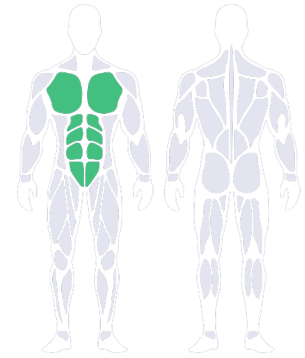
Inhale through your left nostril. Close your left nostril with your ring finger.

Release your thumb and exhale through your right nostril. Inhale through your right nostril.

Close your right nostril with your thumb. Release your ring finger and exhale through your left nostril. This is one round.

Repeat 5 rounds of this breath. Rest in Corpse for several breaths.

Modification: Place a firm cushion or rolled mat under your bottom to bring more length to your spine.



Balancing Table · Dandayamna Bharmanasana

dahn-dah-yahm-nah bhar-mahn-AH-sah-nah

Primary muscle group(s):

Abs, Spine

Secondary:

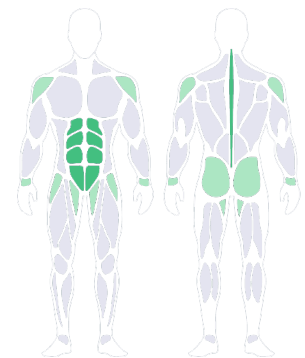
Glutes & Hip Flexors, Shoulders, Wrists

Begin on all fours. Bring your wrists directly under your shoulders and knees under your hips. Bring your head to a neutral position.

Stretch your right leg back with an inhale. Bring it parallel to the floor. Flex the foot.

Reach your left arm forward with an inhale. Bring it parallel to the floor.

Balance here for one or more slow, deep breaths. Lower with an exhale. Change sides and repeat.



Bow · Dhanurasana

dhah-noor-AH-sah-nah

Primary muscle group(s):

Chest, Shoulders, Spine

Secondary:

Abs, Forearms, Glutes & Hip Flexors, Hamstrings, Triceps

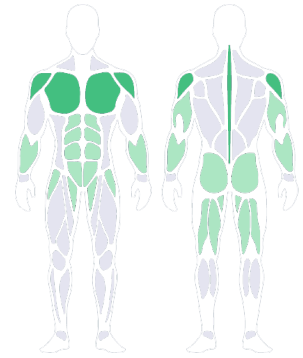
Lie on your stomach and separate your legs hip-width apart. Bend your knees and hold on the outsides of your ankles. Rest your forehead on the floor.

Kick your legs away from you with an inhale and lift your head and chest from the floor. Balance on your low belly.

Hold the pose and take slow, deep breaths.

Lower with an exhale.

⚠️ Avoid this pose if you have a serious back or neck injury.



Camel · Ustrasana

oosh-TRAH-sah-nah

Primary muscle group(s):

Chest, Neck & Upper Traps, Spine

Secondary:

Abs, Glutes & Hip Flexors, Lower Back

Begin kneeling with your knees hip-width apart. Curl your toes under.

Place your hands on your lower back. Lengthen your spine and expand your chest with an inhale.

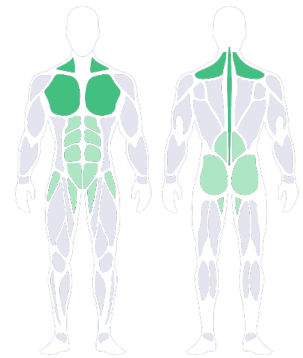
Slowly arch back with an exhale, keeping your hips over your knees. One at a time, bring your hands to the insides of your ankles. Rest your neck in a neutral position.

Hold the pose and take slow, deep breaths.

Return your hands to your back, then rise with an inhale and sit back on your heels.

Modification: Keep your hands on your low back to lessen the stretch.

⚠️ Avoid this pose if you have a neck or back injury.



Cat Stretch · Marjariasana

mar-jar-ee-AH-sah-nah

Primary muscle group(s):

Lower Back, Middle Back / Lats, Spine, Upper Back & Lower Traps

Secondary:

Neck & Upper Traps, Shoulders, Wrists

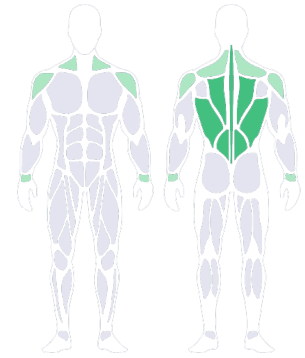
Begin on all fours. Bring your wrists directly under your shoulders and knees under your hips. Bring your head to a neutral position.

With an inhale, arch your spine, reaching your head and tailbone toward the sky. Let your belly drop toward the floor.

With an exhale, round your spine, drawing your head and tailbone toward the floor.

Repeat this movement.

Modification: Place a folded blanket under your knees for cushion.



Chair · Utkatasana

oot-kah-TAH-sah-nah

Primary muscle group(s):

Chest, Glutes & Hip Flexors, Hamstrings, Quadriceps, Shoulders

Secondary:

Abs, Ankles, Triceps, Upper Back & Lower Traps

Stand with your feet together or hip-width apart, feet parallel.

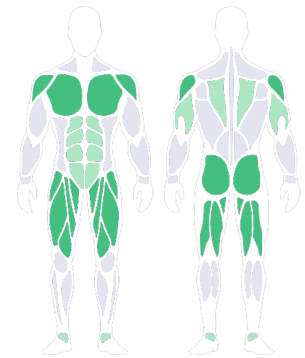
Reach your arms toward the sky with an inhale, palms facing each other.

Bend your knees with an exhale and shift your hips back and down, as if you're sitting on an imaginary chair. Make sure that your knees are not beyond your toes. Gaze diagonally downward.

Hold the pose and take slow, deep breaths.

Rise with an inhale, then exhale and release your arms.

⚠️ Avoid this pose if you have low blood pressure.



Corpse · Savasana

shah-VAH-sah-nah

Primary muscle group(s):

Spine

Lie on your back. Bring your feet wide and let them flop open.

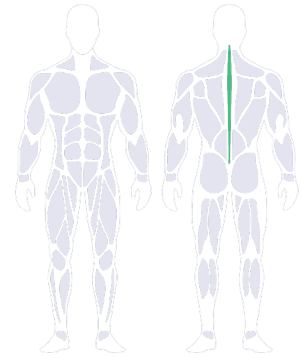
Bring your arms several inches away from your torso, palms up.

Make any minor adjustments needed so that you are completely comfortable.

Close your eyes. Find stillness.

Hold the pose and take natural breaths. Focus your attention on your breath.

Come out of the pose slowly and gently.



Cow Face · Gomukhasana

go-moo-KHAH-sah-nah

Primary muscle group(s):

Chest, Shoulders, Triceps

Secondary:

Knees, Quadriceps

Sit on your heels with your knees together. Lengthen your spine.

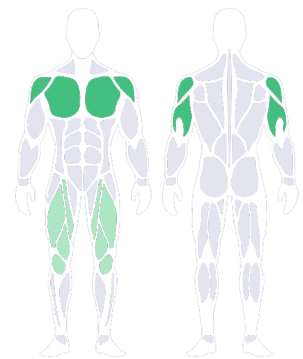
Bend your left arm behind your back and bring the hand in between your shoulder blades, palm facing away.

Reach your right arm up with an inhale. Bend your elbow with an exhale and clasp your fingers behind your back.

Hold the pose and take slow, deep breaths.

Release your arms and change sides.

Modification: Women: Sit on the floor and cross your right leg over the left. Stack your knees on top of each other and point your toes behind you.



Crow · Kakasana

kah-KAH-sah-nah

Primary muscle group(s):

Abs, Forearms, Shoulders, Wrists

Secondary:

Chest, Triceps, Upper Back & Lower Traps

Begin in a low squat with your knees wide. Place your hands on the floor in front of you, shoulder-width apart.

Hug your knees against your upper arms. Rise onto your toes.

Focus your gaze at one point below you, shift forward and lift your toes from the floor.

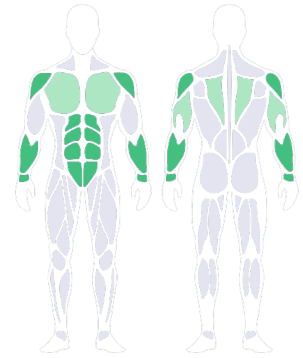
Draw your feet toward your buttocks and try to touch your toes together.

Balance in the pose and take slow, deep breaths.

Lower with an exhale.

Modification: Place a pillow under your head to gain confidence shifting your weight forward.

⚠️ Avoid this pose if you have carpal tunnel syndrome.



Downward Facing Dog · Adho Mukha Svanasana

ah-dho moo-khah SHVAHN-NAH-sah-nah

Primary muscle group(s):

Calves, Hamstrings, Middle Back / Lats, Spine

Secondary:

Abs, Ankles, Glutes & Hip Flexors, Quadriceps, Triceps, Wrists

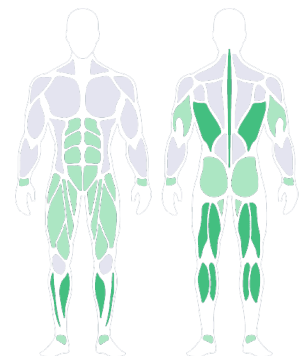
Lie on your stomach. Bring your hands under your shoulders and spread your fingers wide. Bring your feet as wide as your hips and curl your toes under.

Push into the floor and come onto your knees with an exhale, then slowly straighten your legs. Release your heels toward the floor. Reach your tailbone toward the sky behind you to lengthen your spine. Bring your head in between your arms.

Hold the pose and take slow, deep breaths.

Release your knees to the floor with an exhale and sit back on your heels.

⚠️ Avoid this pose if you have high blood pressure or carpal tunnel syndrome.



Eagle · Garudasana

gar-oo-DAH-sah-nah

Primary muscle group(s):

Glutes & Hip Flexors, Shoulders, Upper Back & Lower Traps

Secondary:

Ankles, Middle Back / Lats, Quadriceps, Wrists

Stand with your feet together. Bend your knees slightly. Cross your right thigh over your left thigh with an inhale. Hook your right toes behind your calf.

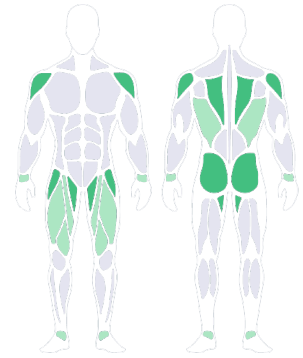
Raise your arms to shoulder height with an inhale. Cross your right arm under your left arm with an exhale. Bend your elbows and bring your palms to touch.

Gaze at one point ahead of you. Hold the pose and take slow, deep breaths.

Slowly unwind with an exhale. Return to standing. Change sides.

Modification: Rest your top toes on the floor rather than hooking them behind your calf.

⚠️ Avoid this pose if you have a knee injury or low blood pressure.



Extended Child's Pose · Utthita Balasana

oo-tee-tah bah-LAH-sah-nah

Primary muscle group(s):

Glutes & Hip Flexors, Knees, Spine

Secondary:

Lower Back, Middle Back / Lats, Upper Back & Lower Traps

Sit on your heels. Bring your feet together and knees hip-width apart.

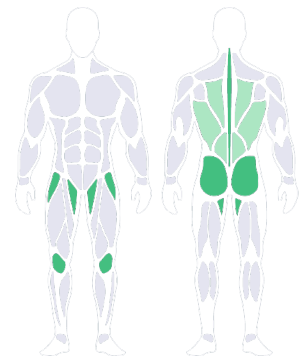
Bend forward with an exhale and rest your torso between your thighs. Relax your tailbone toward your feet.

Reach your arms far forward. Spread your fingers and press your palms into the floor. Rest your forehead on the floor.

Hold the pose and take slow, deep breaths.

Rise with an inhale.

⚠️ Avoid this pose if you have a knee injury.



Extended Cobra · Saral Hasta Bhujangasana

sar-ahl ha-stah bhoo-jong-AH-sah-nah

Primary muscle group(s):

Lower Back, Middle Back / Lats, Spine, Upper Back & Lower Traps

Secondary:

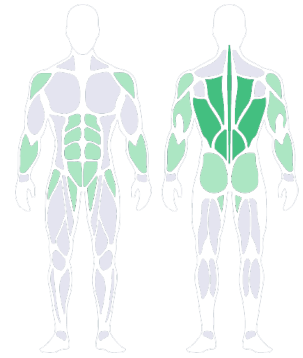
Abs, Forearms, Glutes & Hip Flexors, Shoulders, Triceps

Lie on your stomach. Separate your feet hip-width apart. Place your hands under your shoulders and spread your fingers. Rest your forehead on the floor.

Push into your hands and lift your head, chest and stomach with an inhale. Keep your pelvis on the floor.

Hold the pose and take slow, deep breaths.

Lower with an exhale.



Extended Side Angle · Utthita Parsvakonasana

oot-tee-tah PARSH-vah-ko-NAH-sah-nah

Primary muscle group(s):

Glutes & Hip Flexors, Obliques, Quadriceps, Shoulders

Secondary:

Ankles, Triceps

Begin standing. Step your feet 3 to 4 feet apart with an inhale. Bring feet parallel.

Bring your arms to shoulder height, palms facing down. Turn your right foot 90 degrees to the right.

Bend your right knee with an exhale, bringing the thigh parallel to the floor. Align knee over ankle.

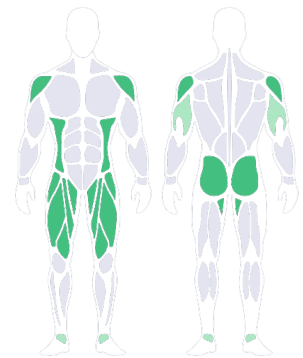
Bend to the right with an exhale, bringing your fingertips to the floor just outside of your right foot. Reach your left arm up with an inhale, then lower the arm alongside your ear, palm facing down. Gaze toward your top arm.

Hold the pose and take slow, deep breaths.

Rise with an inhale, then exhale and step your feet together. Change sides.

Modification: Gaze toward the floor. Rest your forearm on your thigh instead of reaching to the floor.

⚠️ Avoid this pose if you have high or low blood pressure.



Extended Triangle · Utthita Trikonasana

oot-tee-tah tree-ko-NAH-sah-nah

Primary muscle group(s):

Glutes & Hip Flexors, Hamstrings, Shoulders, Spine

Secondary:

Calves, Obliques, Triceps

Begin standing. Step your feet 3' to 4 feet apart. Bring feet parallel.

Bring your arms to shoulder height, palms facing down. Turn your right foot 90 degrees to the right. Turn your left foot slightly in.

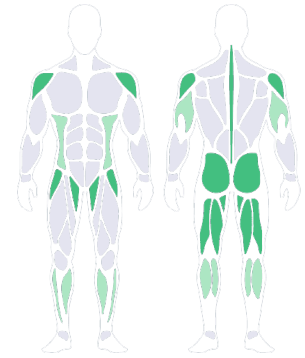
Reach your right arm out to the right and then down with an exhale. Bring your hand to your shin or ankle. Inhale and reach your left arm toward the sky, palm facing forward. Gaze up toward your hand.

Hold the pose and take slow, deep breaths.

Look down and activate your core and legs. Rise with an inhale, then exhale and step your feet together. Change sides.

Modification: Gaze toward the floor.

⚠️ Avoid this pose if you have low blood pressure.



Fire Log · Agnistambhasana

ahg-nee-stahm-BHAH-sah-nah

Primary muscle group(s):

Glutes & Hip Flexors

Secondary:

Knees, Quadriceps

Begin sitting. Bend your knees and place your feet flat on the floor.

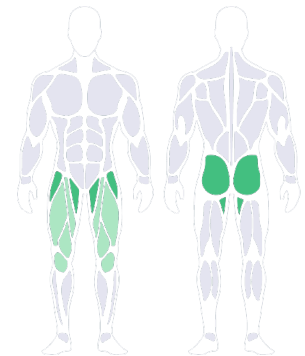
Slide your left foot under your right leg and bring the heel near the right buttock. (Depending on your flexibility, try to bring the shin parallel to the front of your mat.) Release your left knee toward the floor.

Stack your right leg on top of the left. The right ankle should be just beyond the left knee. Flex your feet. Rest your fingertips by your sides.

Hold the pose and take slow, deep breaths.

Carefully straighten your legs and change sides.

⚠️ Avoid this pose if you have a knee or ankle injury.



Half Boat · Ardha Navasana

ard-ha NAH-VAH-sah-nah

Primary muscle group(s):

Abs, Glutes & Hip Flexors, Spine

Secondary:

Hamstrings, Quadriceps

Sit with your knees bent, feet flat on the floor. Bring your knees and feet to touch.

Hold on to the backs of your knees. Lean back with an exhale so that your toes lift from the floor. Balance on your sitting bones.

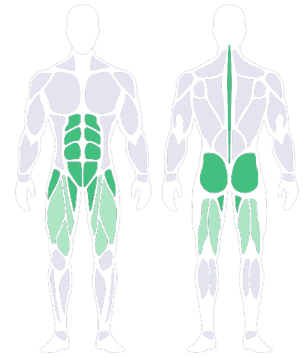
Release your hands and bring your arms and shins parallel to the floor.

Balance in the pose and take slow, deep breaths.

Lower your feet with an exhale.

Modification: Hold backs of thighs for support.

⚠️ Avoid this pose if you have low blood pressure, heart problems, or a low back injury.



Half Spinal Twist · Ardha Matsyendrasana

ard-ha maht-syen-DRAH-sah-nah

Primary muscle group(s):

Glutes & Hip Flexors, Shoulders, Spine

Secondary:

Neck & Upper Traps

Sit with your legs stretched in front of you. Bend your left leg and place your left foot flat on the floor, just outside of your right knee.

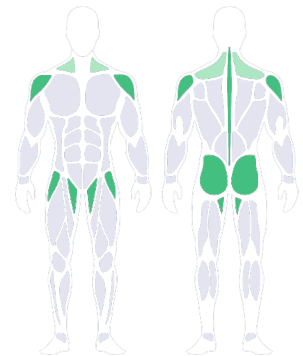
Bring your left fingertips to the floor about a foot behind you. Gently push into the floor to lengthen your spine.

Reach your right arm up with an inhale.

Bend your right arm with an exhale, press the elbow against the left knee and twist to the left. Gaze over your left shoulder.

Hold the pose and take slow, deep breaths.

Untwist with an inhale. Change sides.



Head to Knee · Janu Sirsasana

jah-noo SHEER-SHAH-sah-nah

Primary muscle group(s):

Hamstrings, Spine

Secondary:

Calves, Knees, Lower Back, Middle Back / Lats

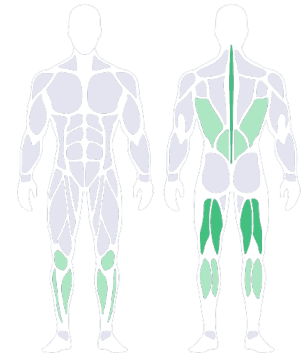
Sit with your legs stretched in front of you. Bend your right leg and place the sole of your foot against your left upper thigh. Flex your left foot.

Turn your upper body toward your extended leg. Slowly bend forward with an exhale. Walk your hands down your leg and grasp your shin, ankle, or toes. Relax your neck.

Hold the pose and take slow, deep breaths.

Rise with an inhale. Change sides.

⚠️ Avoid this pose if you have asthma or a knee injury.



Inclined Plane · Purvottanasana

POOR-voht-TAH-NAH-sah-nah

Primary muscle group(s):

Glutes & Hip Flexors, Obliques, Spine, Triceps

Secondary:

Calves, Chest, Forearms, Hamstrings, Neck & Upper Traps, Wrists

Sit with your legs stretched in front of you. Bring your feet to touch. Place your hands on the floor several inches behind you, fingers pointing away. Your hands should be as wide as your shoulders.

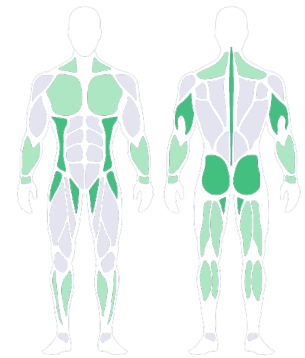
Press your feet into the floor and lift your hips toward the sky with an inhale. Relax your neck in a neutral position.

Hold the pose and take slow, deep breaths.

Lower with an exhale.

Modification: If you're double jointed, turn your fingers toward you.

⚠️ Avoid this pose if you have carpal tunnel syndrome, or a shoulder or wrist injury.



Lion · Simhasana

sim-HAH-sah-nah

Primary muscle group(s):

Spine, Wrists

Secondary:

Knees, Quadriceps

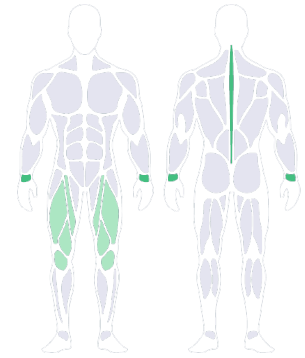
Sit on your heels. Bring your feet together and knees wide.

Place your palms on the floor in between your knees, fingers pointed toward feet. Straighten your arms and lengthen your spine.

Inhale deeply through your nose.

Open your mouth wide, stick out your tongue, look up and exhale while making a 'hhhaaa' sound. Close your mouth. Take a natural breath.

Repeat this breath five times. Release the pose.



Locust · Salabhasana

shahl-ah-BHA-sah-nah

Primary muscle group(s):

Glutes & Hip Flexors, Hamstrings, Spine, Triceps

Secondary:

Abs, Calves, Middle Back / Lats

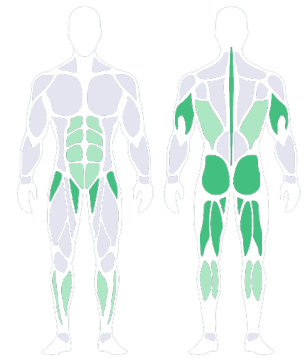
Lie on your stomach. Separate your feet hip-width apart and bring your arms by your sides, palms up. Rest your forehead on the floor.

Raise your head, chest, arms and legs with an inhale. Reach your head and toes away from each other.

Hold the pose and take slow, deep breaths.

Lower with an exhale.

⚠️ Avoid this pose if you have high blood pressure or heart conditions.



Ocean Breathing · Ujjayi Pranayama

oo-JAI-yee PRAHN-AH-YAHM-ah

Primary muscle group(s):

Abs, Chest

Sit in a comfortable position. Lengthen your spine.

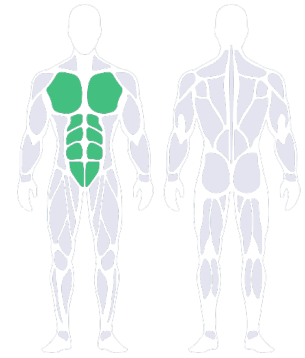
Rest your hands on your knees. Close your eyes.

Open your mouth. As you exhale, contract your throat and make a 'hhhaaa' sound, as if you were fogging a mirror. It should sound like a soft whisper.

Now close your mouth and breathe through your nose only, but continue making this 'hhhaaa' sound with each inhale and exhale.

Repeat 10 rounds of this breath.

Modification: Place a firm cushion or rolled mat under your bottom to bring more length to your spine.



Palm Tree · Tadasana

TAHD-AH-sah-nah

Primary muscle group(s):

Abs, Spine

Secondary:

Ankles, Chest, Quadriceps, Shoulders, Upper Back & Lower Traps, Wrists

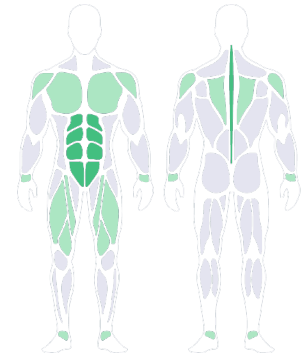
Stand with your feet hip-width apart.

Rest your hands on top of your head with an exhale, fingers interlocked.

Reach your palms toward the sky with an inhale. Come on to your toes and stretch your whole body.

Balance here for one or more slow deep breaths.

Exhale and lower. Repeat this movement.



Plank Flow · Kumbhakasana Vinyasa

koom-bhah-KAH-sah-nah vin-yah-sa

Primary muscle group(s):

Abs, Obliques, Shoulders, Spine

Secondary:

Middle Back / Lats, Quadriceps, Triceps, Wrists

Begin in Downward Facing Dog. Bring your hands as wide as your shoulders and feet as wide as your hips. Spread your fingers wide. Reach your tailbone toward the sky behind you.

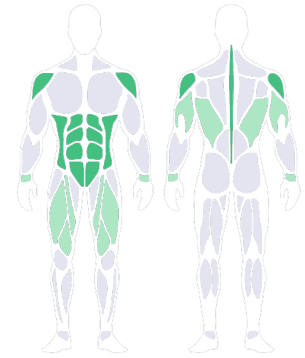
With an inhale, shift forward into Plank, bringing your shoulders over your wrists.

With an exhale push back into Downward Facing Dog.

Repeat this movement.

Modification: Lower your knees to the floor.

⚠️ Avoid this pose if you have high blood pressure or carpal tunnel syndrome.



Plow · Halasana

ha-LAH-sah-nah

Primary muscle group(s):

Hamstrings, Shoulders, Spine

Secondary:

Neck & Upper Traps, Triceps

Lie on your back with your arms alongside your body, palms down. Lift your legs and hips with an inhale, then support your low back with your hands.

Slowly lower your legs overhead with an exhale, bringing your toes to the floor. Try to straighten your legs.

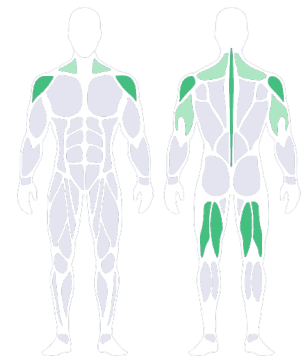
If your toes touch the floor, release your hands from your back and press your palms into the floor.

Hold the pose and take slow, deep breaths.

Tuck your chin into your chest and with an exhale slowly roll down one vertebra at a time.

Modification: Bring feet wide and hold onto ankles.

⚠️ Avoid this pose if you have a neck injury.



Pyramid · Parsvottanasana

PARSH-vo-TAH-NAH-sah-nah

Primary muscle group(s):

Hamstrings, Shoulders, Spine

Secondary:

Calves, Wrists

Begin standing. Step your left foot about 3 feet back with an exhale. Keeping your heels in one line, point your left foot 45 degrees to the left. Face your torso forward.

Press your palms together behind your back with an inhale. Open your chest.

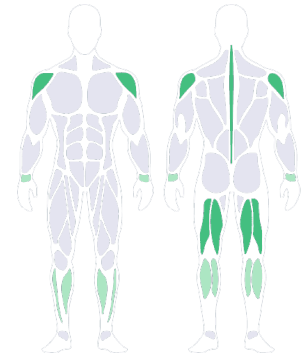
Bend forward with an exhale. Reach your forehead toward your knee.

Hold the pose and take slow, deep breaths.

Rise with an inhale, then exhale and step your feet together. Change sides.

Modification: Hold opposite elbows behind your back, or reach both hands to the floor.

⚠️ Avoid this pose if you have high blood pressure or a back injury.



Reclined Spinal Twist · Supta Matsyendrasana

soop-tah maht-syen-DRAH-sah-nah

Primary muscle group(s):

Glutes & Hip Flexors, Lower Back, Spine

Secondary:

Obliques

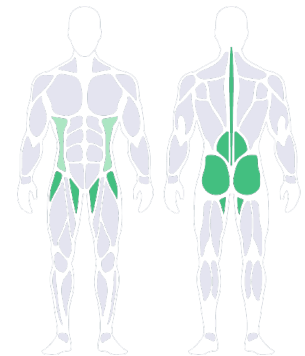
Lie on your back. Stretch your arms out at shoulder height, palms down.

Bend your right leg and place your foot flat on the floor next to your left knee. Place your left hand on top of your right knee.

With an exhale gently guide your right knee toward the floor. Gaze toward the right.

Hold the pose and take slow, deep breaths.

Untwist with an inhale. Change sides.



Shoulderstand · Sarvangasana

sar-VAHN-GAH-sah-nah

Primary muscle group(s):

Abs, Neck & Upper Traps, Shoulders

Secondary:

Chest, Spine, Upper Back & Lower Traps

Lie on your back with your arms alongside your body, palms down. Lift your legs and hips with an inhale, then support your low back with your hands.

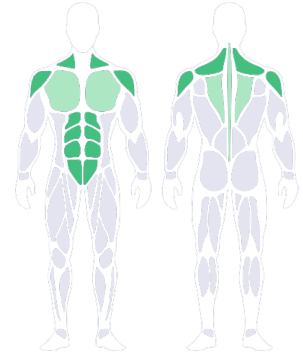
Walk your hands down your back and bring your elbows close together. Reach your feet toward the sky. Relax your toes.

Hold the pose and take slow, deep breaths into your belly.

Lower your feet behind your head, place your palms flat on the floor, tuck your chin into your chest and with an exhale slowly roll down one vertebra at a time.

Always follow shoulderstand with its counterposes, Plow and Fish.

⚠️ Avoid this pose if you have high blood pressure, headache, neck injury, or a heart condition.



Standing Forward Bend · Uttanasana

oo-TAH-NAH-sah-nah

Primary muscle group(s):

Hamstrings, Lower Back, Spine

Secondary:

Calves, Middle Back / Lats, Upper Back & Lower Traps

Stand with your feet together, feet parallel. Bend forward from your hips with an exhale. Lengthen your torso as you come down. Reach your palms toward the floor on either side of your feet.

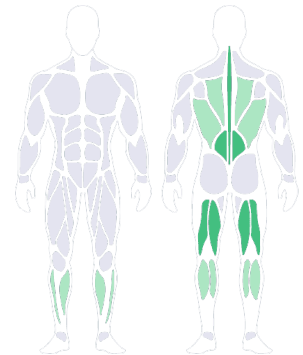
Draw your kneecaps up and lift your sitting bones toward the sky. Let your head hang.

Hold the pose and take slow, deep breaths.

Place your hands on your hips. Lengthen your spine with an inhale and rise to standing.

Modification: Bend your knees. Hold onto your shins to lessen the stretch.

⚠️ Avoid this pose if you have high blood pressure.



Standing Yoga Seal · Dandayamana Yoga Mudrasana

dahn-dah-yahm-nah yo-gah moo-DRAH-sah-nah

Primary muscle group(s):

Hamstrings, Quadriceps, Shoulders, Upper Back & Lower Traps

Secondary:

Chest, Glutes & Hip Flexors, Spine, Triceps

Stand with your feet hip-width apart. Bring feet parallel. Reach your hands toward the sky with an inhale, palms facing each other.

Bend your knees with an exhale and shift your hips back and down.

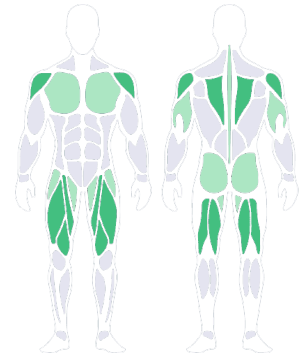
Interlock your fingers behind you with an inhale. Open your chest.

Bend forward with an exhale, keeping your knees bent. Draw your chest toward your thighs and reach your arms up and forward. Relax your neck.

Lift your torso with an inhale, release your hands and reach your hands toward the sky.

Repeat this movement.

⚠️ Avoid this pose if you have high blood pressure.



Striking Cobra · Shashank Bhujangasana

shah-shahnk bhoo-jahng-AH-sah-nah

Primary muscle group(s):

Abs, Obliques, Shoulders, Spine

Secondary:

Biceps, Middle Back / Lats, Triceps, Wrists

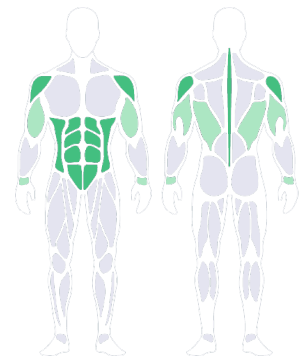
Begin in Extended Child's Pose: sit back on your heels and reach your arms in front of you. Bring your hands shoulder-width apart.

With an inhale, lift your hips, bend your elbows and slide your chest forward along the floor. Then press into your hands and reach your chest forward and up, coming into Extended Cobra.

With an exhale, lift your hips and push yourself back into Extended Child's Pose.

Repeat this movement.

Modification: Rise only into Low Cobra, keeping your belly on the floor and elbows bent.



Swaying Palm Tree · Tiriyaka Tadasana

teer-yahk-ah TAHD-AH-sah-nah

Primary muscle group(s):

Abs, Obliques, Spine

Secondary:

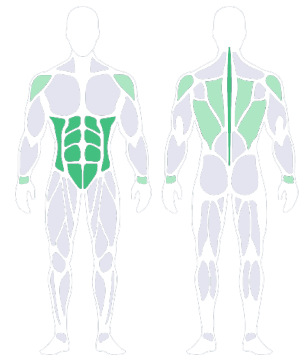
Middle Back / Lats, Shoulders, Upper Back & Lower Traps, Wrists

Stand with your feet wider than your shoulders.

With an inhale, stretch your palms toward the sky, fingers interlocked.

Bend to the right with an exhale. Do not move your hips.

Rise to center with an inhale. Change sides and repeat this movement.



Tiger · Vyaghrasana

vyah-GRAHS-ah-nah

Primary muscle group(s):

Abs, Spine

Secondary:

Glutes & Hip Flexors, Knees, Lower Back, Shoulders, Wrists

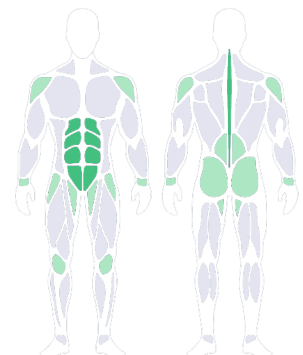
Begin on all fours. Bring your wrists directly under your shoulders and your knees under your hips. Bring your head to a neutral position.

With an inhale, reach your right foot toward the sky. Arch your spine and look up.

With an exhale, draw your right knee toward your nose. Round your spine.

Repeat this movement, then change sides.

Modification: Place a folded blanket under your knees for cushion.



Tree · Vrksasana

vrik-SHAH-sah-nah

Primary muscle group(s):

Ankles, Knees, Quadriceps, Spine

Secondary:

Calves, Glutes & Hip Flexors, Hamstrings, Lower Back

Stand with your feet together. Shift your weight onto your right leg. Place the sole of your left foot along the inside of your right thigh; either above or below your knee.

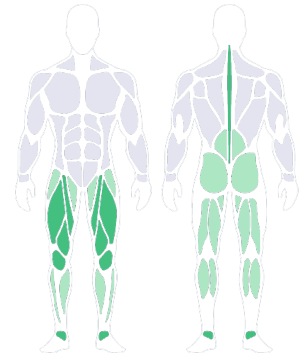
Slowly reach your arms out and then up with an inhale. Bring your palms to touch overhead.

Gaze at one point ahead of you. Hold the pose and take slow, deep breaths.

Release your arms and leg with an exhale. Change sides.

Modification: If you find it difficult to balance, place your heel on top of the opposite foot.

⚠️ Avoid this pose if you have low blood pressure.



Warrior I · Virabhadrasana I

VEER-ah-bhah-DRAH-sah-nah one

Primary muscle group(s):

Glutes & Hip Flexors, Hamstrings, Middle Back / Lats, Quadriceps, Upper Back & Lower Traps

Secondary:

Calves, Obliques, Shoulders

Begin standing. Step your left foot 3 to 4 feet back with an exhale. Keeping your heels in one line, point your left foot 45 degrees to the left. Face your torso forward.

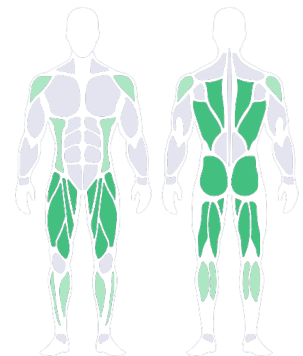
Reach your arms toward the sky with an inhale, palms facing each other.

Bend your right knee with an exhale, bringing the thigh parallel to the floor. Align knee over ankle.

Hold the pose and take slow, deep breaths.

Straighten your leg with an inhale, then exhale and step your feet together. Release your arms. Change sides.

⚠️ Avoid this pose if you have high blood pressure or heart problems.



Warrior II · Virabhadrasana II

VEER-ah-bhah-DRAH-sah-nah two

Primary muscle group(s):

Glutes & Hip Flexors, Quadriceps, Upper Back & Lower Traps

Secondary:

Biceps, Chest, Hamstrings, Knees, Triceps

Begin standing. Step your feet 3 ½ to 4 feet apart with an inhale. Bring feet parallel.

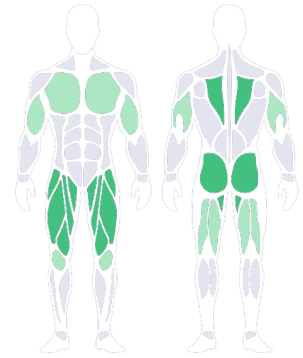
Bring your arms to shoulder height, palms facing down. Turn your right foot 90 degrees to the right.

Bend your right knee with an exhale, bringing the thigh parallel to the floor. Align knee over ankle. Gaze past your right fingers.

Hold the pose and take slow, deep breaths.

Straighten your leg with an inhale, then exhale and step your feet together. Release your arms. Change sides.

⚠️ Avoid this pose if you have high blood pressure.



Wide Legged Forward Bend · Prasarita Padottanasana

pra-SAR-ee-tah PAH-doh-TAHN-NAH-sah-nah

Primary muscle group(s):

Hamstrings, Lower Back, Spine

Secondary:

Calves, Glutes & Hip Flexors, Middle Back / Lats, Upper Back & Lower Traps

Stand with your feet together. Step your feet 3 to 5 feet apart. Bring feet parallel.

Place your hands on your hips. Lengthen your spine with an inhale.

Bend forward with an exhale, keeping your spine long. Bring your fingertips or palms to the floor and walk them back until they're in line with your feet.

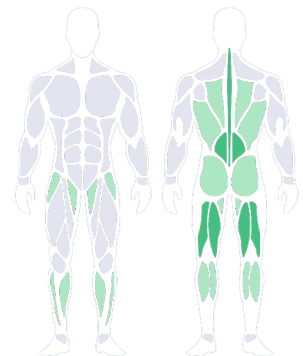
Relax your neck and draw your shoulders away from your ears.

Hold the pose and take slow, deep breaths.

Bring your hands to your hips and engage your back muscles. Inhale and slowly rise with a flat back. Exhale and step your feet together.

Modification: Bend knees slightly.

⚠️ Avoid this pose if you have low back problems.



Wind Release · Pavanmuktasana

pah-wahn-mook-TAH-sah-nah

Primary muscle group(s):

Lower Back, Spine

Secondary:

Abs, Knees

Lie on your back with your legs together.

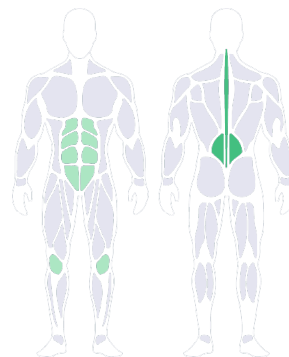
Bend your right leg with an exhale, interlace your fingers around your shin and hug your knee into your chest. Inhale deeply.

Lift your head with an exhale and touch your forehead or chin to your knee. Hold for a few seconds.

Lower your head to the floor with an inhale. Continue hugging your knee and take slow, deep breaths. Release.

Change sides.

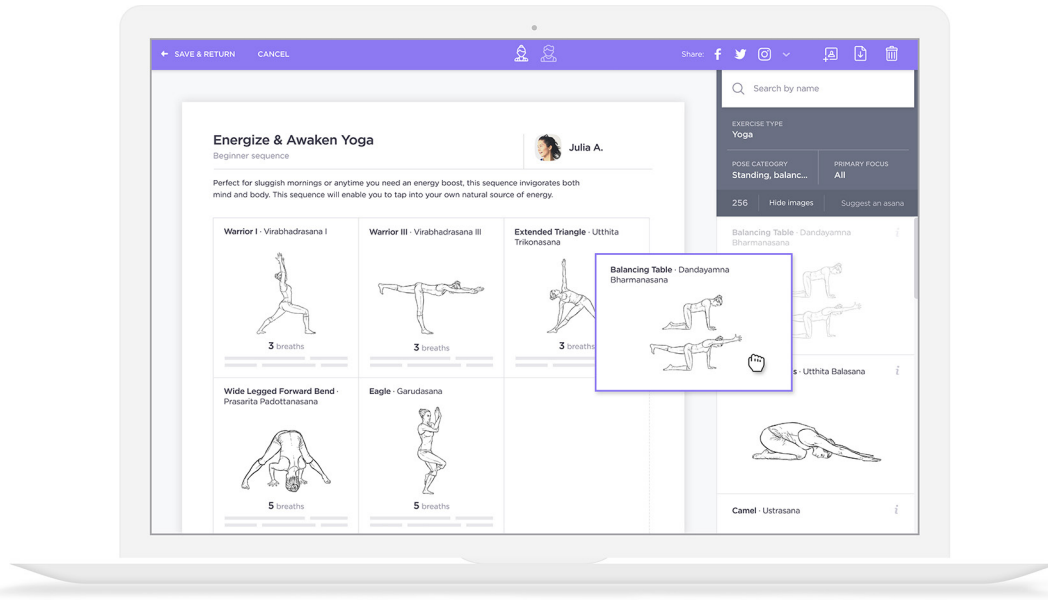
⚠ Always start with the right leg as this follows the movement of the colon.



May your mind and body be filled
with energy and peace.



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