

Beginning Guidelines

- Before beginning yoga exercises, be sure to get proper instruction from a qualified instructor.
- Wear comfortable clothing that allows the body to move freely. Practice barefooted.
- Do not lock knees in any pose.
- Move slowly and smoothly.
- Breathe deeply and evenly. Do not hold breath.

Beginner Yoga Poses



Standing Mountain

Stand on mat with weight evenly distributed between heels and balls of feet. Place block between feet for alignment. Keeping shoulders back and down, lengthen spine from tailbone through the top of the head. Soften knees. Keep chin parallel with the floor. Breathe deeply. Hold for 30 seconds.



Tree Pose

Begin in Standing Mountain. Bring arch of right foot against ankle, calf or inner thigh of left leg. Focus on a spot on the floor about 6-8 ft. ahead. When balanced, stretch arms up overhead with palms facing each other. Breathe deeply. Hold for 30 seconds. Repeat on opposite side.



Seated Forward Bend

Sit squarely on sitting bones with legs stretched out in front in line with the hips. Bring sole of right foot to inside of left thigh. Loop strap around ball of flexed foot. Exhale and bend from the hips while gently pulling back on ends of straps with both hands. Lift chest and lengthen spine from tailbone through the top of the head. Breathe deeply. Hold for 30 seconds. Repeat on opposite side.



Warrior II

Begin in Standing Mountain. Place feet 4 ft. apart on mat. Turn right foot outward 90°, left foot inward 30° so that the right heel is in line with the left arch. Keeping shoulders and hips facing forward, raise arms to the sides, hands extended parallel to floor. Bend right knee so that the right thigh and calf form a 90° angle with the knee directly over the heel. Keep left knee soft. Turn head to look at extended fingertips of right hand. Breathe deeply. Hold for 30 seconds. Repeat on opposite side.



Warrior I

Begin in Standing Mountain. Place feet 4 ft. apart on mat. Turn right foot outward 90°, left foot inward 30° so that the right heel is in line with the left arch. Turn hips and shoulders to the right. Stretch arms up overhead with palms facing each other. Bend right knee so that the right thigh and calf form a 90° angle with the knee directly over the heel. Keep left knee soft. Breathe deeply. Hold for 30 seconds. Repeat on opposite side.



Extended Side Angle

Begin in Standing Mountain. Place feet 4 ft. apart on mat. Turn right foot outward 90°, left foot inward 30° so that the right heel is in line with the left arch. Bend right knee so that the right thigh and calf form a 90° angle with the knee directly over the heel. Keep left knee soft. Extend right arm down inner calf and rest hand on block. Reach left arm overhead in line with left leg. With shoulders back, turn head to look at upper arm. Breathe deeply. Hold for 30 seconds. Repeat on opposite side.



Split Leg Forward Bend

Begin in Standing Mountain. Place feet 4 ft. apart on mat. Center two blocks in front of spread feet. Exhale while bending at hips and placing hands on top of blocks. Bend knees slightly. Lift sit bones. Lengthen spine from tailbone through the top of the head. Keep neck in neutral position. Breathe deeply. Hold for 30 seconds. Return to Standing Mountain.



Head Down Dog

Kneel on all fours on mat with hands under shoulders. Place block between feet. Place fastened strap just above elbows so that arms are shoulder-width apart. Keep neck in line with spine. Curl toes under and straighten legs keeping knees soft. Lower heels downward, reach sit bones upward. Press elbows outward against strap. Breathe deeply. Hold for 30 seconds.



Incline Plane

Begin in Head Down Dog pose on all fours with strap fastened above elbows. Step feet out behind on mat and hold body in straight line from shoulders through hips to feet. Lengthen legs. Press elbows outward against strap. Keep hands under shoulders. Keep neck in line with spine. Breathe deeply. Hold for 30 seconds.



Cobra

Lay flat on stomach on mat with block placed between feet. Place forearms along body with palms on floor next to shoulders. Rest forehead on the ground. Press against arms to lift chest off floor. Keep pelvis, forearms and legs pressed to floor. Keep neck in line with spine. Breathe deeply. Hold for 30 seconds.



Bridge

Lay on back on mat. Place block between knees. Fasten strap just above the knees and tighten so that the knees are in contact with the block. Bend knees bringing heels 6-8" away from buttocks. With arms alongside the body, press down on arms and feet, lift pelvis upward and arch back. Concentrate on lifting the pelvis with the back of the legs and pressing down from the knees through the feet. Press gently outward against tightened strap. Breathe deeply. Hold for 30 seconds.



Corpse Rest Pose

Lay on back on mat with arms at sides, palms facing upward and feet facing out about shoulder width apart. Close eyes. Let the floor fully support the body and relax. Let the feet come to their naturally relaxed position with toes facing outward. Breathe deeply. Hold for 10 minutes.

Warning:

1. Do not use for sitting or standing yoga and stretching exercises
2. Use on a flat surface, free of protrusions
3. You should consult your physician before beginning this or any new exercise program to determine if you have any physical limitations that could create a safety or health risk
4. Before beginning yoga exercises, be sure to get proper instruction from a qualified instructor
5. If you feel pain while exercising, stop immediately

Yoga sequence designed by Claudia Sartorius,
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