

Easy Yoga Flow - Stretch, Bend & Twist

15 min · Yoga

[View online](#)

or scan:



Welcome! This routine is from my personal practice. I workout regularly but I am not a fitness professional, proceed at your own discretion. Start slow, listen to your body and consult your doctor if needed. Adjust intensity based on your capacity. Scroll down for detailed instr.

Easy Pose · Sukhasana



5 breaths

Lengthen spine · Deep easy breathing · Relax shoulders · Relax face

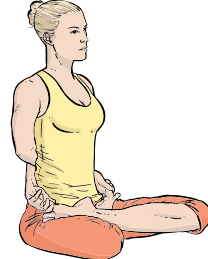
Accomplished · Siddhasana



5 breaths

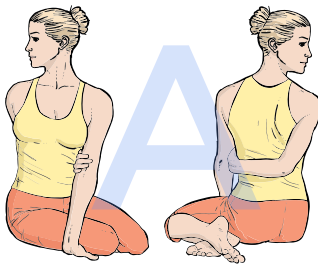
With each breath, let go what you are holding on to.

Bound Lotus · Baddha Padmasana



5 breaths

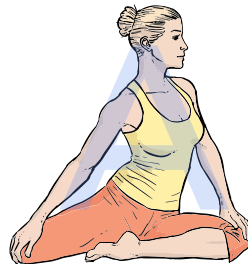
Bharadvaja's Twist · Bharadvajasana I



5 breaths

Superset A1 · Set A Pose 1: Look over the left shoulder. Transition to Set A Pose 2 before changing sides.

Deer · Mrigiasana



5 breaths

Superset A2 · Set A Pose 2

Firelog / Double Pigeon / Square · Agnistambhasana



5 breaths

Spine straight · Flex feet · Knees and feet stacked · Knees relax toward floor · Shins parallel to front o...

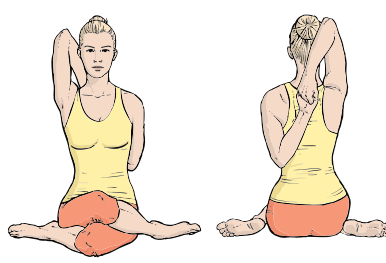
Half Spinal Twist · Ardha Matsyendrasana



5 breaths

Alternate sides for 5 breaths each.

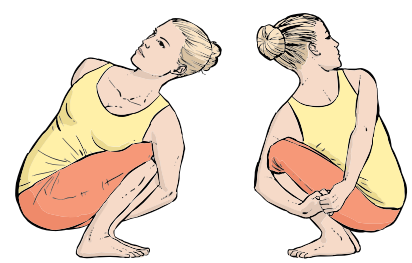
Cow Face · Gomukhasana



5 breaths

Alternate sides for 5 breaths each.

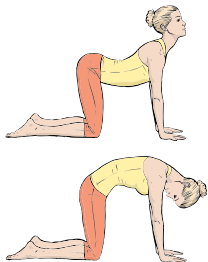
Noose · Pasasana



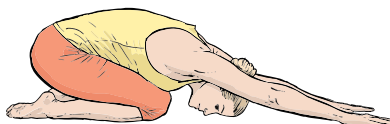
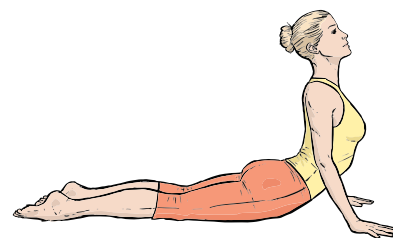
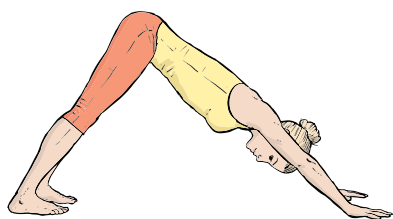
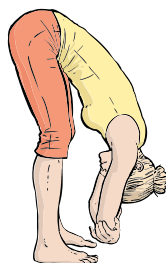
5 breaths

Alternate sides for 5 breaths each.



**Cat Stretch · Marjariasana****5** breaths

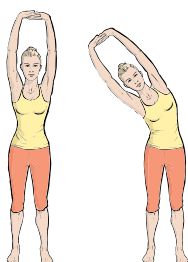
Move slowly as you arch the back

Extended Child's Pose · Utthita Balasana**5** breaths**Extended Cobra · Saral Hasta Bhujangasana****5** breaths**Downward Facing Dog · Adho Mukha Svanasana****5** breaths**Rag Doll · Uttanasana Variation****5** breaths

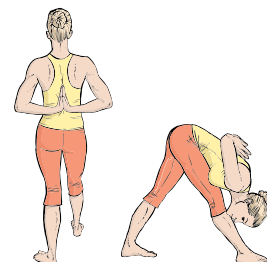
Breath out and let go

Raised Arms · Hasta Uttanasana**5** breaths

Breath in abundance

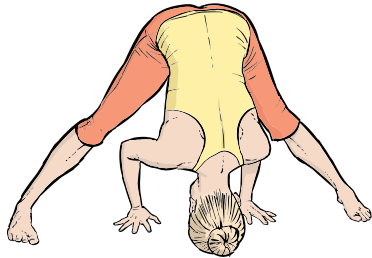
Swaying Palm Tree · Tiryaka Tadasana**5** breaths

Gently stretch as you sway side to side

Standing Yoga Seal · Dandayamana Yoga Mudrasana**5** breaths**Pyramid · Parsvottanasana****5** breaths



Wide Legged Forward Bend · Prasara Padottanasana



5 breaths

Eagle · Garudasana



5 breaths

Also OK to stand with both feet on floor.

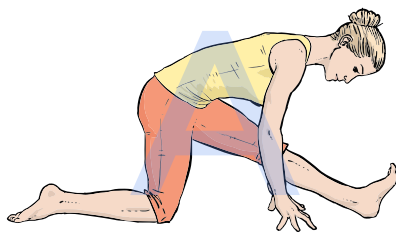
Gate · Parighasana



5 breaths

[Superset A3](#) · Set A Pose 1: Left knee on floor.

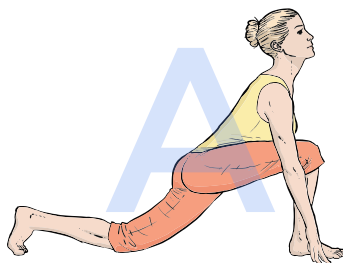
Half Monkey · Ardha Hanumanasana



5 breaths

[Superset A4](#) · Set A Pose 2: Left knee on floor

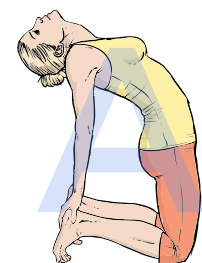
Equestrian · Ashwa Sanchalanasana



5 breaths

[Superset A5](#) · Set A Pose 3: Left knee on floor

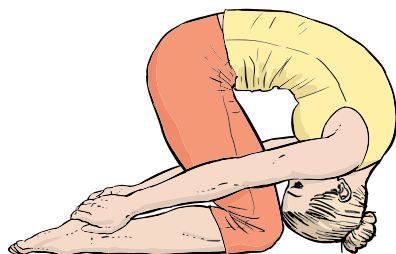
Camel · Ustrasana



5 breaths

[Superset A6](#) · Set A Pose 4

Rabbit · Sasangasana



5 breaths

Set A Pose 5

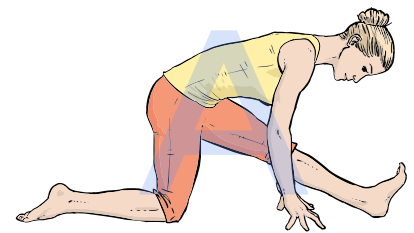
Gate · Parighasana



5 breaths

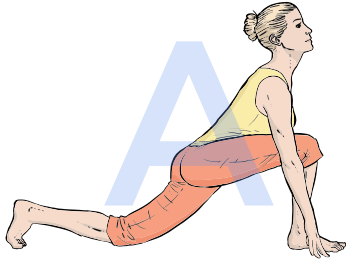
[Superset A7](#) · Set A Pose 6: Right knee on floor.

Half Monkey · Ardha Hanumanasana

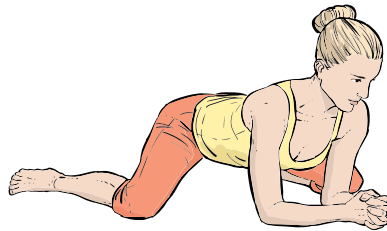
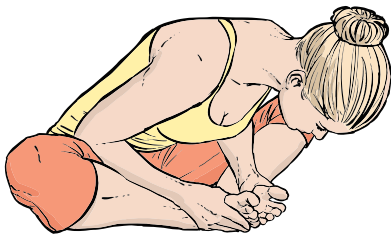


5 breaths

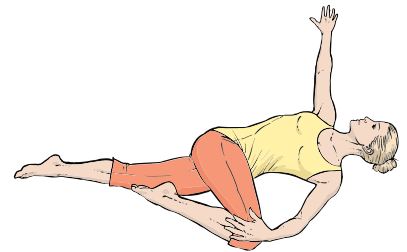
[Superset A8](#) · Set A Pose 7: Right knee on floor

**Equestrian · Ashwa Sanchalanasana****5** breaths

Superset A9 · Set A Pose 8: Right knee on floor

Frog · Adho Mukha Mandukasana**5** breaths**Garland · Malasana****5** breaths**Bound Angle · Baddha Konasana****5** breaths**Head to Knee · Janu Sirsasana****5** breaths

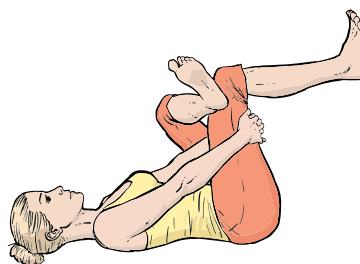
Alternate sides for 5 breaths each.

Reclined Spinal Twist · Supta Matsyendrasana**5** breaths

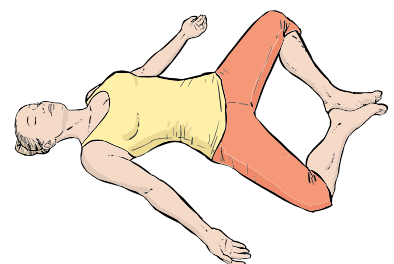
Alternate sides for 5 breaths each.

Cat Tail ·**5** breaths

Alternate sides for 5 breaths each.

Reclined / Supine Pigeon / Thread the Needle · Supta Kapotasana**5** breaths

Alternate sides for 5 breaths each.

Reclining Bound Angle · Supta Baddha Konasana**5** breaths

End your session with deep belly breaths and relaxed limbs, neck and face

Easy Pose

Primary muscle group(s):

Knees, Spine

Secondary:

Ankles, Glutes & Hip Flexors

Sit with your legs stretched in front of you. Bend one leg with an exhale and draw the foot near the opposite thigh.

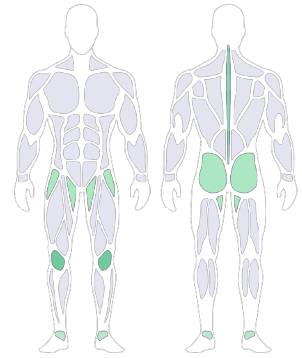
Bend the other leg and tuck the foot under the opposite shin.

Rest your hands on your knees. Lengthen your spine but relax your body.

Close your eyes. Hold the pose and take slow, deep breaths.

Slowly release the legs.

Modification: Sit on a bolster or block.



Accomplished

Primary muscle group(s):

Knees, Lower Back, Spine

Secondary:

Ankles, Glutes & Hip Flexors

Sit with your legs stretched in front of you. Bend your right leg and place your heel near your perineum.

Bend your left leg and stack the left ankle on top of the right. Tuck your left toes in between your right thigh and calf. Lengthen your spine.

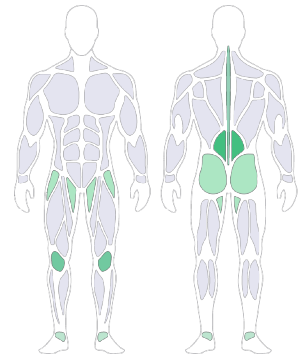
Rest the backs of your hands on your knees with your thumbs and index fingers touching.

Close your eyes. Hold the pose and take slow, deep breaths.

Carefully release the legs.

Modification: Sit on a bolster or block.

 Avoid this pose if you have sciatica.



Bound Lotus

Primary muscle group(s):

Glutes & Hip Flexors, Shoulders

Secondary:

Ankles, Knees, Quadriceps, Spine

Begin in Lotus with your left foot on top. Lean forward and reach your left arm behind you with an inhale. Grab hold of your left big toe.

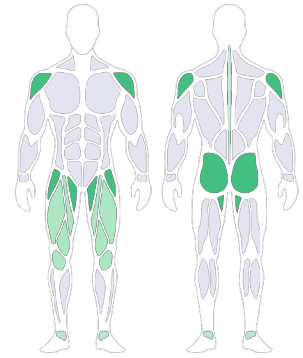
Lean further forward with an exhale. Reach your right arm behind you and grab hold of your right big toe. Sit tall.

Hold the pose and take slow, deep breaths.

Carefully release your feet and legs. Repeat with the other leg on top.

Modification: Lean forward to lessen the stretch in your shoulders.

⚠️ Avoid this pose if you have sciatica or knee issues.



Bharadvaja's Twist

Primary muscle group(s):

Lower Back, Middle Back / Lats, Spine

Secondary:

Glutes & Hip Flexors, Knees, Quadriceps, Wrists

Sit with your legs stretched in front of you. Shift to your right and bend your knees, bringing your feet near your left hip. Rest your left ankle on arch of your right foot.

Lengthen your spine with an inhale. Twist to the right with an exhale. Place your right fingertips on the floor behind you and tuck your left hand underneath and to the right of your right knee, palm on the floor. Wrap your right arm behind you and clasp your left upper arm.

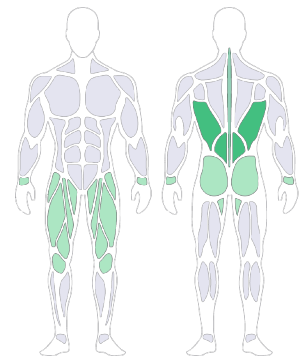
Lengthen with each inhalation and twist deeper with each exhalation, gazing over your right shoulder.

Hold the pose and take slow, deep breaths.

Slowly unwind with an exhale. Change sides.

Modification: Press the back of your left hand against your thigh instead of tucking it under. Keep your right fingertips on the floor.

⚠️ Avoid this pose if you have knee or acute back injury.



Deer

Primary muscle group(s):

Glutes & Hip Flexors

Secondary:

Knees, Lower Back, Quadriceps

Sit with the soles of your feet together and your knees wide.

Swing your right foot behind you with an exhale.

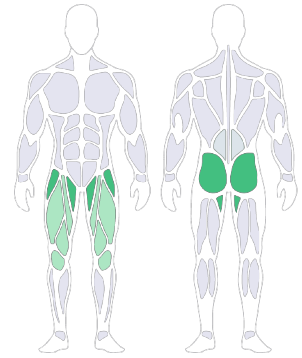
Move your left shin forward with an inhale, keeping both buttocks on the floor. Rest your hands on your knees.

Hold the pose and take slow, deep breaths.

Lean toward your left and bring your right leg forward with an inhale. Change sides.

Modification: Place a folded blanket under your hips. Keep your front foot near your pelvis.

⚠️ Avoid this pose if you have knee injury.



Firelog / Double Pigeon / Square

Primary muscle group(s):

Glutes & Hip Flexors

Secondary:

Ankles, Knees, Spine

Sit with your legs stretched in front of you and open your feet wide.

Bend your left knee with an exhale, bringing your shin parallel to the front of your mat.

Bend your right knee with an inhale and use your hands to stack your right shin on top of your left shin.

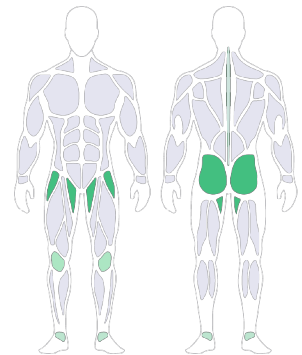
Flex your feet. Place your fingertips on the floor beside you and lengthen your spine.

Hold the pose and take slow, deep breaths.

Release your legs with an exhale. Change sides.

Modification: Place a folded blanket under your hips.

⚠️ Avoid this pose if you have low back or knee injury.



Half Spinal Twist

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.

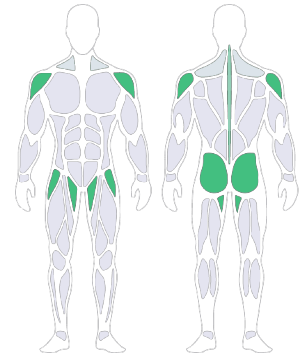
Bring your left fingertips to the floor about a foot behind you. Gently push into the floor to lengthen your spine.

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.



Cow Face

Primary muscle group(s):

Chest, Shoulders, Triceps

Secondary:

Knees, Quadriceps

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

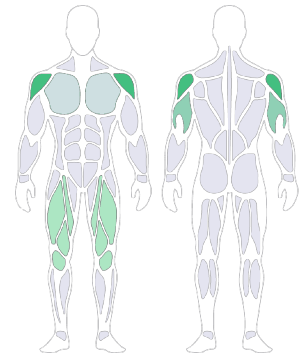
Bend your left arm behind your back and bring the hand in between your shoulder blades, palm facing away.

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.



Noose

Primary muscle group(s):

Ankles, Glutes & Hip Flexors, Spine

Secondary:

Abs, Chest, Knees, Obliques, Quadriceps

Begin in a squat, feet together and heels on the floor or a folded blanket.

Twist your torso to the right with an exhale. Place your left armpit outside of your right knee. Bend your elbow and wrap your left arm around your legs.

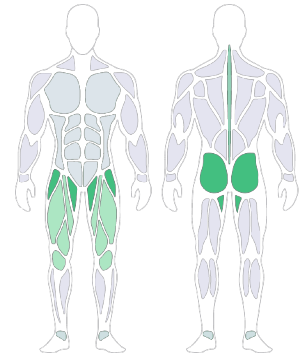
Wrap your right arm behind you and clasp your hands or wrists. Open your chest to the right and gaze over your right shoulder.

Hold the pose and take slow, deep breaths.

Gently untwist with an exhale. Change sides.

Modification: Keep your front fingertips on the floor but wrap your back arm behind you.

⚠️ Avoid this pose if you have back or knee injury.



Cat Stretch

Primary muscle group(s):

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

Secondary:

Neck & Upper Traps, Shoulders, Wrists

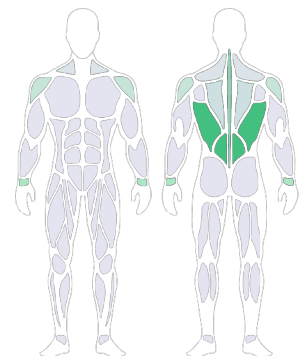
Begin on all fours. Bring your wrists directly under your shoulders and knees under your hips. Bring your head to a neutral position.

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.



Extended Child's Pose

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.

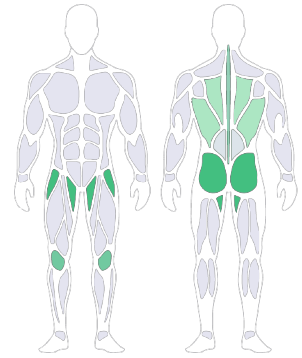
Bend forward with an exhale and rest your torso between your thighs. Relax your tailbone toward your feet.

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

Primary muscle group(s):

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

Secondary:

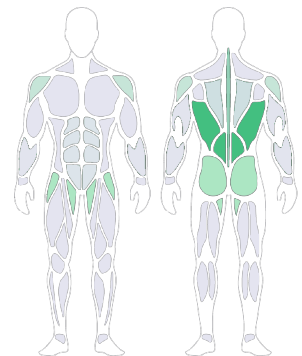
Abs, Forearms, Glutes & Hip Flexors, Shoulders, Triceps

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.



Downward Facing Dog

Primary muscle group(s):

Calves, Hamstrings, Middle Back / Lats, Spine

Secondary:

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

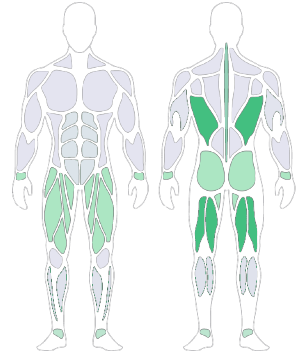
Lie on your stomach. Bring your hands under your shoulders and spread your fingers wide. Bring your feet as wide as your hips and curl your toes under.

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.



Rag Doll

Primary muscle group(s):

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

Stand with your feet hip distance apart, feet parallel. Bend your knees and fold forward from your hips with an exhale.

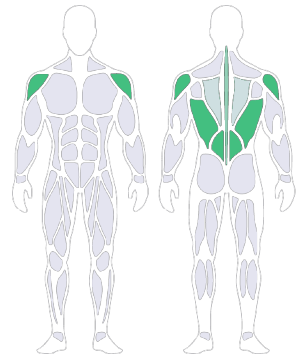
Cross your arms and hold opposite elbows. Round your back and let your head hang.

Hold the pose and take slow, deep breaths.

Release your hands with an exhale. Roll up to standing with an inhale.

Modification: For low back issues, bend your knees deeply and keep your back flat.

⚠️ Avoid this pose if you have high blood pressure.



Raised Arms / Hands

Primary muscle group(s):

Chest, Shoulders, Spine

Secondary:

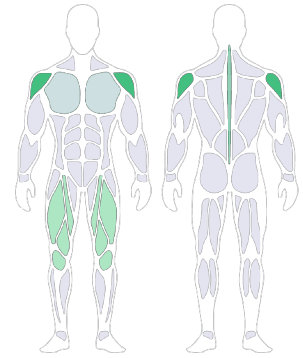
Knees, Quadriceps

Stand with your feet hip distance wide. Point your big toes forward. Allow your arms to hang by your sides. Reach the crown of your head toward the sky. Point your tailbone toward the floor.

Reach your arms forward and up with an inhale, palms facing forward. Gently arch back and gaze diagonally upward. Keep length in your spine.

Hold the pose for a moment.

Lower your arms with an exhale.



Swaying Palm Tree

Primary muscle group(s):

Abs, Obliques, Spine

Secondary:

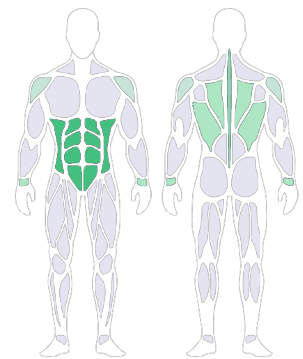
Middle Back / Lats, Shoulders, Upper Back & Lower Traps, Wrists

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.



Standing Yoga Seal

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.

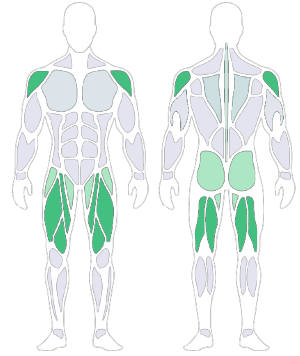
Interlock your fingers behind you with an inhale. Open your chest.

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.



Pyramid

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.

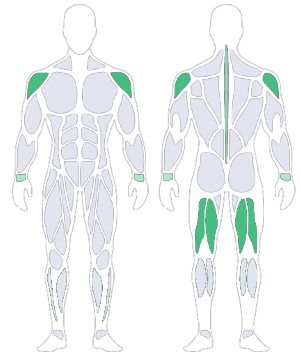
Bend forward with an exhale. Reach your forehead toward your knee.

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.



Wide Legged Forward Bend

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.

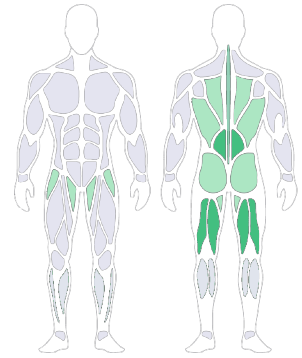
Relax your neck and draw your shoulders away from your ears.

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.



Eagle

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.

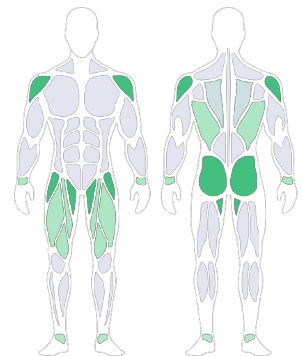
Raise your arms to shoulder height with an inhale. Cross your right arm under your left arm with an exhale. Bend your elbows and bring your palms to touch.

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.



Gate

Primary muscle group(s):

Abs, Obliques, Spine

Secondary:

Hamstrings, Shoulders

Begin kneeling. With an exhale stretch your right leg to the right, toes pointing away. Keep your left hip aligned over your left knee.

Stretch your arms wide and at shoulder height with an inhale.

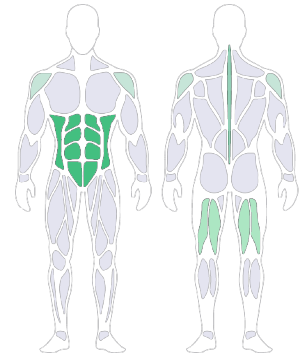
Bend to the right with an exhale. Rest your right hand on your thigh or calf and reach your left arm up and over. Gaze toward your upper arm.

Hold the pose and take slow, deep breaths.

Rise with an inhale. Change sides.

Modification: Gaze forward. Bend only as far as is comfortable.

⚠️ Avoid this pose if you have knee injury.



Half Monkey / Half Split

Primary muscle group(s):

Calves, Glutes & Hip Flexors, Hamstrings

Secondary:

Knees, Spine

Begin in Equestrian with your right leg back. Extend your left leg forward with an exhale and flex your foot.

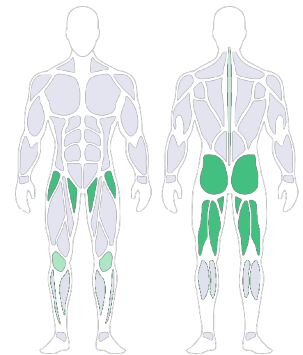
Support your weight on your fingertips. Energetically pull your left heel toward you.

Bend forward with an exhale, keeping your head in line with your spine. Inch your foot forward as your flexibility allows.

Hold the pose and take slow, deep breaths.

Drag your front leg toward you with an inhale. Change sides.

Modification: Stay upright.



Equestrian

Primary muscle group(s):

Calves, Hamstrings, Quadriceps

Secondary:

Ankles, Chest, Glutes & Hip Flexors, Knees, Spine

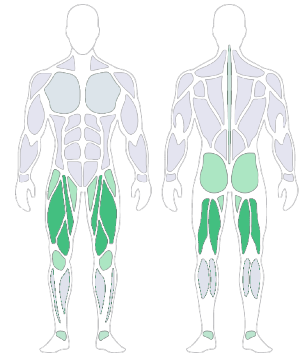
Begin in Standing Forward Bend with your palms on the floor beside your feet, knees bent as needed. Step your right foot far back with an inhale.

Lower your right knee to the floor. Check that your left knee is aligned over your ankle. Rise onto your fingertips and lengthen your spine, opening your chest.

Hold the pose and take slow, deep breaths.

Step your right foot forward with an exhale and return to Standing Forward Bend. Change sides.

⚠️ Avoid this pose if you have knee injury.



Camel

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.

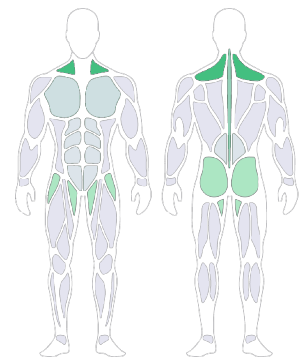
Slowly arch back with an exhale, keeping your hips over your knees. One at a time, bring your hands to the insides of your ankles. Rest your neck in a neutral position.

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.



Rabbit

Primary muscle group(s):

Neck & Upper Traps, Spine, Upper Back & Lower Traps

Secondary:

Middle Back / Lats, Shoulders

Being sitting with your legs folded underneath you. Firmly grip your heels.

Slowly fold forward with an exhale, bringing your head to the floor as close to your knees as possible.

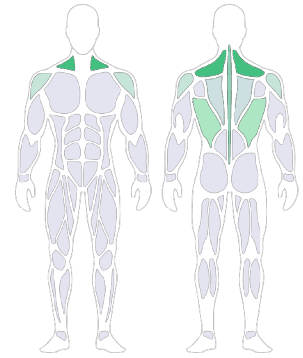
Lift your hips with an inhale. Roll onto the top of your head.

Hold the pose and take slow, deep breaths.

Lower your hips with an exhale and slowly rise with an inhale.

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

⚠️ Avoid this pose if you have knee injury.



Gate

Primary muscle group(s):

Abs, Obliques, Spine

Secondary:

Hamstrings, Shoulders

Begin kneeling. With an exhale stretch your right leg to the right, toes pointing away. Keep your left hip aligned over your left knee.

Stretch your arms wide and at shoulder height with an inhale.

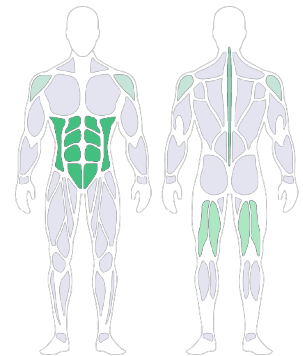
Bend to the right with an exhale. Rest your right hand on your thigh or calf and reach your left arm up and over. Gaze toward your upper arm.

Hold the pose and take slow, deep breaths.

Rise with an inhale. Change sides.

Modification: Gaze forward. Bend only as far as is comfortable.

⚠️ Avoid this pose if you have knee injury.



Half Monkey / Half Split

Primary muscle group(s):

Calves, Glutes & Hip Flexors, Hamstrings

Secondary:

Knees, Spine

Begin in Equestrian with your right leg back. Extend your left leg forward with an exhale and flex your foot.

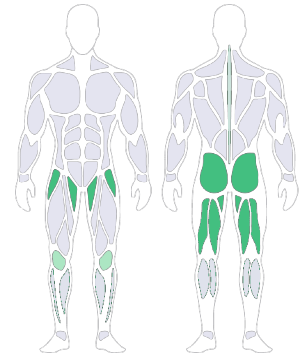
Support your weight on your fingertips. Energetically pull your left heel toward you.

Bend forward with an exhale, keeping your head in line with your spine. Inch your foot forward as your flexibility allows.

Hold the pose and take slow, deep breaths.

Drag your front leg toward you with an inhale. Change sides.

Modification: Stay upright.



Equestrian

Primary muscle group(s):

Calves, Hamstrings, Quadriceps

Secondary:

Ankles, Chest, Glutes & Hip Flexors, Knees, Spine

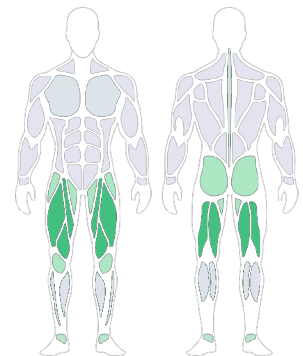
Begin in Standing Forward Bend with your palms on the floor beside your feet, knees bent as needed. Step your right foot far back with an inhale.

Lower your right knee to the floor. Check that your left knee is aligned over your ankle. Rise onto your fingertips and lengthen your spine, opening your chest.

Hold the pose and take slow, deep breaths.

Step your right foot forward with an exhale and return to Standing Forward Bend. Change sides.

 Avoid this pose if you have knee injury.



Frog

Primary muscle group(s):

Glutes & Hip Flexors, Quadriceps

Secondary:

Ankles, Knees

Begin in Child's. Come onto your elbows, fingers interlaced.

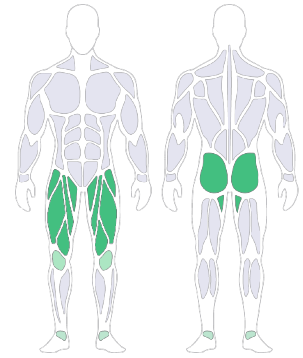
Lift your hips and widen your knees. Bring your ankles in line with your knees, toes pointing outward.

Hold the pose and take slow, deep breaths.

Push your elbows into the floor and bring your legs together, returning to Child's.

Modification: Touch your toes together.

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



Garland

Primary muscle group(s):

Glutes & Hip Flexors, Knees, Spine

Secondary:

Ankles, Lower Back

Begin standing with your feet wide. Lower into a squat with an exhale.

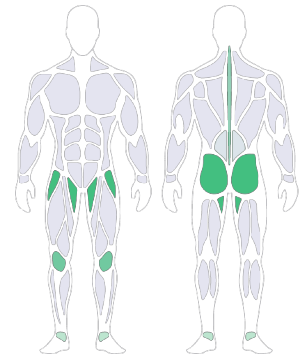
Bring your feet close together, but open your knees wider than your torso.

Bring your upper arms to the insides of your thighs and press your hands together in front of your chest.

Hold the pose and take slow, deep breaths.

Rise with an inhale.

Modification: Place a folded mat under your heels if they don't touch the floor.



Bound Angle

Primary muscle group(s):

Hamstrings, Spine

Secondary:

Glutes & Hip Flexors, Knees, Lower Back, Middle Back / Lats

Sit with your legs stretched in front of you. Bend your legs and bring the soles of your feet together, close to your groin. Hold on to the outsides of your feet.

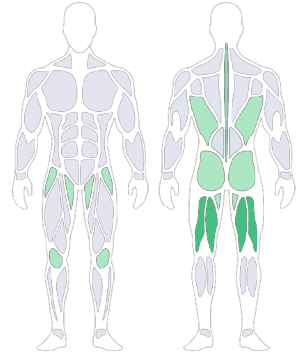
Lengthen your spine upward with an inhale.

Bend forward with an exhale and release your torso toward the floor. Relax your neck.

Hold the pose and take slow, deep breaths.

Rise with an inhale.

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



Head to Knee

Primary muscle group(s):

Hamstrings, Spine

Secondary:

Calves, Knees, Lower Back, Middle Back / Lats

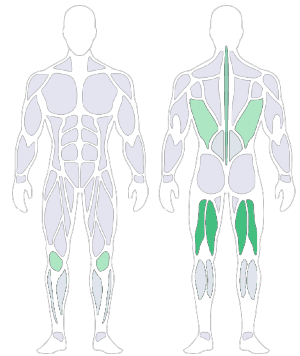
Sit with your legs stretched in front of you. Bend your right leg and place the sole of your foot against your left upper thigh. Flex your left foot.

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.



Reclined Spinal Twist

Primary muscle group(s):

Glutes & Hip Flexors, Lower Back, Spine

Secondary:

Obliques

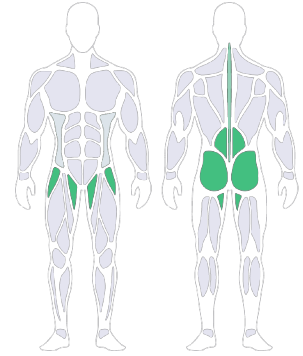
Lie on your back. Stretch your arms out at shoulder height, palms down.

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.



Cat Tail

Primary muscle group(s):

Hamstrings, Lower Back, Quadriceps

Secondary:

Glutes & Hip Flexors, Obliques, Spine

Lie on your back and roll to your left side. Stretch your right leg to the left with an inhale and grasp your foot with your left hand. Straighten your leg.

Bend your left leg back with an inhale and clasp your foot with your right hand. Kick your foot away from you.

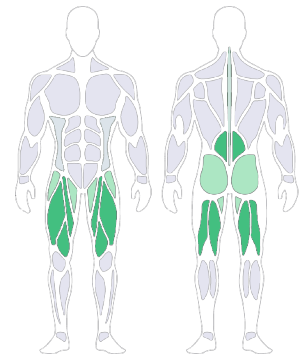
Gaze to your right.

Hold the pose and take slow, deep breaths.

Release and untwist with an exhale. Change sides.

Modification: Keep your top leg bent and hold your thigh.

 Avoid this pose if you have low back injury.



Reclined / Supine Pigeon / Thread the Needle

Primary muscle group(s):

Glutes & Hip Flexors, Lower Back

Secondary:

Knees

Lie on your back with your knees bent and feet on the floor. Cross your left ankle over your right thigh with an inhale.

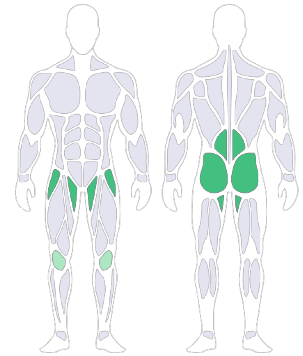
Thread your left arm through your legs and interlace your hands behind your right thigh. Draw your thigh toward you with an exhale. Flex your feet.

Hold the pose and take slow, deep breaths.

Lower your feet to the floor with an exhale. Change sides.

Modification: Keep your lower foot on the floor.

⚠️ Avoid this pose if you have knee or hip injury.



Reclining Bound Angle

Primary muscle group(s):

Glutes & Hip Flexors, Knees

Secondary:

Spine

Lie on your back. With an exhale bring the soles of your feet to touch and draw them toward your pelvis. Release your knees toward the floor.

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

Close your eyes. Find stillness.

Hold the pose and take slow, deep breaths.

Supporting your knees with your hands, straighten your legs with an exhale.

Modification: Support your knees on blocks or blankets.

⚠️ Avoid this pose if you have groin injury.

