

Yoga - Full Body and Core

15 min · Yoga

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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.

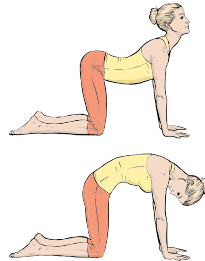
Easy Pose · Sukhasana



5 breaths

Start your practice with easy deep breaths, relaxed face and shoulders.

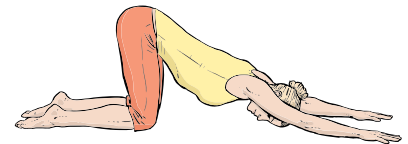
Cat Stretch · Marjariasana



5 breaths

Move slowly through the back arches.

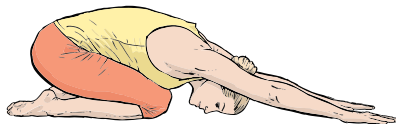
Extended Puppy · Uttana Shishosana



5 breaths

Breath calmly.

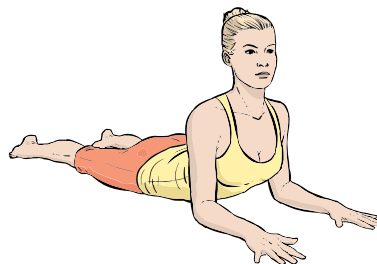
Extended Child's Pose · Utthita Balasana



5 breaths

Ease into child's pose.

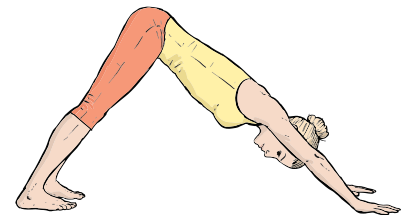
Sphinx · Salamba Bhujangasana



5 breaths

Gaze straight ahead, easy breaths.

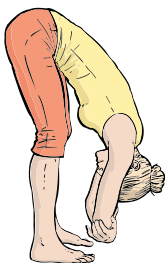
Downward Facing Dog · Adho Mukha Svanasana



5 breaths

Relax in this pose before starting the more vigorous flows.

Rag Doll · Uttanasana Variation



5 breaths

Hang free. Set starts with the next pose. Repeat set as many times as you like.

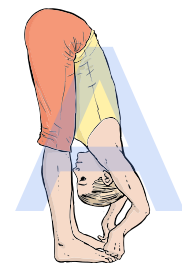
Raised Arms · Hasta Uttanasana



5 breaths

Superset A1 · Feet hip distance wide · Outer edges of feet parallel · Hands shoulder distance wide · Palms facing forward...

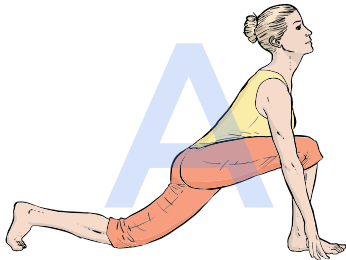
Big Toe · Padangusthasana



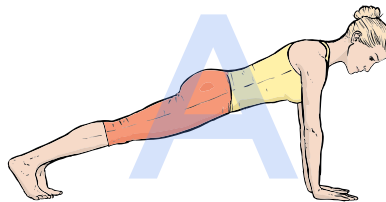
5 breaths

Superset A2 · Hamstrings relaxed · Press toes down while pulling fingers up · Lift sitz bones toward sky · Bend elbows to...

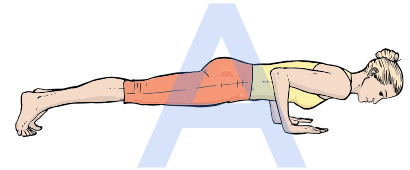


**Equestrian · Ashwa Sanchalanasana****5** breaths

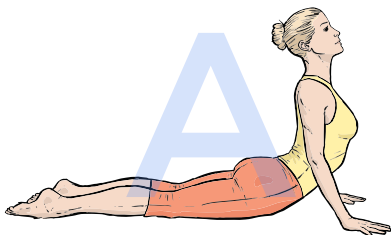
Superset A3 · Left leg to the front · Lengthen spine · Back knee on floor · Gaze diagonally upward · Align knee over an...

Plank · Kumbhakasana**5** breaths

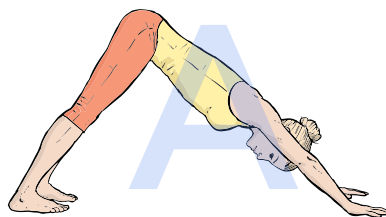
Superset A4 · Hands shoulder-width apart · Feet hip-width apart · Spread fingers wide · Draw belly toward spine · Keep h...

Four Limbed Staff · Chaturanga Dandasana**5** breaths

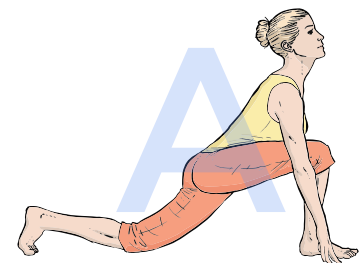
Superset A5 · Keep elbows in · Upper arms parallel to floor · Elbows above wrists · Abs engaged · Hands shoulder-distanc...

Extended Cobra · Saral Hasta Bhujangasana**5** breaths

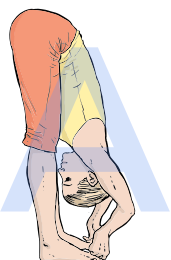
Superset A6 · Bring feet hip-width apart · Bend elbows slightly · Draw shoulders away from ears · Keep head in line with ...

Downward Facing Dog · Adho Mukha Svanasana**5** breaths

Superset A7 · Bring feet hip-width apart · Bring hands shoulder-width apart · Spread fingers and push thumbs and index fin...

Equestrian · Ashwa Sanchalanasana**5** breaths

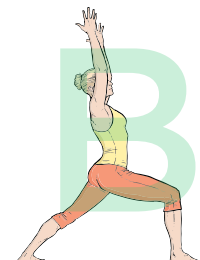
Superset A8 · Right leg to the front · Lengthen spine · Back knee on floor · Gaze diagonally upward · Align knee over an...

Big Toe · Padangusthasana**5** breaths

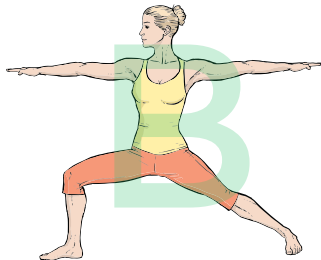
Superset A9 · Hamstrings relaxed · Press toes down while pulling fingers up · Lift sitz bones toward sky · Bend elbows to...

Raised Arms · Hasta Uttanasana**5** breaths

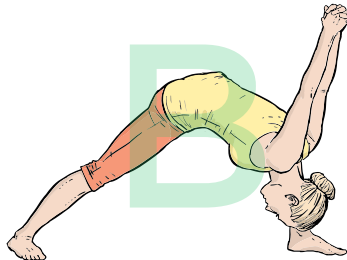
Superset A10 · Feet hip distance wide · Outer edges of feet parallel · Hands shoulder distance wide · Palms facing forward...

Warrior I · Virabhadrasana I**5** breaths

Superset B1 · Left leg to the front · Lengthen tailbone toward floor · Anchor outer edge of foot to floor · Draw shoulder...

**Warrior II · Virabhadrasana II****5** breaths

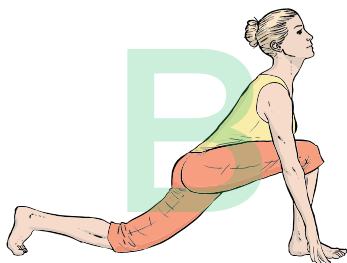
Superset B2 · Lengthen tailbone toward floor · Anchor outer edge of foot to floor · Stretch hands away from each other · ...

Humble Warrior · Baddha Virabhadrasana**5** breaths

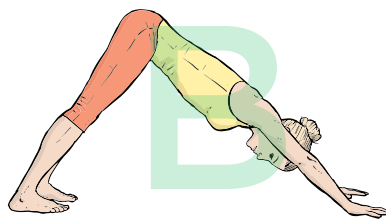
Superset B3 · Anchor outer edge of foot to floor · Relax neck · Back knee lifted · Knee over ankle · Shoulders relaxed

Reverse Warrior · Viparita Virabhadrasana**5** breaths

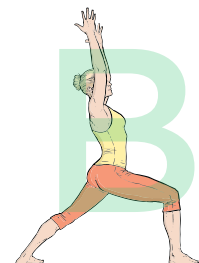
Superset B4 · Anchor outer edge of foot to floor · Align knee over ankle · Lengthen through sides of waist · Align bicep ...

Equestrian · Ashwa Sanchalanasana**5** breaths

Superset B5 · Lengthen spine · Back knee on floor · Gaze diagonally upward · Align knee over ankle · Rise onto fingertip...

Downward Facing Dog · Adho Mukha Svanasana**5** breaths

Superset B6 · Bring feet hip-width apart · Bring hands shoulder-width apart · Spread fingers and push thumbs and index fin...

Warrior I · Virabhadrasana I**5** breaths

Superset B7 · Right leg to the front, restart flow on the other side.

Five Pointed Star · Utthita Tadasana**5** breaths

Superset C1 · Stretch fingertips away · Point tailbone toward floor · Soften shoulders · Press outer edges of feet into f...

Extended Triangle · Utthita Trikonasana**5** breaths

Superset C2 · Anchor outer edge of foot to floor · Stretch hands away from each other · Lengthen both sides of torso · Li...

Extended Side Angle · Utthita Parsvakonasana**5** breaths

Superset C3 · Anchor outer edge of foot to floor · Align knee over ankle · Center body weight evenly between feet · Light...


**Revolved Triangle · Parivrtta
Trikonasana**

5 breaths

Superset C4 · Keep heels in one line · Draw outer hip away from shoulder · Anchor back heel to floor · Lengthen torso

**Revolved Side Angle · Parivrtta
Parsvakonasana**

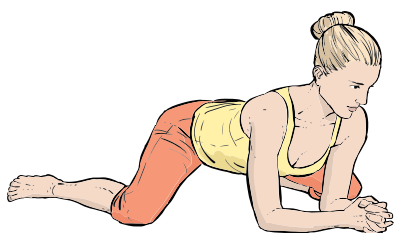
5 breaths

Superset C5 · Align knee over ankle · Soften belly · Align armpit outside of knee · Open chest to the side ·

Five Pointed Star · Utthita Tadasana

5 breaths

Superset C6 · Restart flow on the other side.

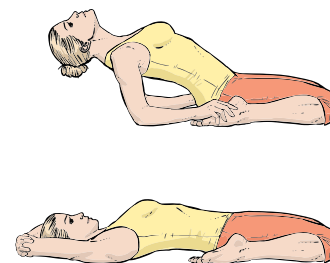
Frog · Adho Mukha Mandukasana

5 breaths

Ankles in line with knees · Toes pointing outward

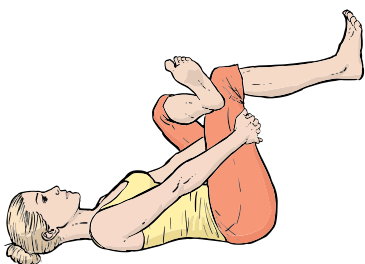
Garland · Malasana

5 breaths

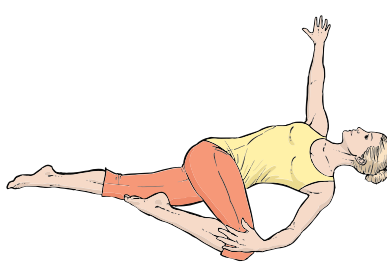
Lift and lengthen torso · Press upper arms against thighs · Relax shoulders

Reclining Hero · Supta Virasana

5 breaths

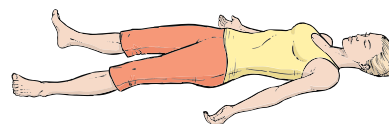
Keep thighs parallel · Feet outside of hips · Lift tailbone up toward pubic bone · Keep feet parallel

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

5 breaths

Draw thigh toward chest · Flex feet · Bend elbows · Energetically push knee away from you · Head and sacru...

**Reclined Spinal Twist · Supta
Matsyendrasana**

5 breaths

Press shoulder blades toward floor · Gaze in opposite direction of twist · Allow gravity to release knee tow...

Corpse · Savasana

5 breaths

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

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.

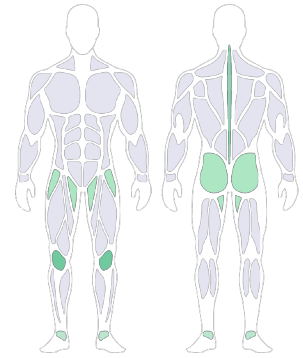
Bend the other leg and tuck the foot under the opposite shin.

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.



Cat Stretch

Primary muscle group(s):

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

Secondary:

Neck & Upper Traps, Shoulders, Wrists

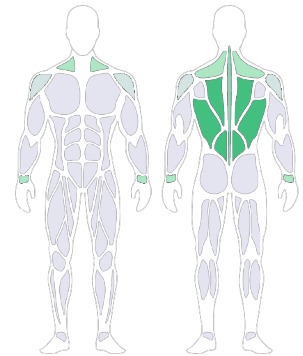
Begin on all fours. Bring your wrists directly under your shoulders and knees under your hips. Bring your head to a neutral position.

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 Puppy

Primary muscle group(s):

Shoulders, Spine

Secondary:

Abs, Upper Back & Lower Traps

Begin on all fours. Bring your wrists directly under your shoulders and knees under your hips.

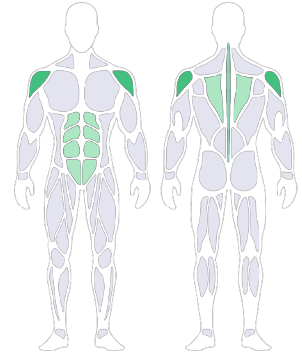
Slowly walk your hands forward with an exhale, keeping your hips over your knees. Sink your chest toward the floor and if possible, rest your forehead on the floor.

Hold the pose and take slow, deep breaths.

Walk your hands toward you with an inhale to return to all fours.

Modification: Place a folded blanket under your knees.

⚠️ Avoid this pose if you have knee injury.



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.

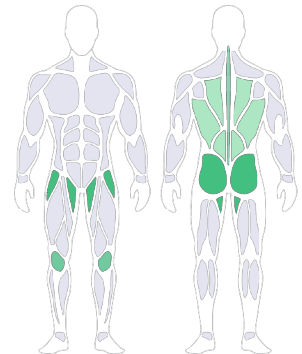
Bend forward with an exhale and rest your torso between your thighs. Relax your tailbone toward your feet.

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.



Sphinx

Primary muscle group(s):

Lower Back, Middle Back / Lats, Shoulders, Spine

Secondary:

Abs, Chest

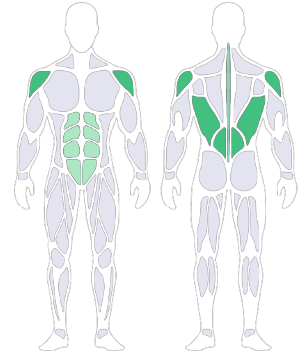
Lie on your stomach. Bring your feet hip distance wide, toes untucked. Align your elbows under your shoulders, forearms parallel and fingers spread wide.

Peel your head and chest from the floor with an inhale. Release your shoulders down your back and press your chest forward. Gaze forward.

Hold the pose and take slow, deep breaths.

Lower with an exhale.

⚠️ Avoid this pose if you have acute back injury.



Downward Facing Dog

Primary muscle group(s):

Calves, Hamstrings, Middle Back / Lats, Spine

Secondary:

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

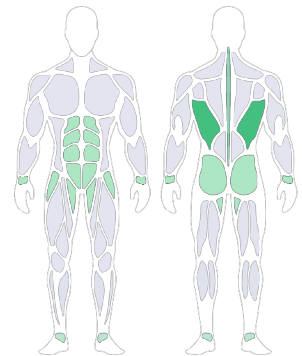
Lie on your stomach. Bring your hands under your shoulders and spread your fingers wide. Bring your feet as wide as your hips and curl your toes under.

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.

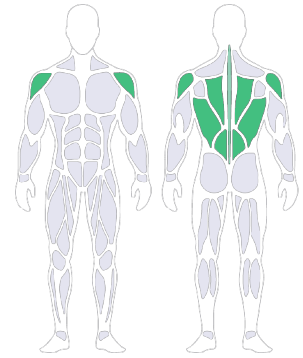
Cross your arms and hold opposite elbows. Round your back and let your head hang.

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:

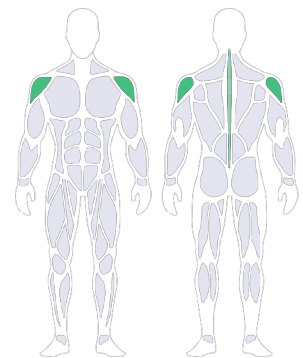
Knees, Quadriceps

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.



Big Toe

Primary muscle group(s):

Calves, Hamstrings

Secondary:

Glutes & Hip Flexors, Lower Back, Shoulders, Spine

Stand with your feet hip distance wide and parallel. Bend forward from your hips with an exhale. Lengthen your torso as you come down.

Hook your big toes with your thumbs and first two fingers. Press your toes into your fingers. Lift halfway and lengthen your torso with an inhale.

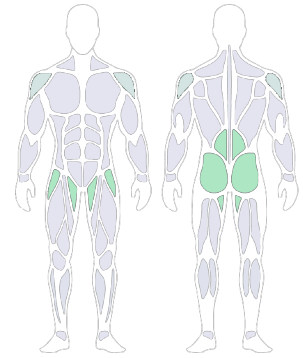
Fold deeply with an exhale, widening your elbows. Let your head hang.

Hold the pose and take slow, deep breaths.

Release your toes. Lengthen your spine with an inhale and rise to standing.

Modification: Hold on to a strap looped under the soles of your feet.

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



Equestrian

Primary muscle group(s):

Calves, Hamstrings, Quadriceps

Secondary:

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

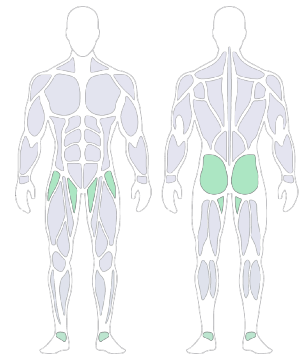
Begin in Standing Forward Bend with your palms on the floor beside your feet, knees bent as needed. Step your right foot far back with an inhale.

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.



Plank

Primary muscle group(s):

Abs, Obliques, Shoulders

Secondary:

Glutes & Hip Flexors, 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.

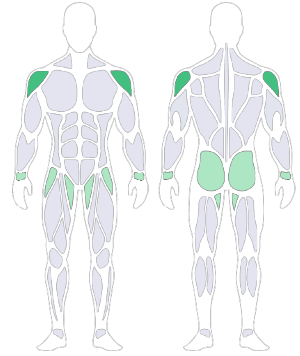
With an inhale, shift forward into Plank, bringing your shoulders over your wrists. Engage your core and legs. Gaze diagonally downward.

Hold the pose and take slow, deep breaths.

Push back to Downward Facing Dog with an exhale.

Modification: Lower your knees to the floor.

⚠️ Avoid this pose if you have carpal tunnel syndrome.



Four Limbed Staff

Primary muscle group(s):

Abs, Triceps

Secondary:

Chest, Glutes & Hip Flexors, Hamstrings, Wrists

Begin in Plank. Bend your elbows with an exhale, lowering your body until your upper arms are parallel to the floor.

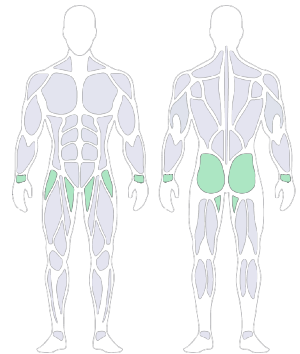
Engage your core and legs, hugging your elbows toward your body.

Hold the pose and take slow, deep breaths.

Lower your knees and then whole body to the floor with an exhale.

Modification: Lower your knees to the floor.

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



Extended Cobra

Primary muscle group(s):

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

Secondary:

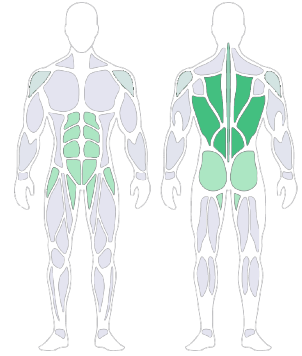
Abs, Forearms, Glutes & Hip Flexors, Shoulders, Triceps

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

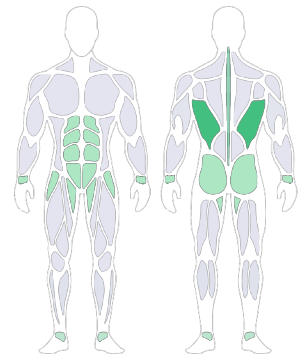
Lie on your stomach. Bring your hands under your shoulders and spread your fingers wide. Bring your feet as wide as your hips and curl your toes under.

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.



Equestrian

Primary muscle group(s):

Calves, Hamstrings, Quadriceps

Secondary:

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

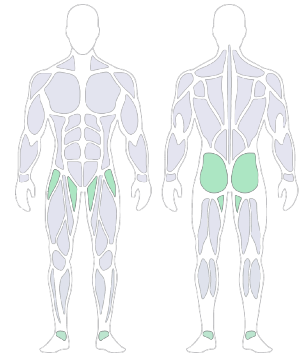
Begin in Standing Forward Bend with your palms on the floor beside your feet, knees bent as needed. Step your right foot far back with an inhale.

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.



Big Toe

Primary muscle group(s):

Calves, Hamstrings

Secondary:

Glutes & Hip Flexors, Lower Back, Shoulders, Spine

Stand with your feet hip distance wide and parallel. Bend forward from your hips with an exhale. Lengthen your torso as you come down.

Hook your big toes with your thumbs and first two fingers. Press your toes into your fingers. Lift halfway and lengthen your torso with an inhale.

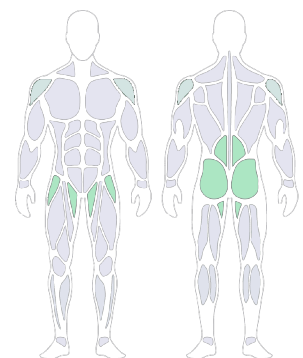
Fold deeply with an exhale, widening your elbows. Let your head hang.

Hold the pose and take slow, deep breaths.

Release your toes. Lengthen your spine with an inhale and rise to standing.

Modification: Hold on to a strap looped under the soles of your feet.

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



Raised Arms / Hands

Primary muscle group(s):

Chest, Shoulders, Spine

Secondary:

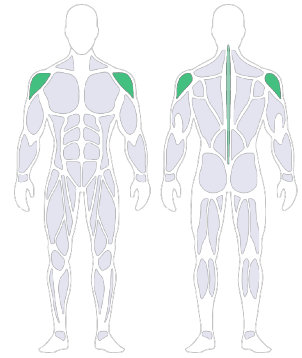
Knees, Quadriceps

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.



Warrior I

Primary muscle group(s):

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

Secondary:

Calves, Obliques, Shoulders

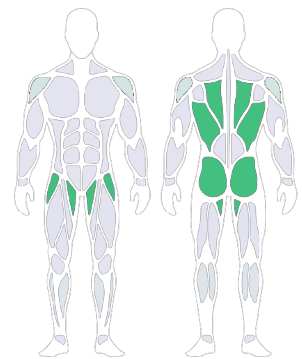
Begin standing. Step your left foot 3 to 4 feet back with an exhale. Keeping your heels in one line, point your left foot 45 degrees to the left. Face your torso forward.

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

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.

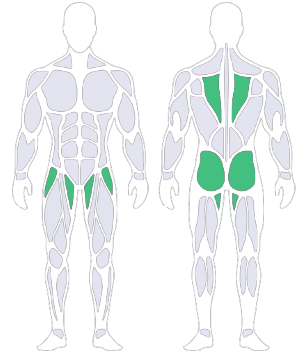
Bring your arms to shoulder height, palms facing down. Turn your right foot 90 degrees to the right.

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.



Humble Warrior

Primary muscle group(s):

Glutes & Hip Flexors, Hamstrings, Quadriceps, Shoulders

Secondary:

Ankles, Calves

Begin in Warrior I with your left foot forward. Interlace your hands behind you with an exhale.

Lift your chest and lengthen your spine with an inhale.

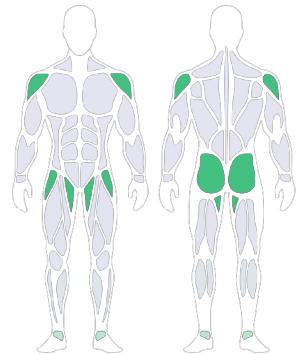
Fold forward with an exhale, bringing your torso inside of your front leg. Lift your arms up and overhead.

Hold the pose and take slow, deep breaths.

Lift your torso with an inhale. Step your feet together and release your arms with an exhale. Change sides.

Modification: Hold opposite elbows or a strap. Lift your back heel from the floor.

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



Reverse Warrior

Primary muscle group(s):

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

Secondary:

Calves, Knees, Obliques, Shoulders

Begin standing in Warrior II with your left foot forward. Lower your right hand to your right thigh with an exhale.

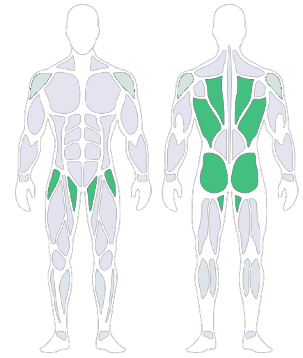
With an inhale reach your left arm up and next to your ear, leaning into a slight backbend. Gaze up toward your left hand.

Hold the pose and take slow, deep breaths.

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

Modification: Bend front leg less deeply.

⚠️ Avoid this pose if you have high blood pressure.



Equestrian

Primary muscle group(s):

Calves, Hamstrings, Quadriceps

Secondary:

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

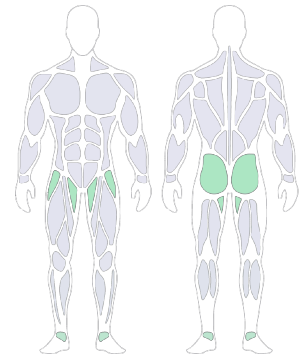
Begin in Standing Forward Bend with your palms on the floor beside your feet, knees bent as needed. Step your right foot far back with an inhale.

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.



Downward Facing Dog

Primary muscle group(s):

Calves, Hamstrings, Middle Back / Lats, Spine

Secondary:

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

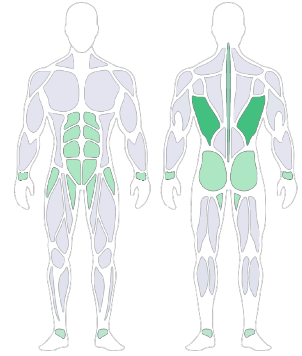
Lie on your stomach. Bring your hands under your shoulders and spread your fingers wide. Bring your feet as wide as your hips and curl your toes under.

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.



Warrior I

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 ½ 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.

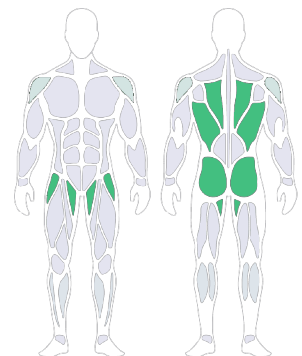
Reach your arms toward the sky with an inhale, palms facing each other.

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.



Five Pointed Star

Primary muscle group(s):

Chest, Spine

Secondary:

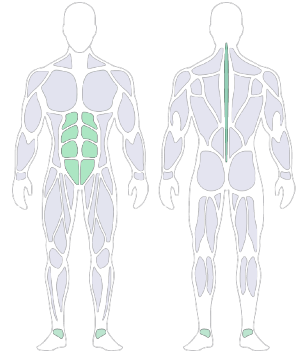
Abs, Ankles, Quadriceps

Stand with your feet together. Step your feet 3 to 4 feet apart with an exhale, pointing your toes diagonally outward. Point your tailbone toward the floor.

Lift your arms up and out with an inhale, bringing them to shoulder height. Face your palms down and spread your fingers wide. Reach your fingertips away from you.

Hold the pose and take slow, deep breaths.

Release your arms with an exhale and step your feet together.



Extended Triangle

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.

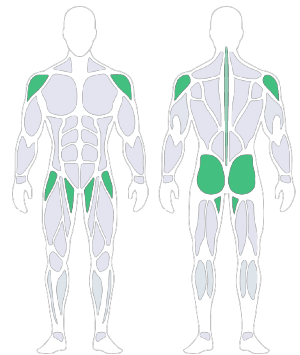
Reach your right arm out to the right and then down with an exhale. Bring your hand to your shin or ankle. Inhale and reach your left arm toward the sky, palm facing forward. Gaze up toward your hand.

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.



Extended Side Angle

Primary muscle group(s):

Glutes & Hip Flexors, Obliques, Quadriceps, Shoulders

Secondary:

Ankles, 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.

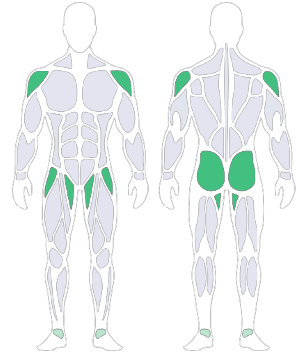
Bend to the right with an exhale, bringing your fingertips to the floor just outside of your right foot. Reach your left arm up with an inhale, then lower the arm alongside your ear, palm facing down. Gaze toward your top arm.

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.



Revolved Triangle

Primary muscle group(s):

Glutes & Hip Flexors, Hamstrings, Spine

Secondary:

Calves, Middle Back / Lats, Quadriceps

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

Place your hands on your hips and lengthen your spine.

Reach your right arm to the sky with an inhale.

Bend forward with an exhale and bring your right fingertips to the floor outside of your left foot.

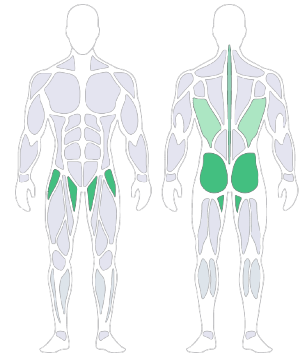
Reach your left arm to the sky with an inhale, opening your chest to the left. Gaze toward your top hand.

Hold the pose and take slow, deep breaths.

Untwist with an exhale, then inhale and rise to standing. Change sides.

Modification: Gaze toward the floor.

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



Revolved Side Angle

Primary muscle group(s):

Calves, Chest, Hamstrings, Shoulders, Spine

Secondary:

Ankles, Knees, Middle Back / Lats, Obliques, Quadriceps

Begin in Crescent with your right leg forward. Twist your torso to the right with an exhale.

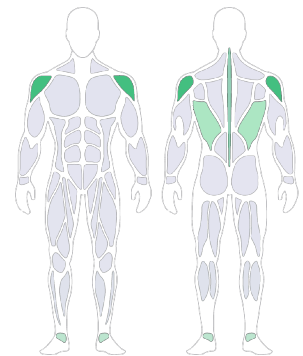
Snuggle your left armpit outside of your right knee and place your left fingertips on the floor.

Reach your right arm to the sky with an inhale. Lower it alongside your right ear with an exhale. Gaze toward the sky.

Hold the pose and take slow, deep breaths.

Carefully untwist with an exhale and rise to Crescent. Change sides.

Modification: Press your upper arm against your thigh and bring your palms to prayer.



Five Pointed Star

Primary muscle group(s):

Chest, Spine

Secondary:

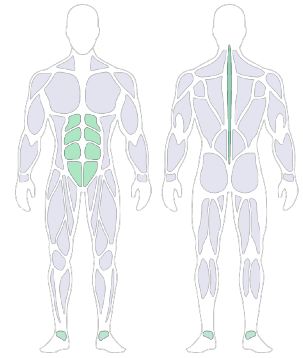
Abs, Ankles, Quadriceps

Stand with your feet together. Step your feet 3 to 4 feet apart with an exhale, pointing your toes diagonally outward. Point your tailbone toward the floor.

Lift your arms up and out with an inhale, bringing them to shoulder height. Face your palms down and spread your fingers wide. Reach your fingertips away from you.

Hold the pose and take slow, deep breaths.

Release your arms with an exhale and step your feet together.



Frog

Primary muscle group(s):

Glutes & Hip Flexors, Quadriceps

Secondary:

Ankles, Knees

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

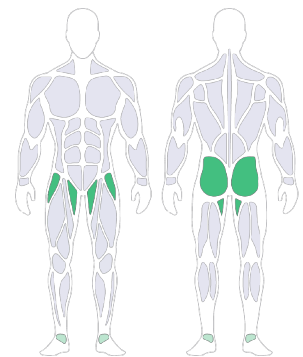
Lift your hips and widen your knees. Bring your ankles in line with your knees, toes pointing outward.

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.

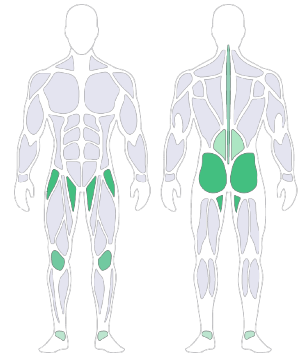
Bring your feet close together, but open your knees wider than your torso.

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.



Reclining Hero

Primary muscle group(s):

Abs, Glutes & Hip Flexors, Quadriceps

Secondary:

Ankles, Chest, Knees, Spine

Begin in Hero. Lean back with an exhale, resting on your elbows. Pause here for a moment.

Slowly lower your torso to the floor with an exhale.

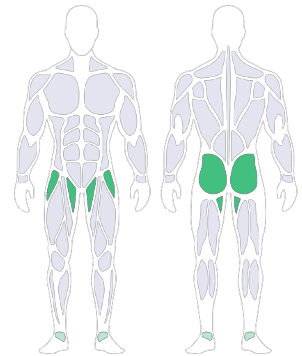
Grasp opposite elbows above your head with an inhale.

Hold the pose and take slow, deep breaths.

Carefully rise back onto your elbows with an inhale. Pause here for a moment, then sit all the way up.

Modification: Stay on your elbows. Separate your knees slightly but keep thighs parallel.

 Avoid this pose if you have knee, back or ankle 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.

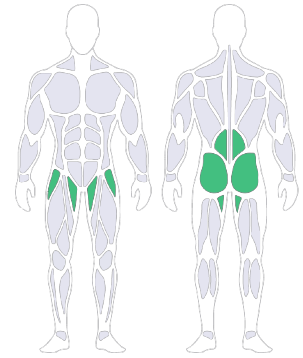
Thread your left arm through your legs and interlace your hands behind your right thigh. Draw your thigh toward you with an exhale. Flex your feet.

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.



Reclined Spinal Twist

Primary muscle group(s):

Glutes & Hip Flexors, Lower Back, Spine

Secondary:

Obliques

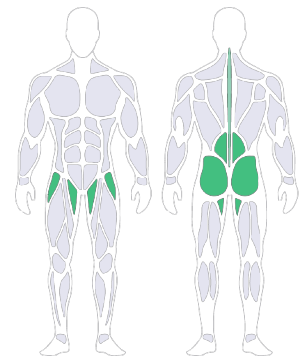
Lie on your back. Stretch your arms out at shoulder height, palms down.

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.



Corpse

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.

