

HAPPY BABY



Lie on your back and hug your knees into your chest. Grab the outer part of your feet with both hands and rock like a happy baby.

STANDING FORWARD BEND



From Mountain Pose, bend your upper body and reach for your toes. Sway your arms gently.

EAGLE



Wrap one leg around the other and bend your knees slightly. Bring your bent arms out in front of you and wrap them together in opposite directions.

BUTTERFLY



From a sitting position, bend your legs together so that the soles of your feet touch together. Place your hands at your heart. Gently flutter your legs.

DOWNWARD FACING DOG



Starting on your hands and knees, press your hands into the ground and straighten your legs as you lift your hips into the air. Relax your head and neck.

DANCING SHIVA



Raise your arms up to your sides, bending them at the elbow. In the air, cross one leg over the other and bend at the knee like you are sitting in a chair.

EXTENDED MOUNTAIN



Stand tall and reach your arms up to the sky meeting your palms together above your head.

UPWARD FACING DOG



Lie on your tummy and press your outstretched legs into the ground. Place your palms flat under your shoulders and draw your shoulder blades together.

WARRIOR THREE



Stand on one leg and extend your other leg behind you. Bend your torso forward and reach both arms out in front of you.

TREE



Standing on one leg, bend the opposite knee and place the sole of your foot on your inner ankle or thigh (never on your knee).

TABLE TOP



Rest comfortably on your hands and knees, with your arms under your shoulders and your knees under your hips. Your back and neck should be in a straight neutral position.

FLOWER



From a sitting position, lift up your legs and weave your arms under your legs so that the soles of your feet touch together.

CHILD'S POSE



From a kneeling position, sit back on your heels and gently drop your forehead down to rest.

SUN SALUTATION



Stand tall. Bring your arms up over your head and place your palms together. Bring your palms down to the center of your chest.