



Sample Yoga Poses

Basic Yoga Poses

Hundreds of yoga poses exist. The selected poses below are just a sample. They are easy to do in a group meeting if there is a little room to spread out. All the poses are standing or seated. Hold each pose for several breaths. Work within your physical abilities. A core concept of yoga is to respect your body. Be mindful of how your body feels when practicing yoga. Stop doing any pose that feels painful.

Mountain Pose



1. Stand tall with feet hip-width apart. Draw the shoulders down and away from your ears.
2. Flex the toes upward to engage your legs. Keep knees slightly bent.
3. Lift the chest, and turn the palms to face forward. Hold for several breaths.

Tree Pose



Level 1



Level 2



Level 3

1. Stand tall in Mountain Pose.
2. Shift your weight to the right leg keeping a slight bend in the knee. Lift the left knee and place the sole of your left foot inside your right ankle, keeping left toes on the ground. Find a gazing point to steady your balance. Extend the arms overhead, fingers stretching upward. This is Level 1.
3. If steady in Level 1, advance to Level 2 by bringing the foot up to rest on the inside of your calf.

4. To advance to Level 3, bring the foot up to rest on the inside of your thigh, taking care to place it above the knee. Draw the right hip in to press the right inner thigh against your left foot.
5. Hold for several breaths. Repeat on the other side.

Chair Pose



1. Stand in Mountain Pose, with feet no wider than hip-width apart.
2. Inhale and reach the arms up, upper arms in line with ears, and fingers stretching upward.
3. Exhale and sink the hips back like you are going to sit in a chair. Keeping knees stacked over ankles, bend the knees to deepen the pose as your strength allows but no further than parallel to the floor.
4. Keep the torso and chest lifted. If you start to lean toward the floor, reduce the bend in your knees.
5. Keep weight in your heels. Tuck the tailbone slightly under if you feel pressure in the low back.
6. Hold for several breaths. Return to starting position.

Standing Forward Bend

1. Stand tall in Mountain Pose, with feet hip-width apart. Keeping a slight bend in your knees, bend forward from the hips and reach your hands toward the floor.
2. If your hamstrings are tight, try increasing the bend in your knees. Reach the hands toward your feet or shins.
3. Hold for several breaths. Slowly return to starting position.



Standing Twist



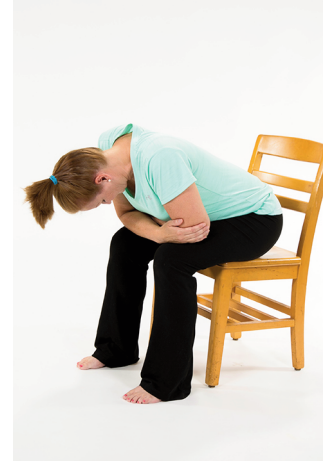
1. Stand tall in Mountain Pose, with shoulders drawn down away from your ears.
2. Transfer your weight to the right leg. Lift the left knee until it forms a 90-degree angle with the ground. Flex the left foot.
3. Find a gazing point to help you balance. Inhale and reach the right arm up. Exhale and lower the right hand to outside the left knee.
4. Inhale, and stand tall, lengthening the spine and keeping abdominal muscles engaged.
5. Exhale and start to twist, turning the torso toward the bent leg. Keep your hips facing forward.
6. Inhale, and lengthen the spine more. If you are balanced, exhale and turn the head to gaze behind you, extending the left arm behind you.
7. Inhale and return to starting position. Repeat on the other side.

Child's Pose in a Chair

1. Sit up tall in a chair. Scoot slightly toward the front edge of the chair. Plant feet hip-width apart on the floor, with knees directly over your ankles.
2. Inhale and extend the spine. Exhale and lean forward from the hips to bring your torso over your thighs.
3. Rest your chest on your thighs and allow your head and hands to relax, hanging toward the floor (version 1). If more comfortable, fold the forearms on your thighs and allow the forehead to rest there (version 2).
4. Hold for several breaths. On an inhale, slowly return to starting position.



Version 1



Version 2

Note: For a complete routine using a chair, see *YOU-fit: Yoga for EveryBODY* (FSFCS71 and Poster MP545).

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