

ENERGIZING YOGA

1. Warrior 1 Pose

How to practice Warrior 1 Pose: Step one foot back, angling your toes slightly outward, and bend your front knee. Reach both arms up overhead. Switch sides and repeat the steps.



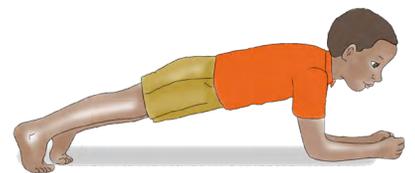
2. Chair Pose

How to practice Chair Pose: Stand tall in Mountain Pose with your feet hip-width apart, bend your knees, and keep a straight spine. Hold your hands out in front of you.



3. Dolphin Plank Pose

How to practice Dolphin Plank Pose: Step back to a plank position on your toes. Bend your arms and come down to rest on your elbows with your forearms parallel out in front of you and palms flat on the ground. Imagine a straight line from your toes to your head. Hold this position for a couple of breaths and then rest.



4. Lizard Pose

How to practice Lizard Pose: From Downward-Facing Dog Pose, shift forward to bring your shoulders over your wrists. Gently place your right foot on the outside of your right hand, with your right foot facing forward. Stay in this deep lunge for a moment. If you're able, drop your elbows to the ground for a deeper stretch. Reverse the steps to come out of the pose. Switch sides and repeat the steps.



5. Crow Pose

How to practice Crow Pose: From a squat position, place your palms flat on the ground out in front of you. Place your knees gently on the back of your upper arms. Tilt forward to lift your toes off the ground and balance on your bent arms, looking forward.



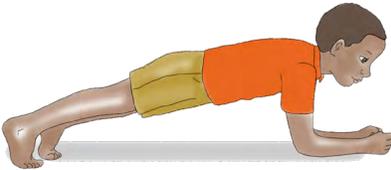
ENERGIZING YOGA



Warrior 1 Pose



Chair Pose



Dolphin Plank Pose



Lizard Pose



Crow Pose

YOGA INVERSIONS

1. Forward Bend Chest Stretch

How to practice Forward Bend Chest Stretch: Come to a standing position with your feet hip-width apart. Clasp your hands together behind your back (or grab a strap if your shoulders are tight). Slowly bend your torso forward and drop your head toward the ground. Allow your clasped hands to stretch up behind you.



2. Wide-Legged Forward Bend

How to practice Wide-Legged Forward Bend: Stand tall with legs hip-width apart, feet facing forward, and straighten your arms alongside your body. Step your feet out wide, bend your upper body, and reach your palms to the ground.



3. Three-Legged Dog Pose

How to practice Three-Legged Dog Pose: From Downward-Facing Dog Pose (upside-down V shape), gently lift one leg at a time with a flexed foot. Ensure you keep your arms and spine straight when you lift a leg.



4. Puppy Pose

How to practice Puppy Pose: From all fours, slide your hands out in front of you while lowering your chest toward the ground. Keep your arms straight and raise your elbows off the ground. Rest your forehead between your extended arms, letting your spine curve naturally.



5. Thread the Needle Pose

How to practice Thread the Needle Pose: Come to an all-fours position in Table Top Pose. On an inhale, take your right hand straight up to the sky, look up, and feel the twist. On an exhale, take your right hand (palm up) and thread it straight underneath your left arm. Place your right shoulder and right cheek on the mat. Your hips and left elbow are still raised as you relax into the ground, gazing out to the left. Gently come out of the pose and then repeat on the other side.



YOGA INVERSIONS



Forward Bend
Chest Stretch



Wide-Legged
Forward Bend



Three-Legged Dog Pose



Puppy Pose



Thread the Needle Pose

BALANCING YOGA

1. Tree Pose

How to practice Tree Pose: Stand on one leg. Bend the knee of the leg you are not standing on, place the sole of your foot on the opposite inner thigh or calf (just not on your knee), and balance. Switch sides and repeat the steps.



2. Dancer's Pose

How to practice Dancer's Pose: Stand tall in Mountain Pose. Then stand on your right leg, reach your left leg out behind you, and place the outside of your left foot into your left hand. Bend your torso forward, with your right arm out in front for balance, and arch your leg up behind you. Switch sides and repeat the steps.



3. Extended Hand-to-Big-Toe Pose

How to practice Extended Hand-to-Big-Toe Pose: From a standing position, bend your right knee toward your chest. Grab your right big toe with your right hand and place your left hand on your left hip. Extend your right leg out to the side, straightening the leg as much as possible. Hold this pose for a few breaths then bring your leg down slowly. Switch sides and repeat the steps.



4. Warrior 3 Pose

How to practice Warrior 3 Pose: Stand on one leg. Extend the other leg behind you, flexing your foot. Bend your torso forward and take your arms back alongside your body. Switch sides and repeat the steps.



5. Crescent Lunge

How to practice Crescent Lunge: From a standing position, step your right foot back into a lunge with your left foot directly over your left knee and a straight back leg. Inhale and take your parallel arms straight up overhead. Open your chest, look up, and take a few deep breaths. Switch sides and repeat the steps.



BALANCING YOGA



Tree Pose



Dancer's Pose



Extended
Hand-to-Big Toe Pose



Warrior 3 Pose



Crescent Lunge

CORE YOGA

1. Crow Pose

How to practice Crow Pose: From a squat position, place your palms flat on the ground out in front of you. Place your knees gently on the back of your upper arms. Tilt forward to lift your toes off the ground and balance on your bent arms, looking forward.



2. Plank Pose

How to practice Plank Pose: Step back to balance on your palms and on your bent toes in a plank position. Keep your arms straight and your back long and flat.



3. Dolphin Pose

How to practice Dolphin Pose: On your hands and knees, bend your elbows and rest your forearms on the ground, keeping your palms flat on the ground. Lift your knees to straighten your legs and then look forward.



4. Scale Pose

How to practice Scale Pose: Come to sitting comfortably cross-legged or in Lotus Pose. Place your palms flat on the ground outside your thighs. Lean forward slightly, press into your hands, and lift your buttocks and legs off the ground. Hold for a few breaths then slowly lower to the ground.



5. Boat Pose

How to practice Boat Pose: Balance on your buttocks with your arms and legs straight out in front of you in a V shape. Keep a straight spine and open chest.



CORE YOGA



Crow Pose



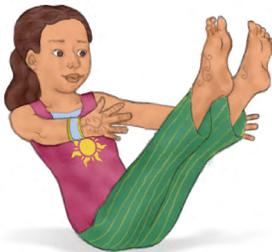
Plank Pose



Dolphin Pose



Scale Pose



Boat Pose

HIP-OPENING YOGA

1. Warrior 2 Pose

How to practice Warrior 2 Pose: Step one foot back and bend your front knee. Reach both arms up overhead. Then reach both arms out to the sides and look over your front fingertips. Make sure your front knee is bent forward. Switch sides and repeat the steps.



2. Half Squat Pose

How to practice Half Squat Pose: From a standing position, step your feet out wide with your feet facing forward. Place your hands on your hips. Bend your torso and then take your hands to the ground in front of you. Bend your right knee and come to squat to the right, with your flat palms on the ground. Then, shift to the left for a squat on the other side.



3. Lizard Pose

How to practice Lizard Pose: From Downward-Facing Dog Pose, shift forward to bring your shoulders over your wrists. Gently place your right foot on the outside of your right hand, with your right foot facing forward. Stay in this deep lunge for a moment. If you're able, drop your elbows to the ground for a deeper stretch. Reverse the steps to come out of the pose. Switch sides and repeat the steps.



4. Pigeon Pose

How to practice Pigeon Pose: From an all-fours position, bring your right knee to rest behind your right hand, angling your right foot slightly inward. Gently take your buttocks down to the ground with your left leg extended straight out behind you. You might try placing a block under your right thigh. Keep your palms flat on the ground on either side of your right knee, look forward, keeping a straight spine. Repeat on the other side.



5. Reclining Bound Angle Pose

How to practice Reclining Bound Angle Pose: Lying on your back, bend your knees out to the sides and bring the soles of your feet together. Take your arms out to rest at your sides. Let your whole body melt into the ground and take a few deep breaths.



HIP-OPENING YOGA



Warrior 2 Pose



Half Squat Pose



Lizard Pose



Pigeon Pose



Reclining
Bound Angle Pose