

# Mountain Pose 1

## Tadasana



Benefits	
	Improves posture, strengthens core, muscles and legs.
1	Stand tall with your weight balanced evenly on your feet.
2	Firm your thigh muscles and pull in your tummy.
3	Press your shoulders back and hang your arms beside your torso.
4	Breathe deeply and hold as long as needed (at least two long breaths).

# Giraffe Pose 2

## Chair Pose: Utkatasana



Benefits	
	Strengthens legs, stretches shoulders and chest.
1	Start in mountain pose.
2	Exhale, and bend your knees as if you were sitting in a chair.
3	Reach your arms towards the ceiling, with your palms facing each other.
4	Hold this pose and breathe.

# Tree Pose 3

## Vriksasana



Benefits	
	Improves balance; strengthens thighs, calves, and ankles; stretches legs and chest; develops concentration.
1	Begin in mountain pose.
2	Lift your right foot, turning your knee out; place your foot below your left knee.
3	Press your hands together.
4	Raise arms overhead, and look up to your hands if possible.
5	Return hands to your chest, and lower your right leg.
6	Repeat with left leg.

# Flamingo Pose 4

## Rainbow Pose



Benefits	
	Stretches arms, abdominals, spine, and chest; calms the mind.
1	Raise both hands over your head.
2	Drop one hand by your side, exhale, and arch the other over your body.
3	Hold this position.
4	Repeat on the other side.

# Elephant Pose

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## Rainbow Pose



Benefits	
	Stretches legs and back, relieves stress and calms the mind.
1	Bend at the hips.
2	Let arms hang low then claps fingers together.
3	Swing arms from side to side like a trunk. Swing whole body from side to side to walk like an elephant.

# Snake Pose

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## Salabhasana



Benefits	
	Strengthens spine and backs of arms and legs; stretches shoulders, chest, and belly; improves posture; helps relieve stress.
1	Begin by lying on your tummy.
2	Exhale, and lift your head and upper torso off the floor.
3	Gaze forward or slightly upward.
4	Hold this position, then release.

# Zebra Pose

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## Cat Cow Pose: Marjaryasana Bitilasana



Benefits	
	Stretches torso and neck, gently massages spine and internal organs.
1	Start by kneeling on hands and knees. Make sure hands are below shoulders, and knees are below hips.
2	Inhale, look up to the ceiling, and allow your belly to sink toward the floor.
3	Exhale, round your back towards the ceiling, and look at your belly.
4	Repeat.

# Lion Pose

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## Simhasana



Benefits	
	Stretches the hips, thighs, and ankles; calms the mind; relieves stress and fatigue.
1	Start on your knees, then sit back onto your heels.
2	Spread your fingers out and press your palms into your knees.
3	Take a deep breath in through your nose.
4	Open your mouth, stretch out your tongue, open your eyes wide, and let out your breath through your mouth with a silent "ROAR".
5	Repeat a few times.

# Butterfly Pose

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<b>Benefits</b>	Calms the body and mind, helps relieve stress, headaches and fatigue.
1	Begin by sitting with soles of feet together.
2	Touch fingers to the side of your head.
3	Gently bounce your knees to flap your butterfly wings, and move your fingers to wiggle your butterfly antennae.
4	Exhale, and slowly lower your hands back to your lap.

# Relaxation Under a Tree 10

Resting Pose: Savasana



<b>Benefits</b>	Calms the body and mind, helps relieve stress, headaches and fatigue.
1	Lay down on your back, with arms next to your body and legs slightly apart.
2	Close your eyes, focus on deep breathing and relaxation. For full benefit, relax for 2-5 minutes depending on age.