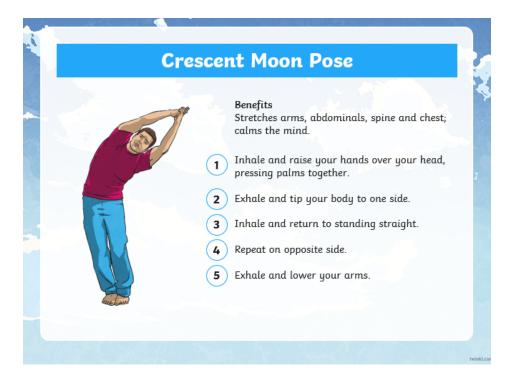
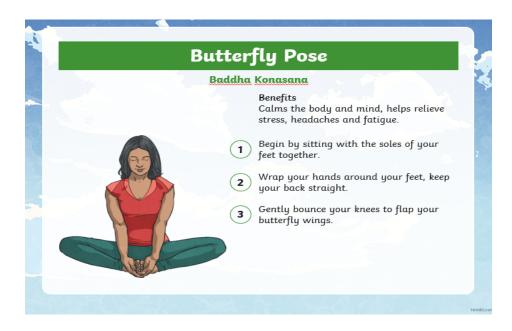
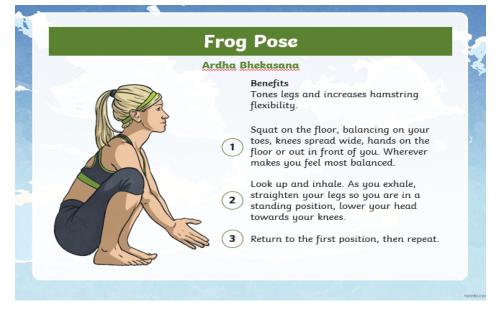
# Elephant Pose Benefits Stretches legs and back, relieves stress and calms the mind. 1 Bend at the hips. 2 Let arms hang low then clasp fingers together. Swing arms from side to side like a trunk. Swing your whole body from side to side to walk like an elephant.







# Child's Pose

# Balasana

### Benefits

Stretches the hips, thighs, and ankles; calms the mind; relieves stress and fatique.

- Kneel on the floor, touching your big toes together.
- Sit back on your heels and separate your knees hip-width apart.
- Exhale, bringing your head down, and rest it on the floor in front of you.
- Place your hands wherever they are comfortable by your head, your knees, etc.
- Relax and breathe, holding this pose.

# Lion Pose

# Simhasana

# Benefits

Stretches hips, thighs and ankles; calms the mind, relieves stress and fatique.

- Start on your knees, then sit back onto your heels.
- Spread your fingers out and press your palms onto your knees.
- Take a deep breath in through your nose.
- Open your mouth, stretch out your tongue, open your eyes wide and let your breath out through your mouth.
- Repeat a few times.



# Bhujangasana

### Benefits

Strengthens spine, backs of arms and legs; stretches shoulders, chest and belly, improves posture, helps relieve stress.

- Begin by lying on your tummy.
- While exhaling, lift your head and upper torso off the floor.
- Gaze forward or slightly upward.
- Hold this position, then release.

# **Warrior II Pose**

### Virabhradhrasana II

### Benefits

Strengthens and stretches legs and core; stretches chest and shoulders; relieves

- Stand with your feet wide apart. Turn your left foot out 90°.
- Inhale, and lift your arms parallel to the floor.
- Exhale and bend your right knee. Be careful not to extend your knee past your ankle.
- Keep your torso tall, turn your head, and look out over your finger tips.
- Inhale and straighten your legs and lower your arms. Repeat on the opposite side.







# Mountain Pose



# Tadasana

### Benefits

Improves posture, strengthens core muscles and legs.

- 1 Stand tall with your weight balanced evenly on your feet.
- Firm your thigh muscles and pull in your tummy.
- Press your shoulders back and hang your arms beside your torso.
- Breath deeply and hold as long as needed (at least two breaths).

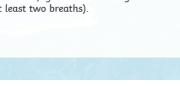


# Utkataasana

# Benefits

Stengthens legs, stretches shoulders and chest.

- 1 Start in mountain pose. (Standing with your feet shoulder width apart and arms by your side).
- 2 Exhale, and bend your knees as if you were sitting in a chair.
- Reach your arms towards the ceiling with your palms facing each other.
- 4 Hold this pose and breathe.



# Tree Pose

# Vriksasana

### Benefits

Improves balance, strengthens thighs, calves and ankles, stretches legs and chest, develops concentration.

- Begin in mountain pose. (Feet shoulder-width apart, hands at your sides.)
- 2 Lift your right foot, turning your knee out; place your foot on your leg wherever feels comfortable.
- 3 Press your hands together.
- Raise your arms over your head and look up to your hands if possible.
- 5 Return hands to your chest and lower your right leg.
- 6 Repeat with left leg.

# Rainbow Pose

# Benefit

Stretches arms, abdominals, spine and chest; calms the mind.

- 1 Start on your knees. Raise both hands over your head.
- 2 Drop one hand by your side, exhale and arch your arm over your body.
- 3 Hold this position.
- As you bring your dropped arm back over your head, straighten your body.
- 5 Repeat on the other side.

