

Basic Yoga Poses

Important: Please remember; never push your body to a point that causes pain. You will still get the benefit of the postures even if you are not very flexible. The best part is, if you do yoga on a regular basis your flexibility and strength will increase. Be sure to check with your doctor before beginning any exercise practice, especially if you have any health issues.

The basic yoga poses are a wonderful way to start in beginner's yoga. The poses are simple yet still very effective. They not only benefit your physical health but your emotional health as well by putting you in a more relaxed state of being.

Since I dislike strenuous exercise the first thing in the morning doing yoga stretches is more my cup of tea. You can do yoga at home or find a local yoga center to join. But these basic yoga poses are easy to do at home.

Standing poses

Mountain pose:

1. Stand with your feet a hip width apart.
2. Press you feet into the floor and the top of your head toward the ceiling and away from your shoulder. This will elongate your spine.
3. You can leave your arms by your sides or raise them overhead with palms facing, elongating your arms as well by reaching toward the ceiling.



Standing hand to foot pose:

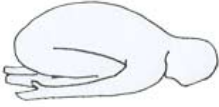
1. Stand with your feet a hip width apart.
2. Raise your hands above your head stretching as you did in the mountain pose.
3. Then extend your body forward bending at the hips.
4. Continue to bend forward as far as it is comfortable for you with hands pointed towards the ground.

Warrior pose:

1. Stand with legs wide apart.
2. Turn the toes of your right foot to the side and the heel of your left foot to the other side.
3. Press your head up away from your shoulders.
4. Keep your torso facing forward and raise your arms out to your sides at shoulder height.
5. Turn your head to look over your right arm.
6. Slowly bend the right knee and be sure to keep the knee in alignment above your ankle.
7. Your left leg will be stretched out behind.
8. Repeat on the other side.



Floor poses



Child pose: (one of my favorites, so relaxing!)

1. Sit on your heels and press the top of your head up and away from your shoulders.
2. Let your body bend forward at your hips until you can rest your forehead on the floor in front of you.
3. Now rest with your arms at your sides or if it is more comfortable you can place your hands under your forehead for more support.

Note: You can hold this pose and any of these poses for as long as it is comfortable for you.

Spinal twist:

1. Sit on the floor with your legs out in front of you.
2. Bend your right knee and place the sole of your right foot on the floor on the outside of your left knee.
3. Take your left arm and place it around your bent right knee and twist your body to face toward the right.
4. Put your right hand on the floor behind you.
5. Repeat on the other side.



Head to knee pose:



1. Sit with legs out in front of you.
2. Bend your right knee so your right foot is pressed against the inner thigh or knee of your left leg, which remains out straight in front of you.
3. Raise your arms overhead and stretch upward and then bend forward that the hips while reaching for your left foot.
4. Bend forward only as far as it is comfortable for you.
5. Repeat on the other side.

Variation of head to knee pose: You can also keep both legs stretched out in front of you and bend forward as described above.

I hope you find these yoga poses enjoyable and relaxing. You can do them at any time of day and in any order. Remember this is your time to get away from the stresses of everyday life and these basic yoga poses will help.