

Warrior II Pose

Virabhadrasana II

Benefits: Strengthens and stretches legs and core; stretches chest and shoulders; relieves bad aches.



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

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

Vrikshasana

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; look up to your hands if possible.
5. Return hands to your chest, and lower your right leg.
6. Repeat with left leg.

Downward-Facing Dog

Adho Mukha Svanasana

Benefits: Calms the mind; relieves stress; energizes the body; strengthens arms and legs; stretches upper and lower body; relieves headaches, back pain and fatigue.



1. Begin on hands and knees with toes tucked under.
2. Exhale, strengthen knees and lift hips, so that you are in an upside-down V.
3. Hold this position for as long as you like.
4. To release, exhale and bring knees to the floor.