

YOGA POSES

With your mouth closed, take in a deep breath (inhale) through your nose and hold for 3 seconds, gradually working up to 10 seconds. Then breathe out (exhale) slowly through your mouth while saying 'Ahhhh.' Go through three deep inhale/slow exhale cycles per pose.



Tree



Crescent Lunge



Warrior



Cobra



Downward-Facing
Dog



Mountain



Triangle



Plank



Cat