



PEACEFUL WARRIOR

- Bring your feet far apart with the back edge of your back foot stabilizing you by pressing into the mat.
- Have your front foot face the short edge of the mat.
- Bend your front knee and open your arms long for a warrior 2.
- Then keeping your legs the same, reach back with your front arm as your back arm heads down your back leg.
- This pose is grounding AND energizing!



TWIST

- Sit up super tall with one leg long on the floor.
- Bend the other leg and bring it over the extended leg.
- Lengthen the spine and begin to gently twist toward the outside of the bent leg.
- Look gently behind your shoulder keeping the spine long.
- Take three breaths and unwind slowly with your head leading the way.
- This pose feels balancing to the body and brain!



TURTLE

- Sit on your mat with your knees bent and the inside of your feet touching.
- Try and crawl your fingers under your shins as your head melts toward your feet.
- Rest in this forward fold for deep ease, rest and calm.



WHEEL

- Lay down on your mat or the floor and bend your knees.
- Place your hands by your ears with your fingers pointing toward your feet.
- Begin to lift up your body as you BREATHE!
- This is a big backbend and will give you lots of energy!



SEATED FORWARD FOLD

- Sit with your legs long (you can bend your knees a bit if your hamstrings are tight!)
- Lengthen through your spine and then walk your fingers forward toward your toes without collapsing through the spine!
- This pose will restore calm and peace!



CAMEL

- Sit up on your knees in a comfortable, stable position.
- Place your hands behind your back as if you are putting them in imaginary back pockets.
- Lift the center of your chest as you lean back.
- Keep your head lifted until you become more familiar with the pose!
- This pose will energize you!