

## SIX BEGINNER YOGA POSES YOU NEED TO KNOW AN EASY WAY TO HELP YOU FEEL GOOD!



### **Sukhasana (shoulder & neck release):**

- Sit in a cross-legged position with a firm cushion under your hips. (You can also sit in a chair for this one.)
- Do a few rounds of shoulder rolls. Move from the shoulder blades, making large circles with the arms. Go in both directions.
- Then top one ear to your shoulder. Hold for three full breaths.
- Turn the head down, like you are looking under your arm. You'll get a nice stretch on the back of the neck.
- Repeat the neck stretch on the other side.
- Repeat this series several times every day. I recommend setting an alarm on your computer to go off every 30-60 minutes to remind you.



### **Extended Child's:**

- Come onto all fours, table position or stand behind a table or desk and place your hands on the edge.
- Slowly reach back with your hips and get a lovely stretch for your shoulders.
- SO EASY and an amazing counter stretch to being on your computer all day.



### **Lunge:**

- Begin on all fours.
- Take one foot up between your hands, back knee is down.
- Let the hips release forward and down to stretch the front of the back leg.
- A great stretch to release the tension that accumulates in the hips from sitting all day.



### **Viparita Karani (Feet up the Wall):**

- The name kinda says it all! :-)
- Sit sideways to a wall with your hip right up next to it.
- Rotate your torso around so your legs swing up the wall and you lay down like the photo shows.
- Let yourself relax.
- If it helps you relax your legs more, tie your thighs together with a yoga belt.
- Stay for as long as it feels good for you.

Note: This pose is not appropriate for anyone who has high blood pressure or issues with their eyes such as a detached retina.



### **Jathara Parivartanasana (Lying Twist):**

- Lying on your back, bring your knees to your chest.
- Take your arms out to the side and slowly lower your legs down to the left.
- If you can't get them all the way to the floor, place a blanket or cushion under your shins.
- Hold and breath. Focus on releasing the spine and the abdominals.
- Bring the legs back to center, pause for one breath, then go to the other side.



### **Savasana (Relaxation):**

- Lie on your back, bring your knees to your chest and take a deep breath.
- When you are ready, extend your legs out, feet wider than hip width. Let your toes drop out to the side as you relax your hips.
- Take your arms out about 45 degrees from the body, turn your palms up and roll your shoulders down your back.
- Take a deep breath and let yourself completely relax.
- If your lower back is tight or uncomfortable, place a rolled blanket under your knees. If your shoulders or neck is uncomfortable, place a small lift under your head.