

Stretch & Balance Yoga Poses

Try these yoga poses at home!

Tree Pose



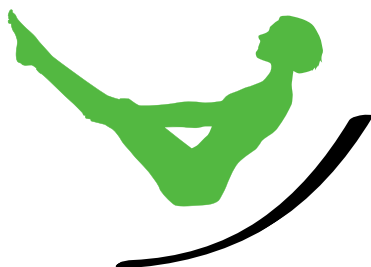
Start by standing straight with a long, tall back, arms hanging at your sides. Slowly shift your weight to your left leg and begin to raise your right foot off the floor. Place your right foot on the inside of the left thigh and bring arms above your head. Switch sides!

Dancer Pose

Start by standing straight with a long, tall back, arms hanging at your sides. Bend your left leg behind you, and grasp the foot or ankle with your left hand and slowly lean forward. Stretch the right hand out in front of you. Switch sides!

Boat Pose

Start seated on the floor with your knees bent and feet flat on the floor. Lean back slightly and lift your feet, making a V shape with your body. Hold your arms above your head or stretched out in front of you.



Plow Pose

Start by lying flat on your back with your arms at your sides, palms down. Inhale, and lift your legs and hips up off the floor and move your feet over and behind your head. Lower your legs as far as you comfortably can - toes touching the floor behind your head if possible.



Take a few breaths in each position. Close your eyes to challenge your balance even more!

