

# Butterfly Pose

## Baddha Konasana



### Benefits

Calms the body and mind, helps relieve stress, headaches and fatigue

- 1 Begin by sitting with the soles of your feet together.
- 2 Wrap your hands around your feet, keep your back straight.
- 3 Gently bounce your knees to flap your butterfly wings.

# Cat Cow Pose

## Marjaryasana Bitilasana



### Benefits

Stretches torso and neck, gently massages spine and internal organs.

1

Start by kneeling on hands and knees. Make sure hands are below your shoulders and your knees below your hips.

2

Inhale and look up to the ceiling, allow your belly to sink toward the floor.

3

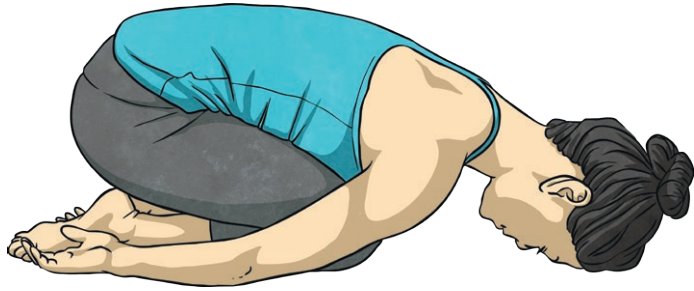
Exhale and round your back towards the ceiling and look at your belly.

4

Repeat.

# Child's Pose

## Balāsana



### Benefits

Stretches the hips, thighs, and ankles; calms the mind; relieves stress and fatigue.

1

Kneel on the floor, touching your big toes together.

2

Sit back on your heels and separate your knees hip-width apart.

3

Exhale, bringing your head down, and rest it on the floor in front of you.

4

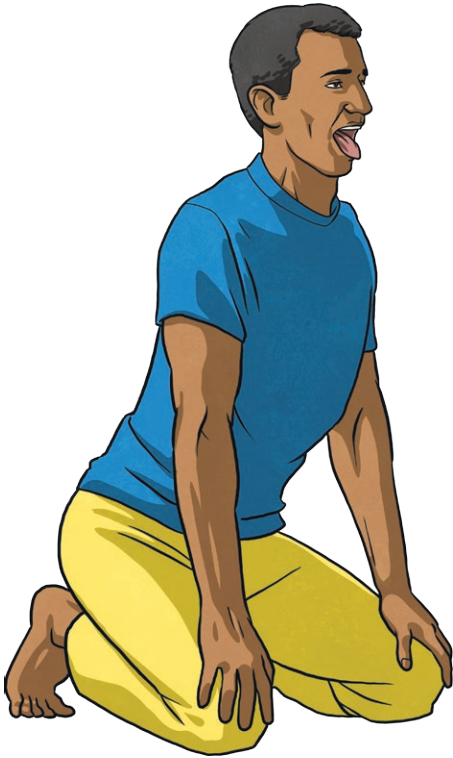
Place your hands wherever they are comfortable by your head, your knees, etc.

5

Relax and breathe, holding this pose.

# Lion Pose

## Simhasana



### Benefits

Stretches hips, thighs and ankles; calms the mind, relieves stress and fatigue.

1

Start on your knees, then sit back onto your heels.

2

Spread your fingers out and press your palms onto your knees.

3

Take a deep breath in through your nose.

4

Open your mouth, stretch out your tongue, open your eyes wide and let your breath out through your mouth

5

Repeat a few times.

# Mountain Pose

## Tadasana



### Benefits

Improves posture, strengthens core, muscles and legs.

- 1 Stand tall with your weight balanced evenly on your feet.
- 2 Firm your thigh muscles and pull in your tummy.
- 3 Press your shoulders back and hang your arms beside your torso.
- 4 Breathe deeply and hold as long as needed (at least two breaths).

# Rainbow Pose



## Benefits

Stretches arms, abdominals, spine and chest; calms the mind.

1

Start on your knees. Raise both hands over your head.

2

Drop one hand by your side, exhale and arch your arm over your body.

3

Hold this position.

4

As you bring your dropped arm back over your head, straighten your body.

5

Repeat on other side.

# Relaxation Pose

## Corpse Pose: Savasana



### Benefits

Calms the body and mind, helps relieve stress, headaches and fatigue.

1

Lie down on your back with your arms next to your body and your legs slightly apart.

2

Relax and close your eyes, focus on deep breathing and relaxation. For the full benefit, relax for 2-5 minutes.

# Three-Legged Dog Pose

## Tri Pada 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 in downward-facing dog (hands and feet on the floor, bottom in the air in an upside-down V).

2

Lift one leg, hold, then lower with an exhale.

3

Repeat with the opposite leg.