













Yoga Workout: Hold Pose for at least 30 seconds







1		<p>Half Moon</p> <ul style="list-style-type: none"> <li>• Stand with feet together</li> <li>• Reach arms to right side of room keeping chest facing forward</li> <li>• Repeat on left side</li> </ul>
2		<p>Chair Pose</p> <ul style="list-style-type: none"> <li>• Legs Together</li> <li>• Add slight knee bend</li> <li>• Extend arms ups</li> <li>• Keep weight in your heels</li> </ul>
3		<p>Forward Fold</p> <ul style="list-style-type: none"> <li>• Hinge forward at the hips bringing chest as close to thighs as possible</li> <li>• Keep knees straight</li> </ul>
4		<p>Low Lunge</p> <ul style="list-style-type: none"> <li>• Bring both arms down to ground</li> <li>• Bring right foot down in between hands and extend left leg back</li> <li>• Push left knee into ground</li> <li>• Repeat with left foot</li> </ul>
5		<p>High Plank</p> <ul style="list-style-type: none"> <li>• Step both feet back</li> <li>• Hands underneath shoulders</li> <li>• Body straight (don't let hips sag or drop)</li> </ul>
6		<p>Upward Facing Dog</p> <ul style="list-style-type: none"> <li>• Slowly lower yourself keeping your elbows</li> <li>• Extend arms and arch back</li> <li>• Rest tops of feet on the mat</li> </ul>
7		<p>Downward Dog</p> <ul style="list-style-type: none"> <li>• Lift hips up and back</li> <li>• heels close down to the ground</li> <li>• Weight in heels</li> </ul>

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8		<p>Warrior 1</p> <ul style="list-style-type: none"> <li>• Step left foot forward with slight knee bend</li> <li>• Right foot back at an angle with heel down</li> <li>• Extend arms up</li> </ul>
9		<p>Warrior 2</p> <ul style="list-style-type: none"> <li>• Lengthen stance with front foot facing forward back foot facing side</li> <li>• More knee bend to front leg</li> <li>• Extend arms to one straight line</li> </ul>
10		<p>Half Triangle</p> <ul style="list-style-type: none"> <li>• Windmill hands down so left elbow rests on left knee</li> <li>• Extend left arm straight up</li> <li>• Keep front knee bend</li> </ul>
11		<p>REPEAT exercises 8-10 for LEFT LEG</p> <p>Repeat for 2 sets</p>
COOL DOWN		
12		<p>Wind Freezing Pose</p> <ul style="list-style-type: none"> <li>• Bring left knee up towards chest</li> <li>• Repeat Right leg</li> </ul>
13		<p>Rotation Pose</p> <ul style="list-style-type: none"> <li>• Bend both knee in and extend to right side of body</li> <li>• Keep both shoulders on mat</li> <li>• Look towards left finger</li> <li>• Repeat Left side</li> </ul>



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14		<p>Half Boat Pose</p> <ul style="list-style-type: none"> <li>• Sit on “sit bones” leaning slight back</li> <li>• Keep core tight and neck relaxed</li> <li>• Extend legs out to make exercise more challenging</li> </ul>
15		<p>Bridge Pose</p> <ul style="list-style-type: none"> <li>• Lift hips up</li> <li>• Keep knee in line with hips</li> <li>• Interlock fingers and walk shoulder blades in</li> </ul>
16		<p>Pigeon Pose</p> <ul style="list-style-type: none"> <li>• Bring right foot in and shin at a 45 degree angle</li> <li>• Extend left leg back</li> <li>• Repeat Left leg</li> </ul>
17		<p>Twist</p> <ul style="list-style-type: none"> <li>• Bring Right Leg over left</li> <li>• Rest left elbow on right knee</li> <li>• Extend left arm behind you</li> <li>• Look back towards left hand keeping chest open</li> <li>• Repeat Left side</li> </ul>
18		<p>Butterfly</p> <ul style="list-style-type: none"> <li>• Bring soles of your feet together</li> <li>• Hold onto feet and try and lower knees down to ground</li> </ul>
19		<p>Corpse Pose</p> <ul style="list-style-type: none"> <li>• Lay on back with arms extended at side</li> <li>• Palms up</li> <li>• Focus on your breathing</li> <li>• Stay here as long as needed</li> </ul>

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