

Cat and Cow Poses



Exhale as the back is pressed open towards the sky by pressing feet & shins down. Release head down for Cat



Lift tailbone, rolling pelvis up to head on Inhale. Slide shoulder blades away from neck for Cow. Exhale Cat & Inhale Cow with ocean sound in throat

Frog Pose (Mandukasana)



Turn sideways on the mat & keep knees in line with hips while walking them out from centre. Align toes with ankles with knees



If knees aren't happy, do this on your back & press knees out to increase stretch on inner thighs



Engage toes & once knees are safe release head onto fists, hands or floor. Breathe deeply into hips & relax jaw. Come out carefully for...

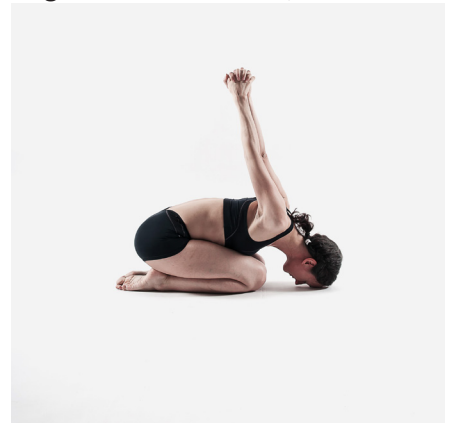
Squat (Malasana)



With toes at edges of mat, check release of heels then lift them to lift chest. Press thighs outwards to align knees over toes



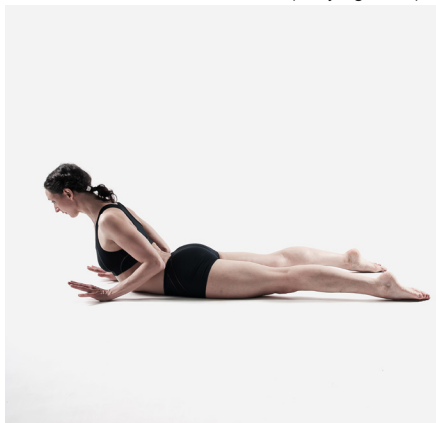
Lengthen heels & tailbone down only to the point knees aren't pulled inwards & shoulder don't round forwards. Release forward for...



Yoga Mudra (Symbol of Yoga)

In Child pose or kneeling, interlace fingers, palms facing each other, & lift arms away from back to open upper chest

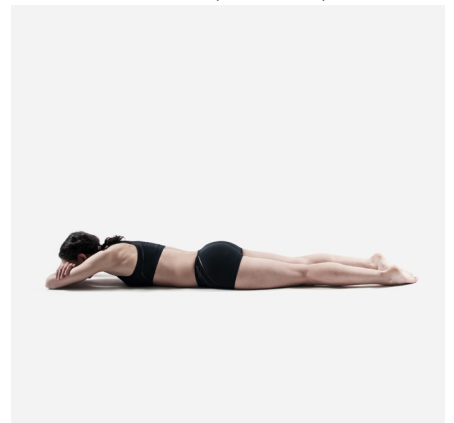
Kundalini Cobra Pose (Bhujangasana)



With feet outside mat & toenails planted, use hands to traction low back away from hips. Inhale out & up, Exhale out & down



Hold highest point without holding breath & look over Right shoulder, drop shoulder away from chin. Repeat on Left then release into...



Crocodile Pose (Makarasana)