Downward-Facing Dog Pose  
Adho Mukha Svanasana

**SEQUENCE:** Starting on your hands and knees, turn your toes under and straighten your legs as you raise the hips and straighten the arms. Shift your weight to the back of your legs, pressing down on the heels.

**BENEFITS:** Opens the shoulders and stretches the hamstrings and calves. Improves the health of the spine. Increases blood flow to the brain, which calms the mind.

Warrior I Pose  
Urdhva Mukha Svanasana

**SEQUENCE:** From a standing position, lunge forward. Turn your back foot outward 45° and point your front foot straight ahead. Inhale as you bring your arms overhead. Exhale. Bend forward until your front leg is parallel to the floor. Keep your back leg fully extended.

**BENEFITS:** Tones the legs, hips, buttocks, and thighs. Lengthens and tones the spine, opens the chest and shoulders.

Child’s Pose  
Balasana

**SEQUENCE:** Kneel down with your feet together and knees slightly apart. Bend forward placing your forehead on the floor. Lay your hands beside your feet palms up. Shift your weight onto your heels. Relax and breathe.

**BENEFITS:** Relaxes the nervous system. Gently stretches the spine, hips, thighs, and tops of the feet.

Cobbler’s Pose  
Badha Konasana

**SEQUENCE:** Sit on the floor with the soles of your feet together. Draw your feet towards the pubis. Feel the bones that you sit on pushing down into the mat as you release your thighs towards the floor. Sit up tall as you relax the shoulders down, and draw the belly in.

**BENEFITS:** Helps the inner thighs and groin muscles stretch.
Staff Pose  
Dandasana

SEQUENCE: From a seated position, engage your abdominal muscles and straighten your legs in front of you. Place your palms down with fingers spread next to your hips and press your chest upward. Keep your shoulders down and neck long.

BENEFITS: Effective for toning the entire body. Lengthens and stretches the spine, which helps develop strong posture.

Plank Pose

SEQUENCE: From Downward-Facing Dog, shift your torso forward until your torso is parallel to the floor. Make sure that the wrists, elbows, and shoulders are in alignment and that the fingers are spread open. Gently push your hands into the floor and feel your abdominal and leg muscles engage.

BENEFITS: Strengthens the arms, shoulders, and abdominal muscles.

Upward-Facing Dog Pose  
Urdhva Mukha Svanasana

SEQUENCE: Lay on the ground, face down. With your hands next to your armpits, press up until your arms are straight and your legs are slightly lifted. Keeping your arms and legs firm, lift the sternum to the ceiling.

BENEFITS: Helps tone the back of the body, opens the chest and strengthens the arms and shoulders.

Relaxation Pose  
Savasana

SEQUENCE: Lay down on your back with your eyes closed, and your palms turned up to the sky. Let the legs splay open to a comfortable position, and open your arms slightly wider than your yoga mat. Relax your entire body.

BENEFITS: Relaxes the body, and reduces stress.