

Area of the body	Uses in Yoga & Meditation	Example Yoga Poses
Feet	Use with any standing pose, use to practice focus on deep breathing	Example yoga poses: mountain pose (<i>Tadasana</i>), any balancing pose, chair pose (<i>Utkatasana</i>), standing forward bend (<i>Uttanasana</i>), lunges (<i>Anjaneyasana</i>), warrior poses (<i>Virabhadrasana I, II & III</i>) or while doing Sun Salutations
Calves	Use with any pose where seated with the legs extended	Example yoga poses: staff pose (<i>Dandasana</i>), seated forward fold (<i>Padottanasana</i>), head-to-knee forward bend (<i>Janu Sirsasana</i>), supported savasana
Thighs	Use with any pose where seated with the legs extended, lying on side or lying on front	Example yoga poses: staff pose (<i>Dandasana</i>), seated forward fold (<i>Padottanasana</i>), head-to-knee forward bend (<i>Janu Sirsasana</i>), supported savasana, half frog (<i>Ardha Bhekasana</i>), cobra (<i>Bhujangasana</i>)
Glutes	Use with seated poses and meditation	Example yoga poses: seated twists and side bends, meditation, bound angle (<i>Baddha Konasana</i>)
Belly	Use with any yoga poses done on the belly	Example yoga poses: half locust (<i>Ardha Salabhasana</i>), full locust (<i>Salabhasana</i>), bow pose (<i>Dhanurasana</i>) or use for deep breathing practice (<i>Pranayama</i>)/meditation
Lower & Mid Back	Use with any yoga poses lying on the back where the focus is on grounding the low back into the mat	Example yoga poses: knees bent with feet on floor, wind-relieving pose (<i>Pawanmuktasana</i>), dead bug/happy baby (<i>Ananda Balasana</i>), knees to chest (<i>Apanasana</i>), reclined twists (<i>Supta Matsyendrasana</i>), legs up the wall (<i>Viparita Karani</i>), reverse pidgeon (<i>Sucirandhrasana</i>)
Side Body	Use with any pose laying on your side	Example yoga poses: side-lying pose (<i>Vishnuasana</i>), Vishnu's pose (<i>Anantasana</i>)

<p>Upper Back/Shoulders & Neck</p>	<p>Use with any yoga poses done lying on the back where the focus is on the neck and shoulders</p>	<p>Example yoga poses: bridge pose (Setu Bandha Sarvangasana), reclined bound angle (Supta Baddha Konasana), supported fish with bolster (Salamba Matsyasana), supported shoulder stand (Salamba Sarvangasana), plow (Halasana)</p>
<p>Hands</p>	<p>Use with any pose done on the hands</p>	<p>Example yoga poses: cat (Marjaryasana)/cow (Bitilasana), downward facing dog (Adho Mukha Svanasana), upward facing dog (Urdhva Mukha Svanasana), any arm balancing pose, cobra (Bhujangasana)</p>
<p>Arms</p>	<p>Use with any pose laying on your side</p>	<p>Example yoga poses: thread the needle with arms (Parsva Balasana), side-lying pose (Vishnuasana), Vishnu's pose (Anantasana)</p>
<p>Chest</p>	<p>Use with any yoga poses done on the belly where the chest stays on the mat</p>	<p>Example yoga poses: supported sphynx (Salamba Bhujangasana)</p>
<p>Face</p>	<p>Use with any pose where face is near/on the mat</p>	<p>Example yoga poses: child's pose (Balasana), extended puppy pose (Uttana Shishosana)</p>
<p>Head</p>	<p>Use with any head balancing pose</p>	<p>Example yoga poses: tripod headstand (Mukta Hasta Sirsasana), forearm headstand (Salamba Sirsasana), rabbit pose (Sasangasana)</p>