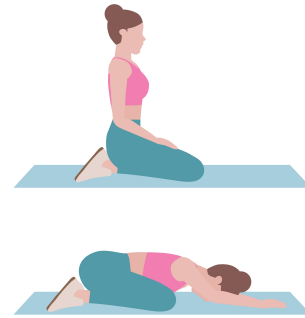


Beginner Yoga Poses

These foundational yoga moves are a great way to stretch out your muscles and boost blood flow.

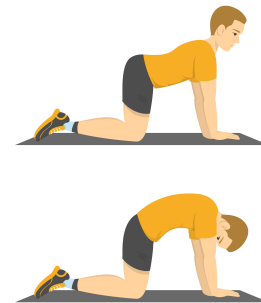
Child's Pose

Start on your knees and have them spread shoulder width apart with the top of your feet touching the floor and big toes touching. Stretch your arms in front of you and lean forward until they are resting on the floor and your stomach is resting between your thighs. Hold for 30 seconds.



Cat and Cow Poses

Start on your hands and knees, both shoulder width apart. Inhale and drop your stomach towards the mat while lifting your chin and chest as you gaze toward the ceiling. Draw your shoulders away from your ears. As you inhale, draw your stomach to your spine and round your back towards the ceiling while you look down at the floor. Repeat 3-5 times



Downward Facing Dog Pose

Start on your hand and knees, both shoulder width apart. Curl your toes under and lift your hips to the air while straightening your legs. Spread your fingertips and broaden your collarbones, move your shoulder blades away from your ears while you let your head hang. Feel your heels sinking into the floor. Hold for 30 seconds. To release, exhale, bend your knees and bring them back to the floor.

