



## **Poses for Beginning Students**



**Lying leg stretch** (with belt)



**Mountain pose**, hands to side, palms facing forward, then palms together in front of your heart.



**Tree Pose**



**Air Chair** (can also be done with back to wall)

## Poses for Beginning Students



**Forward Bend** (Fingertips to blocks, shins, or ankles)



**High lunge** (can also be done with back knee on floor and hands on blocks)



**Child's Pose**



Downward Facing **Dog Pose**



**Plank Pose**

## Poses for Beginning Students



**Four Limbed Staff Pose** (with or without knees on floor)



**Triangle Pose** (front/lower hand can be placed on block)



**Proud Warrior/Warrior II Pose** (front knee should not extend beyond ankle)



**Side Angle Pose** (front knee should not extend beyond ankle; lower hand can be placed on block)



**Intense stretch to the side** (place hands on blocks or floor)