

6 YOGA POSES TO KEEP YOU MOVING AT HOME OR IN THE OFFICE



1

MOUNTAIN POSE

- Stand tall with your feet either hip distance apart or big toes touching
- Draw the crown of your head toward the ceiling and ground your feet into your mat
- Roll your shoulders back and down, palms facing forward
- Engage your legs and core
- Slightly tilt your pelvis forward
- Close your eyes and tune into what your body needs



2

CHAIR POSE

*From your mountain pose

- With an inhale reach your hands over head
- On your exhale lower your gluts like you are going to sit back into a chair
- Your arms can stay reaching up or you can bring them to heart's center
- Be sure you can see your toes!
- Hold for 30-seconds



3

DOWN DOG POSE

*From your chair pose

- On an exhale forward fold
- Place your hands on the ground and step back into plank position
- Press your gluts up and back for Down Dog
- Be sure to roll your shoulders down and back away from your ears
- Reaching your heels toward the floor



4

WARRIOR 2

*From your Down Dog

- Gaze up between your hands and step your right foot into a runner's lunge position
- Rise up reaching your arms up over head into a high lunge
- Open to the right, rotating your left toes toward the left side of the room and opening your arms out.
- Keeping all of your muscles active, gaze out over your right hand and hold for 30-seconds
- Retrace your steps to return to Down Dog and then repeat on the left side



5

WARRIOR 3

*From your Down Dog

- Gaze up between your hands and step your right foot into a runner's lunge position
- Rise up reaching your arms up over head into a high lunge
- Put all your weight in your right foot and launch your left foot off of the mat balancing on your right foot.
- Square off your hips so your left toes are pointed downward.
- Arms can come by your sides or to heart's center
- Retrace your steps to return to Down Dog and then repeat on the left side



6

CHILD'S POSE

*From your Down Dog

- Slowly bring your knees to the mat and untuck your toes
- Press your gluts back to your heels while keeping your arms active
- To get a deeper low back stretch, bring your knees together and draw your arms back along your sides