

Fundamental Yoga Poses

Start where you are.

Small increments – building strength, mobility and flexibility over time.

Make every pose work for you – try using props to support. Try different versions of poses.

Think of a scale for each pose – where you can ease off or deepen to suit you.

Any pinching and pain, gently come out of the pose.

Child's Pose



Tabletop



Cat Cow



Downward Dog



Low Lunge



Mountain Pose



Forward Fold



Halfway Lift



Plank



Forearm Plank



Sphinx



High Lunge



Warrior II



Triangle



Extended Side Angle



Wide Legged Forward Fold



Goddess



Pyramid



Tree



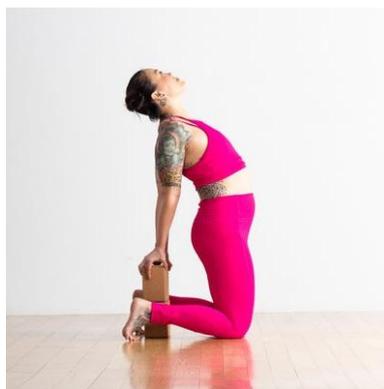
Standing Leg Raise



Locust



Camel



Seated Forward Fold



Wide Legged Seated Forward Fold



Single Leg



Butterfly



Seated Twist



Bridge



Knees to Chest



Reclined Pigeon



Legs up the Wall – single leg or both legs



Supine Twist



Restorative Twist



Reclined Butterfly



Savasana

