

Seated Cat & Cow Pose



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On an inhale, round your back and drop your chin to your chest.

On an exhale, lift your chin, draw your shoulders back, and lift your chest.

Repeat this as many times as you would like. Each time try to make your breaths deeper.

Mountain Breathing

On a deep inhale, bring your arms above your head and reach toward the sky.

As you exhale, bring your palms together and bring them down in front of your chest.

Repeat this as many times as you would like. Each time try to make your breaths deeper and stretch up taller.



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Beginner Tree Pose



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Using a chair for balance, ground on one leg and draw the other foot up.

Press the sole of your foot against the side of your ankle.

Hold this pose for five full, deep breaths.

Rest and repeat the same pose on the other leg.