

Beginning Yoga Poses

Yoga Balloon

Yoga Balloon



Sit with your legs folded and crossed and your back straight. Put the palms of your hands together at the centre of your chest. Close your eyes and begin by taking three big balloon breaths. Here's how: When you breathe in slowly and deeply through your nose, raise your arms above your head in the shape of a big balloon. Then breathe out slowly through your mouth and bring your arms back down so that your palms are together at the centre of your chest. Do this at least 3 times.

Yoga Train

Yoga Train



Let's take a train to a jungle far away from here. Sit with your legs crossed. Bring your arms to your sides with your elbows bent. Make a fist of your hands. As you punch one arm out straight in front, breathe in through your nose. As you punch the other arm out, bring the first arm back to your side and breathe out powerfully through your mouth. Keep switching arms and punching out. Does it sound like train wheels? Now breathe in deeply and breathe out, as our train arrives at its destination.

Yoga Tree



Yoga Tree

Stand with your feet together and shift your weight onto your left leg. Spread the toes of your left foot into the floor to feel grounded. Find a point in front of you to focus on. Become as still as possible. Lift your right foot and place the sole of your right foot on your left leg anywhere from your ankle to your thigh (wherever you can remain balanced). Stay there for 3-4 slow breaths breathing in through your nose and out through your mouth. Lower your right foot and repeat on the other side.