

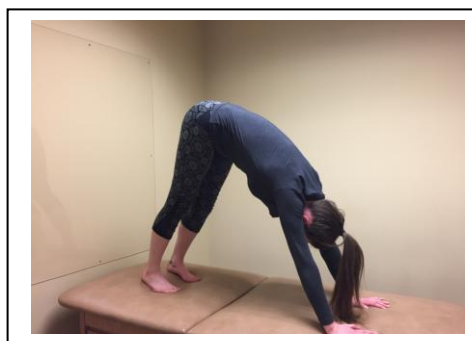
Warrior I:

Warrior I is a great pose for those of you who have had a hectic day at work and just need to relax your body and mind. While in this pose you are strengthening your legs and you are opening your chest and shoulders. These movements, which we usually don't do throughout our day, are necessary for good posture and lead to a peaceful mind. The effects of this pose are tremendous- it strengthens the muscles of your knees and feet, it stretches your shoulders and spine, and improves your focus. Try holding this pose for three breaths with each leg leading



Child Pose:

The Child's pose (Balasana) is a one of the most well-known, restorative, and calming poses to start and end with or to do in between other positions. This resting pose relieves neck, back, and hip strain. You should have your forehead touching the mat, letting your hips relax, extend your arms in front of you, and keep a slow regular breath.



Downward Dog:

The Downward Dog pose allows your spine to lengthen and decompress. This pose stretches the hamstrings, strengthens the arms, and calms the mind by flushing your brain with fresh oxygen. If your hamstrings are overly tight for this stretch you can do a modified version by slightly bending your knees. Try a few deep breaths in this pose.