

**BENEFITS OF YOGA ★**

- Increases Flexibility
- Improves Posture
- Improves Balance
- Tones and Strengthens Muscles
- Relieves Stress
- Improves Concentration and Mental Clarity
- Promotes Better Body Awareness
- Improves Athletic Performance
- Promotes Cardiovascular Health and Better Blood Circulation
- Increases Energy



**CROW POSE**

► This arm balance starts in a squat position and strengthens the wrists and forearms as your weight shifts forward and feet lift off the ground placing all your body weight on your forearms. Notice that Trish's gaze is focused in front of her, which is key to this pose and develops mental focus. Stay in this pose anywhere from 20 seconds to 1 minute. To release, exhale and lower your feet back into a squat position.



**DOWNWARD FACING DOG POSE**

► In Downward Facing Dog Pose (Downward Dog) you build strength in the upper arms while providing a stretch by opening up your neck, back, chest, hips and shoulders. As you go into this pose deeper and let ankles sink closer to the floor, you will activate your hamstrings and give your calves a stretch. This pose is used mostly when transitioning between poses. It is the cornerstone to many yoga practices.

**SUMO SQUAT PRAYER POSE**

► This pose strengthens your quadriceps and hamstrings, it also stretches your groin, adductor and abductor muscles along with your calves. Stay in this pose anywhere from 30 seconds to 1 minute. While exhaling press your palms into each other and your elbows into your knees to separate them and sink deeper into the pose.



**WARRIOR LUNGE**

► This variation of Warrior I into a lunge stretches your hip flexors as well as your quadriceps the more you sink into the pose. Extend your hands overhead and add a slight backbend by looking up at your thumbs. When you exhale and bring the knee lower to the ground you will work to open up through your psoas as well.



**HEAD STAND POSE**

► Considered by some practitioners as the "King" of all the Yoga poses, the Head Stand is a very challenging movement that requires practice and concentration en route to perfection. Among the many benefits of this pose is its role in helping to align the spine. A word of warning: this is an advanced pose. Beginners would be wise to use a wall for support, along with a spotter to guide them through the proper execution of this pose.



## PLANK POSE

▶ With plank pose you engage your entire core as well as strengthen your arms wrists and spine. By bending the elbows you will lower into the yoga push-up which strengthens the arms, legs, shoulders and abdominals.



## WARRIOR II POSE

▶ The actual Indian origin name is that of a fierce warrior. This pose strengthens and stretches the legs and ankles, back, shoulders and arms. By holding this pose you stimulate your whole body by having all of your muscle groups activated, thereby increasing your stamina.



## UPWARD FACING DOG

▶ Following the yoga push-up, you will straighten your arms and recline your head back, assuming a slight backward bend. Keep your shoulders relaxed and try to draw from the core and firm your legs so they lift off the ground as Trish is doing here. This pose stretches the chest, abdomen and back.



## REVERSE WARRIOR POSE

▶ When you flow from Warrior II into this pose, the same muscle groups are activated but by adding a slight backbend, you improve the flexibility of the spine. This pose also stretches the whole side of the torso while opening up through the ribs.



## MEDITATION

▶ One of the major benefits of practicing Yoga is the improvements in concentration and mental clarity that the discipline evokes. Here Trish explains the importance of meditation for clearing and focusing the mind, en route to harnessing the power of your internal strength. Meditation is typically practiced at the end of a yoga session and is a key element to this discipline.

## YOGA TRAINING TIPS

- Bring your own yoga mat.
- Wear comfortable, fitted clothing that is breathable.
- Yoga is best enjoyed on an empty stomach so eat lightly or not at all 2-3 hours before class.
- Come to class hydrated, typically you won't sip during your practice as it will interrupt your flow. Be sure to rehydrate following your session.
- Be respectful of the etiquette followed in a yoga studio, most studios are cell-free zones and usually require you to remove your shoes before entering.
- Tell your instructor about any injuries. This will allow your instructor to know how to adjust you or show you a modified pose if necessary.
- Listen to your body, never overextend in a pose, your body will tell you if and when it is ready to progress.
- Remember yoga is a continuously progressing practice, the more you practice the better your body will respond.