

# 5 Beginner Yoga Exercises to Practice at Home

## Balance and Warm-Up

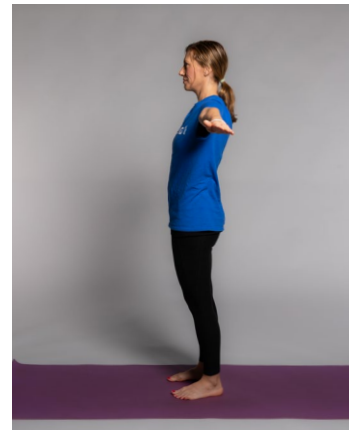
Repeat 10 to 22 times



- Stand tall with your arms out to your sides.
- Keep your fingers together.
- Look at one spot or object in front of you.



- Begin to turn clockwise.



- When you are finished, place your hands on your hips.
- Breathe in and out through your nose as you look at one spot in front of you.



- You may also practice this exercise lying down on your back.
- Relax in Savasana for 1 minute.

# Core Strengthening: Abdominal Workout

Repeat 10 to 22 times



- Lie on your back with your arms at your sides.
- Place your palms face down on the floor.



- Point your toes.



- Tuck your chin to your chest.
- Point your toes.
- Breathe in and lift your legs.



- Breathe out slowly as you lower your legs to the starting position.

# Core Strengthening

Repeat 10 to 22 times



- Kneel, keeping 6 inches between your knees and feet
- Place your arms at your sides.
- Keep your fingers together.



- Touch into your chest.



- Bring your upper body back slowly as far as possible.



- Drop your head back slowly.



- Break out as you use your core to come back to starting position.

# Total Body Strengthening

Repeat 10 to 22 times



- Sit with your hands by your hips.



- Bend your knees and keep your feet 6 to 10 inches apart.



- Push your body up to a table-top position.
- Lift your chin toward the ceiling slowly.
- Push your hips up.
- Breathe out.



- Slowly tuck your chin to your chest.



- Bring your hips as far back as possible.
- Try to keep hips up off the ground.
- Breathe in.



- Press your hips, body and leg muscles back up to a table-top position.
- Relax your head back.
- Push your hips up to the ceiling.
- Breathe out.
- Open your shoulders and enjoy the nice stretch.

# Downward Dog to Upward Dog

Repeat 10 to 22 times



- Start in a downward dog position with hands and feet 6 to 10 inches apart.
- Press down through your hands.
- Then press down through your feet.
- Breathe in.



- Lift your heels.



- Slowly come forward to upward dog.
- Look up and stretch your shoulders, neck and body.
- Breathe in.



- Tuck your chin to your chest.
- Press down through your hands and push back to downward dog.

**Practice every day for 5-10 minutes.**

Movement is medicine.

Happy-Healthy- Feeling Good in Body + Mind

**Namaste**