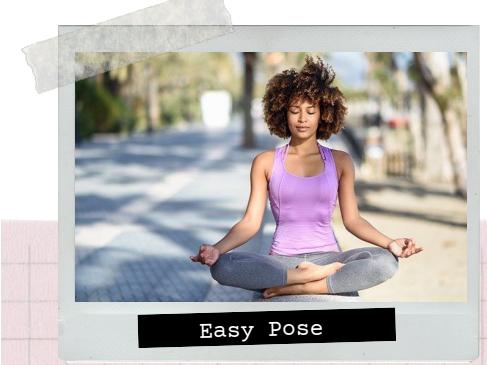




Yoga Poses with Great Health Benefits



Easy Pose

This pose is great for beginners. Sit cross-legged with your palms facing up on your knees. This way you can feel the external rotation of your legs. It helps with back flexibility and stress relief.

Keep your spine as straight as possible!



Downward-Facing Dog

The Downward-Facing Dog is achieved by making a V-shape with your body, placing your hands and feet flat on the ground. This pose—calms the nervous system, opens the shoulders, and decompresses the spine. It is also used for strength-building benefits as well.



Tree Pose

Holding this position for just 30 seconds improves your balance. Start by standing straight, then put your hands together above your head. Finally bring your left leg up and push your right thigh with the bottom of your foot. This pose helps the body stretch from top to bottom.

Don't forget to take deep breaths!



Baby Pigeon Pose

This pose is favored by runners because it promotes hip flexibility and releases glutes. It may be challenging at first but it'll be worth it. Start on all fours and bring your left knee forward between your arms. Stretch your other leg as far back as you can and lower your upper body over the bent leg.

Helps with lower back pain!

Sources:

<https://www.everydayhealth.com/fitness-pictures/yoga-poses-for-beginners.aspx>
<https://emmausyoga.com>