Warm Up Exercises

Following warm up exercises can be performed before starting YOGA,

First Warm Up Exercise:

Step 1: Lift Hands Up

Step 2: Drop your hands to the waist position

Second Warm Up Exercise:

Step 1: Lift Hands and Toes Up

Step 2: Drop your hands and toes. Hands to the waist position

Third Warm Up Exercise:

Step 1: Lift Hands Up

Step 2: Drop your hands, bend forward and touch the ground

Forth Warm Up Exercise:

Step 1: Sit in tiger posture.

Step 2: Lift Neck Up with breathe in through nose.

Step 3: Drop your neck with breathe out through mouth.