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Dynamic Yoga - Exercise 1 & 2

SWAYING PALM TREE POSE (Tiryaka Tadasana)
Streamlines the waist and develops balance. Stand with feet 8 inch apart and fix eyes on a point directly in front of you. Interlock fingers and turn palms outward. Inhale deeply as you raise arms over your head. As you breathe out, bend from your waist to your left side, taking care not to reach forwards or backwards. Hold for a few seconds, then inhale deeply and slowly return to the upright position.

Repeat 5 times to each side.

CAT-STRETCH POSE (Marjari-asana)
Kneel and lean forward to place hands on floor below your shoulders, fingers facing forward, hands in line with knees. Arms and thighs should be at right angles to the floor; knees may be slightly separated.

Inhale deeply, raise head and drop spine so your back is concave. Fill your lungs and hold for three seconds. As you exhale, lower your head and stretch your spine upwards. At the end of the breath, pull in your buttocks, contract stomach muscles and place head between arms.

Repeat 5 times.