**5 yoga poses:**

|  |  |
| --- | --- |
| Tree pose: Tree Pose | Ekhart Yoga | * **Step 1:** Bring your palms to face each other in a prayer position.
* **Step 2:** Be sure that your right foot is firm to the floor.
* **Step 3:** Bend your left knee forward and then out to the side.
* **Step 4:** take the sole of your left foot and bring it up to your inner thigh.
 |
| Bhujangasana - The Cobra Pose | Steps | Benefits | Learn Yogasanas Online |  Yoga and KeralaCobra:  | * **Step 1:** Lay on your stomach with your chin up.
* **Step 2:** Place your hands on the floor, below your shoulders with your elbows pointing straight up to the sky.
* **Step 3:** Bring your legs and inner thighs together.
 |
| 5 important Sukhasana benefits or Easy pose benefits - Conquer Yourself -  Yoga Easy pose (Sukhasana):   | * **Step 1:** Cross your legs with your feet and little toes resting gently on the ground.
* **Step 2:** Roll your shoulders back and raise your chest to the sky, stretching out your torso and spine.
 |
| How to do Downward Dog Pose - Adho Mukha Svanasana | Ekhart YogaDownward facing dog:  | * **Step 1:** Place your hands shoulder-width distance apart
* **Step 2:** make sure your knees and feet are hip-width distance apart.
* **Step 3:** Tuck your toes under, lift hips high and reach heels low. You will now be in a forward bend position.
 |
| Why we practice the Warrior poses | Ekhart YogaWarrior 2:  | * **Step 1:** Step your left foot back into a lunge position, keeping your right foot in place
* **Step 2:** Spin your left heel round on the floor, your right heel should be in line with your left arch.
* **Step 3:** Open your arms straight out at shoulder height.
 |