**5 yoga poses:**

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| 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. |