

10 Beginner Yoga Poses

CHEATSHEET

PRACTICE FOR 10-30 MINUTES

If you cannot do the pose fully that is totally fine. Go to the extent that your body will allow.

*Take Your Time!
Relax Your Mind
& Breathe!*

Take your time and flow through the poses. If something hurts, stop and move onto the next pose.

1

GENTLE HEAD ROLLS

Begin in a seated crossed legged position, and gently begin to roll your head clockwise for 15 seconds. Then reverse and rotate counter clockwise for 15 seconds.



2

FORWARD FOLD

Begin in mountain pose (standing position) and bring your arms up into the air and gently fold forward as far as you can go and hold for 30 seconds.



3

DOWNWARD FACING DOG

From the forward fold gently walk your hands out in front of you until you reach an inverted v position and hold for 30 seconds.



4

CAT COW POSE

From the downward dog, gently lower your knees to the ground. Release the crown of your head toward the floor as you exhale, and inhale as you bring the crown of your head upwards like a cat stretching its back. Repeat 5-20 times.



5

LOW LUNGE

From the cat cow pose bring your right knee forward in a 90 degree angle and gently press forward so your left leg gets a gentle stretch. Hold for 15 seconds then repeat on the left side.



6

UPWARD FACING DOG

From the low lunge, release both legs until you are laying flat on the floor - placing your hands to the sides of your body. Then press through your hands firmly into the floor, and straighten your arms while lifting your torso and legs a few inches off the floor. Hold for 15 seconds



7

UPWARD PLANK

From upward facing dog, come back to a lying position and turn over until you are on your back. Sit up and bring your hands behind your hips with your fingers pointed towards your feet. Externally rotate your upper arms as you press your hands down firmly into the mat. Draw your shoulder blades into your back and lift your chest and pelvis naturally. Hold for 30 seconds.



8

SEATED FORWARD BEND

From the upward plank pose come back to a seated position. Bring your arms up into the air by your ears and gently fold forward as you try to touch or grab your feet. Keep your legs straight and hold for 30 seconds or longer.



9

GARLAND POSE

From the seated forward bend push yourself up into a squatted position with your hands together in prayer position. Then push up with your legs as your separate your hands and inhale. Exhale as you return to the original squatted position. Repeat 5-10 times.



10

CORPSE POSE

From the garland pose, come to a seated position and lay flat on your back. Place your hands 2 feet away from your body and your feet 3 feet away from each other. Just focus on your breath for about 5 minutes.

