

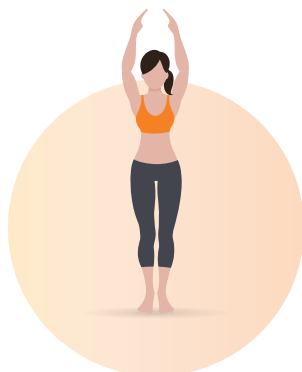
# 3 Ways to Jumpstart Your Yoga Practice



Yoga is great for improving flexibility and muscle strength, lowering blood pressure, and reducing stress.

## 1 MOUNTAIN POSE

- Stand tall with feet together, shoulders relaxed, weight evenly distributed through your feet, arms at your sides
- Take a deep breath and raise your hands overhead, palms facing each other with arms straight
- Reach up toward the sky with your fingertips and inhale, then relax your arms back down to your sides as you exhale
- Repeat five times to regulate your breathing



## 2 WARRIOR

- Stand with your feet 4 to 5 feet apart with one leg forward and the other back; turn the back foot out 90 degrees (toes pointing toward your front leg) and the front foot inward at a 45-degree angle
- Facing forward and keeping arms parallel, take a deep breath and reach up with your arms, palms facing each other
- Bend front leg 90 degrees, knee over ankle; gaze upward, gently tilting head back, and hold for one minute



## 3 COBRA

- Lie face down on the floor with your thumbs directly under shoulders and your legs extended
- Tuck your hips downward as you squeeze your glutes; press your shoulders down and away from your ears
- Gently push through your thumbs and index fingers as you raise your chest
- Take a few deep breaths and then slowly lower your chest back to the floor

