



Warrior One

Start standing straight with your feet hip-distance apart and your arms by your sides. Breathe calmly.

Separate your legs wide apart and turn your left foot 90 degrees while keeping your right foot pointing forward. Align your heels. Breathe in and reach your arms up with your hands shoulder-distance apart. Exhale and bend your right knee until your thigh is parallel to the floor.

Hold for 5 deep breaths
Perform 3 times a week

Each pose 3-5 times per side



Warrior Two

Start standing straight with your feet hip-distance apart and your arms by your sides. Breathe calmly.

Separate your legs wide apart and turn your right foot 90 degrees while keeping your left foot pointing forward. Align your heels. Breathe in and reach your arms out parallel to the floor with your palms facing downward. Turn your gaze beyond your left fingertips. Exhale and bend your left knee until your thigh is parallel to the floor.

Hold for 5 deep breaths
Perform 3 times a week

Each pose 3-5 times per side



Warrior Three

Start standing straight with your feet hip-distance apart and your arms by your sides. Breathe calmly.

Keep your right foot grounded and firm. Lift the left leg straight behind you and stretch your arms and upper body forward, bringing them parallel to the floor. Keep your hips aligned.

Hold for 5 deep breaths
Perform 3 times a week

Each pose 3-5 times per side



Side Angle

Start standing straight with your feet hip-distance apart and your arms by your sides. Breathe calmly.

Separate your legs wide apart and turn your right foot 90 degrees while keeping your left foot pointing forward. Align your heels. Exhale and bend your left knee until your thigh is parallel to the floor.

Rest your left forearm on the right thigh with your palm facing up. Reach your right arm up over your head with fingers straight. Engage your core for support.

Hold for 5 deep breaths
Perform 3 times a week

Each pose 3-5 times per side



Half Moon

Start with your feet more than hip-distance apart with your left foot forward. Bend at the waist, bringing your left hand to your left thigh. Bring your right hand to your hip and look at the floor. Shift your weight to your left leg.

Reach your left hand to the floor or onto a block directly beneath your shoulder.

Slowly lift your back leg until your thigh is parallel to the floor. Reach your right hand towards the sky.

Keep a slight bend in your left leg.

Hold for 5 deep breaths
Perform 3 times a week

Each pose 3-5 times per side