

# Child's Pose

## Yoga Cards

Come to your hands and knees on the mat.

Spread your knees as wide as your mat, keeping the tops of your feet on the floor with the big toes touching.

Bring your belly to rest between your thighs and root your forehead to the floor.

Relax the shoulders, jaw, and eyes.

Rest and restore for as many breaths as you need to take.



# Cat & Cow Sequence

## Yoga Cards



Start on your hands and knees, aligning your wrists underneath your shoulders and your knees underneath your hips.

Inhale and arch your back into Cow pose.

Your belly drops down, but keep your abdominal muscles hugging your spine by drawing your navel in.

Take your gaze gently up toward the ceiling without cranking your neck.

Exhale and round your spine into Cat pose.

Round your back, draw your navel toward your spine and drop your head

Take your gaze to your navel.

Repeat this for 4 rounds.

# Triangle Pose

## Yoga Cards

Step your right foot forward and extend your right arm forward, keeping your right hip tucked.

Lower your right hand down, onto your shin or ankle. Bring your right hand to the floor on the inside or on the right foot.

The left shoulder stacks on top of the right one as you open your chest, reaching your left fingertips toward the ceiling.

Keep your head neutral or turn your head to take your gaze up toward the sky.

Stay for at least 5 breaths.

Repeat the pose with your left leg forward.



# Downward Facing Dog

## Yoga Cards

Start in an all fours position, with your hips above your knees and shoulders above your wrists.

Bring your hands slightly forwards of your shoulders, with your middle finger pointing forward, spread your fingers.

Tuck your toes under, and on an exhalation, press your hips up into an upside-down V pose.

Keep your knees bent at first as you find length in your spine.

Slide your shoulder blades down along the spine, collar bones spread. The base of the neck relaxed.

Stay for 5 breaths.

