

DOWNWARD-FACING DOG POSE

- Start on your hands and knees, like a table.
- Push your hips up high towards the sky, making an upside-down "V" shape with your body.
- Keep your hands and feet flat on the ground, and try to straighten your legs as much as you can.
- Take a few deep breaths and feel the stretch in your back and legs.



Exciting Teacher © 2024



COBRA POSE

- Lie on your tummy with your hands under your shoulders, like a snake ready to strike.
- Push into your hands and lift your chest up off the ground, hissing like a snake.
- Keep your elbows close to your sides and look straight ahead, imagining you're a cobra rising from the ground.
- Take a few deep breaths and feel the stretch in your tummy and chest.



Exciting Teacher © 2024



CAMEL POSE

- Kneel on the ground with your knees hip-width apart.
- Place your hands on your lower back and gently arch your back, pushing your hips forward.
- Lean your head back and look up towards the sky, like a camel taking a big stretch.



Exciting Teacher © 2024



TREE POSE

- Stand up straight and tall, like a tree with strong roots.
- Lift one foot off the ground and place it on your ankle, calf, or thigh (avoid the knee).
- Bring your hands together at your heart or reach them up high like branches swaying in the wind.
- Find your balance and focus on something still in front of you, imagining you're a tree standing tall
- and strong.



Exciting Teacher © 2024

