

# Yoga Exercises Beginner

Yoga is a great strengthening exercise that will work on increasing the control and stability of the muscles around joints. It is important to work within a normal range of motion and to avoid over extending.



## Butterfly

Bring the bottoms of your feet to touch. Gently bounce your knees to flap your butterfly wings.



## Down Dog

Begin on hands and knees. Exhale, straighten knees, and lift hips. Hold this position as you let your head hang down and breathe.



## Three-Legged Dog

Begin in the down dog pose. Lift one leg, hold, and then lower while exhaling. Repeat with the opposite leg.

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## Dolphin

Begin on hands and knees in table pose. Exhale while straightening knees and lifting hips. Hold your head between your upper arms. To release, exhale and bring knees to the floor.



## Plank

Begin in down dog. Inhale, and lower your chest until it is parallel to the floor and hold. Try to hold for 5 seconds at first and work to slowly increase your time.



## Bridge

Lay down on your back. Place your arms on the floor, alongside your body. Bend your knees, setting your feet flat on the floor. Exhale, and lift your hips towards the ceiling. Hold this pose for a few breaths. Exhale, and lower your hips back to the floor.