

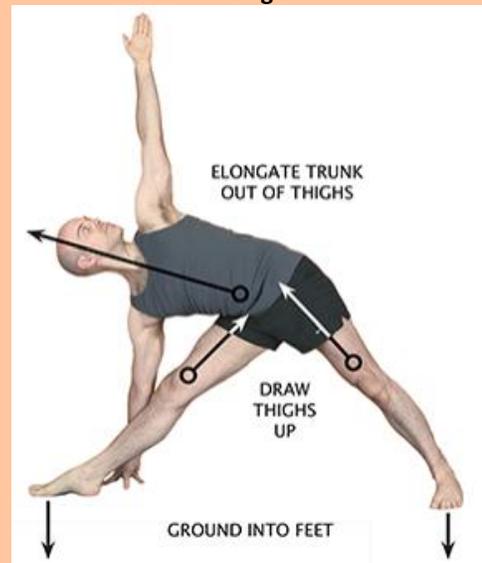
## Fundamental Four Yoga Poses (all described with right foot forward)

### Warrior 2



- Step right foot forward and left back
- Pelvis and shoulders facing left
- Right foot facing forward; Left foot facing left
- Bend right knee and make sure in line with right foot (do not bend knee beyond foot)
- Roll thighs outward; squeeze gluts and draw tailbone to floor
- Bellybutton to the spine
- Lift chest and pull shoulder blades down
- Arms parallel to floor
- Rotate head to right and look over right fingers

### Triangle



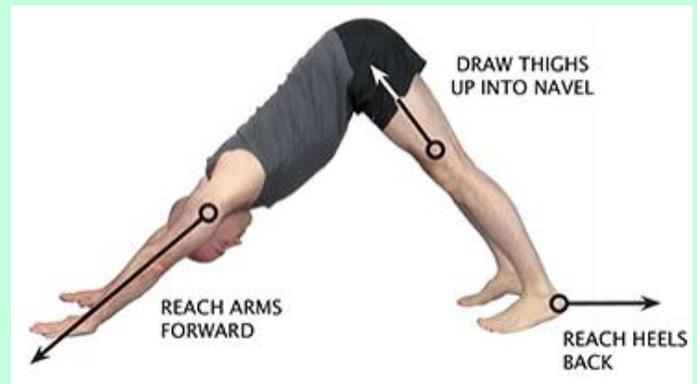
- Step right foot forward and left back
- Pelvis and shoulders facing left
- Right foot facing forward; Left foot facing left
- Arms parallel to floor; shift shoulders to right
- Shift hips to left
- Tilt torso and arms toward right leg; reach hand to leg, block or floor
- Roll thighs outward; squeeze gluts and draw tailbone to floor
- Use right hand to rotate torso up toward ceiling
- Look up toward left hand

### Side Angle



- Step right foot forward and left back
- Pelvis and shoulders facing left
- Right foot facing forward; Left foot facing left
- Bend right knee and make sure in line with right foot
- Bring right forearm to right thigh; use forearm through strong shoulder to pull right knee back
- Roll thighs outward; squeeze gluts and draw tailbone to floor
- Bellybutton to the spine
- Use right hand to rotate torso up toward ceiling
- Look up toward left hand

### Downward Dog



- From hands and knees position, lift hips keeping knees slightly bent and maintain arch in low back
- Push torso through shoulders and drop head relaxing neck
- Reach one heel at a time to the floor while maintaining hip, back and shoulder position

Take 3-5 deep breaths in each position. Slowly come out of the pose. Turn feet to opposite direction and perform on the left side. Again take 3-5 breaths in each position.