Mat Yoga Poses

**Standing Half Moon Pose [Neck Stretch]**
- Begin with arms resting at the side.
- Inhale and bring the right arm overhead. Reach fingertips toward the left.
- Hold for 3 to 5 breaths.
- Exhale and switch sides.

**Cactus Stretch [Shoulder Stretch]**
- Begin in mountain pose with arms extended overhead.
- Exhale and lower arms into a goal post position.
- Inhale and look up toward the ceiling for a slight backbend.
- Hold for 3 to 5 breaths.

**Seated Twist [Spinal & Glute Stretch]**
- Start by sitting on the floor with both legs out straight. Bend the right knee and place the sole of the right foot on the floor outside of the left thigh.
- Place the left hand on the right thigh and the right hand behind your back.
- Inhale to lengthen the spine and exhale to twist toward the right.
- Hold for 3 to 5 breaths.
- Exhale to switch sides.

**Cat/Cow [Spinal Mobility]**
- Begin in table top position on your mat with hands under shoulders and hips over knees.
- Inhale and draw belly button in to round the spine. Head and tailbone reach to the floor. (Cat)
- Exhale and the belly button falls toward the floor while eyes and tail look to the ceiling. (Cow)
- Continue movement with breath.

**Crescent Lunge [Tight Hips]**
- Begin in Downward Dog. Exhale to step the right foot forward between the hands. Keep the right knee over the heel.
- Inhale to bring arms overhead with palms facing.
- Lengthen the tailbone toward the floor and reach through the left heel.
- Hold for 3 to 5 breaths.
- Switch sides.

**Warrior II [Full Body Strength]**
- From Crescent Pose, exhale and turn the left foot parallel to the back of the mat. Your left arch and right heel should line up.
- Bend the right knee and keep the left leg straight.
- Raise arms parallel to the floor, actively reaching out to the sides with palms facing down. Turn the head to look over the left fingers.
- Hold for 3 to 5 breaths
- Switch sides.

**Reminders:**
- Listen to your body. These movements should make you feel refreshed and energized. If any movement is causing pain or unusual discomfort, trust your body's signal and stop.
- 20/20/20—Every 20 minutes, get up, look 20 feet away, and do 20 seconds of movement.
1. Inhale to **Mountain Pose** with hands overhead.
2. Exhale into **Cactus Pose** bringing arms into a goal post position.
3. Inhale into **Single Leg-Mountain Pose** by lifting the knee to 90 degrees (if this is too much lift the heel).
4. Exhale into **Crescent Lunge** (bring lifted foot to the back of the mat).
5. Inhale to straighten the front leg, while bringing arms overhead.
6. Exhale back to **Crescent Lunge**.
7. Inhale into **Warrior II** (front knee bent) and spin the back foot parallel to the mat.
8. Exhale to relax the shoulders.
9. Inhale to straighten the front leg.
10. Exhale to back to **Warrior II** with knee bent.
11. Inhale to **Crescent Lunge** (spin back foot forward).
12. Exhale into **Tree Pose or Single-Leg Mountain (keep arms overhead)**
13. Inhale to balance
14. Exhale and bring hands to heart-center while placing the foot back on the ground.
15. Repeat flow with other foot leading.