

Autumn Moon Pose 1

Crescent Moon Pose



Benefits	Stretches arms, abdominals, spine, and chest; calms the mind.
1	Inhale, and raise your hands over your head, pressing your palms together.
2	Exhale, and tip your body to one side.
3	Inhale return to standing straight.
4	Repeat on the opposite side.
5	Exhale, and lower your arms.

Autumn Tree Pose 2

Vrikasana



Benefits	Improves balance; strengthens thighs, calves, and ankles; stretches legs and chest; develops concentration.
1	Begin in mountain pose.
2	Lift your right foot, turning your knee out; place your foot below your left knee.
3	Press your hands together.
4	Raise arms overhead, and look up to your hands if possible.
5	Return hands to your chest, and lower your right leg.
6	Repeat with left leg.

Farmer on a Tractor 3

Utkatasana



Benefits	Strengthens legs, stretches shoulders and chest.
1	Exhale, and bend your knees as if you were sitting in a chair.
2	Reach your arms towards the ceiling, with your palms facing each other.
3	Hold this pose and breathe.

Raindrops Pose 4

Ananda Balasana



Benefits	Gently stretches inner groin and spine, calms the mind, and helps relieve stress and fatigue.
1	Lie down on your back.
2	Exhale, bend your knees into your belly, and hold onto your feet.
3	Allow your body to gently rock side to side.

Frog Pose

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Ardha Bhekasana



Benefits	Tones legs, increases hamstring flexibility.
1	Squat on the floor, balancing on your toes, knees spread wide, hands on the floor between your legs.
2	Look up and inhale. As you exhale, straighten your legs and lower your head toward your knees.
3	Return to squatting position, then repeat.

Snake Pose

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Salabhasana



Benefits	Strengthens spine and backs of arms and legs; stretches shoulders, chest, and belly; improves posture; helps relieve stress.
1	Begin by lying on your tummy.
2	Exhale, and lift your head and upper torso off the floor.
3	Gaze forward or slightly upward.
4	Hold this position, then release.

Squirrel Pose

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Tri Pada Adho Mukha Svanasana



Benefits	Calms the mind, relieves stress, energizes the body, strengthens arms and legs, stretches upper and lower body, relieves headaches, back pain, and fatigue.
1	Begin in downward facing dog (hands and feet on the floor, bottom in the air in an upside down V).
2	Lift one leg, hold, then lower with an exhale.
3	Repeat with the opposite leg.

Bear Pose

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Benefits	Stretches arms, legs, sides, and chest, releases tension.
1	Begin on your knees, then sit back on your heels.
2	Spread your knees comfortably apart.
3	Bend forward, bringing your chest to the floor.
4	Bring your hands in front of you, lacing your fingers together.
5	Exhale through your mouth, warming your paws.

Dormouse Pose

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Balasana



Benefits	Stretches the hips, thighs, and ankles; calms the mind; relieves stress and fatigue.
1	Kneel on the floor, touching your big toes together.
2	Sit back on your heels, and separate your knees hip-width apart.
3	Exhale, bringing your head down, and rest it on the floor in front of you.
4	Place your hands wherever they are comfortable by your head, your knees, etc.
5	Relax and breathe, holding this pose.

Bird Pose

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Warrior II Pose Virabhadrasana II



Benefits	Strengthens and stretches legs and core, stretches chest and shoulders, relieves backaches.
1	Stand with your feet wide apart.
2	Inhale, and lift your arms to shoulder height.
3	Exhale, and bend your right knee. (No further forward than your ankle.)
5	Keep your torso tall, turn your head, and look out over your right fingertips.
6	Repeat on opposite side.

Whale Pose

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Dhanurasana



Benefits	Stretches entire front of the body, strengthens back muscles, improves posture.
1	Begin on your tummy, with your hands by your body, palms up.
2	Exhale and bend your knees. Reach back with your hands and take hold of your ankles.
3	Inhale and lift your heels towards the ceiling and your thighs away from the floor. Your chest will lift away from the floor.
4	Gaze forward. Hold this position, and release as you exhale.

Butterfly Pose

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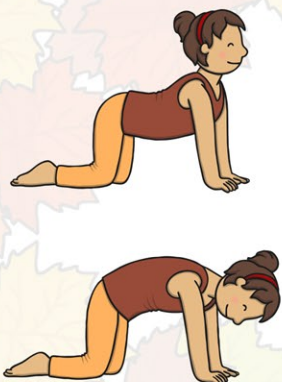


Benefits	Calms the body and mind, helps relieve stress, headaches and fatigue.
1	Begin by sitting with soles of feet together.
2	Touch fingers to the side of your head.
3	Gently bounce your knees to flap your butterfly wings, and move your fingers to wiggle your butterfly antennae.
4	Exhale, and slowly lower your hands back to your lap.

Fox Pose

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Cat Cow Pose: Marjaryasana Bitilasana



Benefits	Stretches torso and neck, gently massages spine and internal organs.
1	Start by kneeling on hands and knees. Make sure hands are below shoulders, and knees are below hips.
2	Inhale, look up to the ceiling, and allow your belly to sink toward the floor.
3	Exhale, round your back towards the ceiling, and look at your belly.
4	Relax

Relaxation Pose

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Corpse Pose: Savasana



Benefits	Calms the body and mind, helps relieve stress, headaches and fatigue.
1	Lie down on your back, with arms next to your body and legs slightly apart.
2	Close your eyes, focus on deep breathing and relaxation. For full benefit, relax for 2-5 minutes depending on age.