



## Half Forward Fold

- From Mountain, inhale and raise arms overhead
- Exhale, fold forward halfway, spine long, hands on shins
- Keep your back flat and chest reaching forward
- Hold for 3–5 breaths
- Repeat 2 times



## Extended Side Angle

- Step your left foot back into a wide stance
- Bend right knee 90°, place right elbow on knee or hand on floor/block
- Extend left arm overhead, reaching through fingertips
- Hold 5 breaths
- Switch sides and repeat



## Mountain Pose

- Stand tall, feet together, arms at your sides or overhead
- Ground through your feet, engage thighs, lengthen spine
- Hold for 3–5 breaths



## Tree Pose

- From standing, shift weight onto your left foot
- Place right foot on ankle, calf, or thigh (not knee)
- Hands at heart or overhead
- Hold for 3–5 breaths
- Repeat on the other side