

## M2LF YOGA POSITIONS

<i>Name</i>	<i>Description</i>
Abdominal massage	Kneel with arms folded. Bend torso toward ground and lower forehead to the floor. Slowly rise up, switch arms, and repeat.
Boat	Lying on stomach, raise head, torso, arms, and legs off the ground and stretch. Arms should be outstretched and pointing towards feet.
Bow	Lying on stomach, hold ankles from behind and slowly raise head, torso, and thighs off floor.
Bridge	Lying on back with knees bent and feet flat on floor, raise pelvis off floor and arch back. Arms should be stretched out on floor with hands grasped.
C	On hands and knees, move head and buttocks as far left as possible. Inhale as you return center and repeat on the right side.
Camel	While kneeling, arch back and bend head back toward feet. Hold heels with hands and exhale while in movement.
Cat	On hands and knees, arch back and exhale while in movement, rounding shoulders and back.

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Child	Kneeling with arms to the side, roll torso to floor and rest forehead on the ground.
Cobra	Stretched out on floor with stomach down, place elbows parallel to shoulders and raise torso up. Arms should straighten with hands flat on floor.
Corpse	Lie on back with feet and arms outstretched. Breathe deeply.
Dog	On hands and knees, dip back and lift head and buttocks up. Exhale.
Downward Dog	On hands and knees form an inverted V by pushing pelvis up and pressing hands and heels to the floor. Exhale while in movement.
Half Cobra	Stretched out on floor with stomach down, place elbows parallel to shoulders and raise torso up. Keep arms bent and only raise torso off the ground as far as the navel.
Half Locust	Lying on stomach with hands beneath the body, raise legs one at a time while tensing buttocks. Repeat with other leg.

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Half Lotus	Sit with legs crossed (only one leg should be over the other) and knees touching the floor.
Half-Moon	Standing with feet together, hold hands above the head with arms outstretched. Exhale and stretch to the left. Inhale and return to center. Repeat on other side.
Hand and thumb squeeze	Make a fist around thumb and squeeze. Release slowly and repeat on other hand.
Head to knee	Sitting with right leg outstretched and the left leg bent toward the body with the left foot touching the right leg, stretch head to right knee. Repeat on other side.
Hero	On hands and knees, cross left knee in front of right knee while sitting back between the heels. Hold heels with hands.
Knee down twist	Lying on back with arms outstretched, place right foot on left knee and swivel right knee to the left side of floor. While in movement, turn head to left side. Repeat on opposite side.

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Locust	Lying on stomach with hands under the body, squeeze buttocks and lift legs up and outward. Keep legs straight.
Mountain	Standing with feet together, inhale while raising arms straight above the head and clasp hands together. Exhale while lowering arms.
Pigeon	Kneeling, slide the left leg straight out from behind and inhale, stretching torso up. Release and repeat on other side.
Plow	Lying on back, inhale and raise legs over head while keeping hands flat on floor for support.
Posterior stretch	Sitting with legs outstretched and feet together, stretch head to toes.
Rag Doll	While standing, exhale and bend over toward toes, cupping elbows with hands. Breathe deeply.
Seated angle	Sitting with legs outstretched in a V shape, stretch arms to toes and head to floor.
Shoulder	With back straight, slowly lift shoulder to ear and lower.

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crunch	Repeat on other side.
Shoulder stand	Lying on back, lift legs up and support back with hands. Slowly angle legs over head and then extend upward.
Sphinx	Lying on stomach with elbows parallel to shoulders and palms on the ground, push torso up and look upward.
Spider	Press fingertips together and move palms in and out.
Spinal twist	Sit with right foot crossed over left leg and right leg held with left arm. Twist while supporting body with right hand on the floor. Repeat on other side.
Standing angle	Inhale and step into V position, stretching arms out and then down toward floor.
Standing yoga mudra	Standing with arms at sides, inhale and raise arms in front. Exhale and swing arms to back.
Tree	While standing, place one foot on the opposite thigh and outstretch arms above the head. Hold hands above with index fingers straight and the remaining fingers clasped.

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Triangle	With arms parallel to floor and legs outstretched, turn one foot out and stretch to that side, keeping arms straight. Repeat on other side.
Upward Dog	Lying on stomach with hands down near the chest, lift torso off the floor while rising on toes. Hands should rise, but remain palms down. Arch back slightly.
Warrior I	Raise arms over head with palms together and lunge forward with one foot, keeping thigh parallel to the ground.
Warrior II	With arms straight out and parallel to the ground and legs in V, turn one foot out and lunge to the side, keeping hips straight.
Yoga Mudra	Sitting on heels, round torso to the ground with forehead to the floor while stretching arms overhead. Inhale while in movement and exhale while lowering arms.