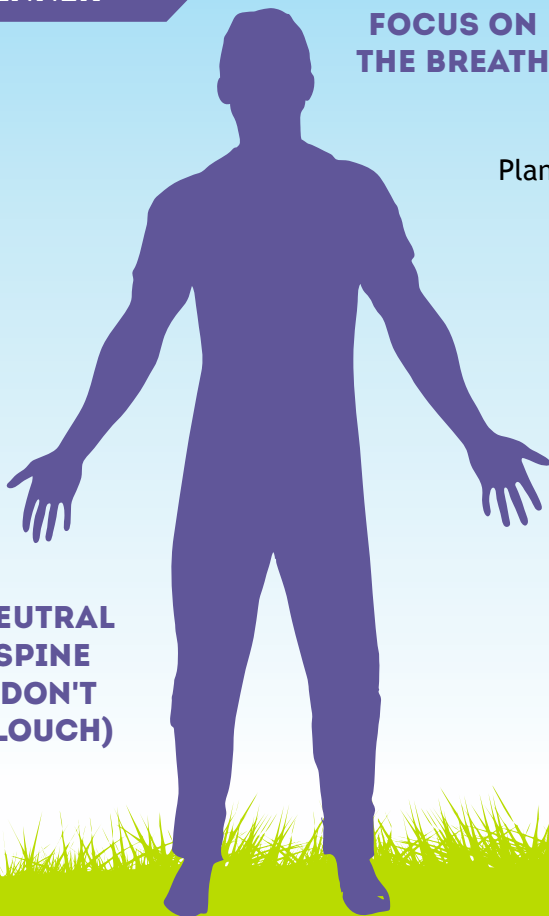


MOUNTAIN

BEGINNER

**FOCUS ON
THE BREATH**



**NEUTRAL
SPINE
(DON'T
SLOUCH)**

Plant feet firmly in ground,
shoulder-width apart.

Palms face forward,
arms at sides.

Lengthen spine, crown
of head reaches
to the sky.

Hold and breathe.

Slowly come out
of the pose.

**WANT ACCESS TO ALL OF
OUR YOGA POSES?**

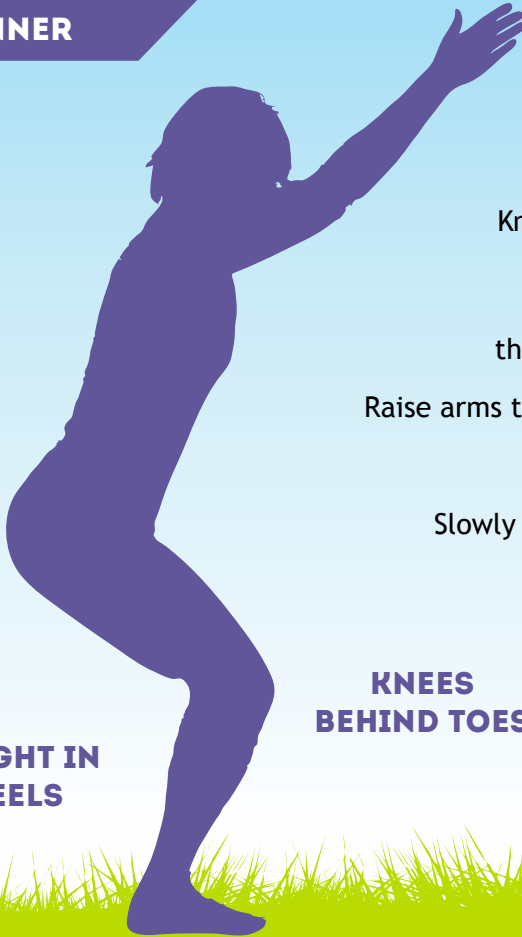
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CHAIR

BEGINNER



Knees and feet together
or hip-width apart.

Reach hips back as
though sitting in a chair.

Raise arms to sky, elbows straight.

Hold and breathe.

Slowly come out of the pose.

**WEIGHT IN
HEELS**

**KNEES
BEHIND TOES**

**WANT ACCESS TO ALL OF
OUR YOGA POSES?**

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FORWARD FOLD

BEGINNER

**BEND THE KNEES
IF NEEDED**

FEET ROOTED



Stand with feet hip-width apart, bring hands to hips.

Exhale and bend forward at hips, lengthen front of chest, then slowly relax head and neck and let arms fall towards ground or grab opposite elbows with hands.

Hold and breathe.

Slowly come out of the pose.

**WANT ACCESS TO ALL OF
OUR YOGA POSES?**

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PLANK

BEGINNER

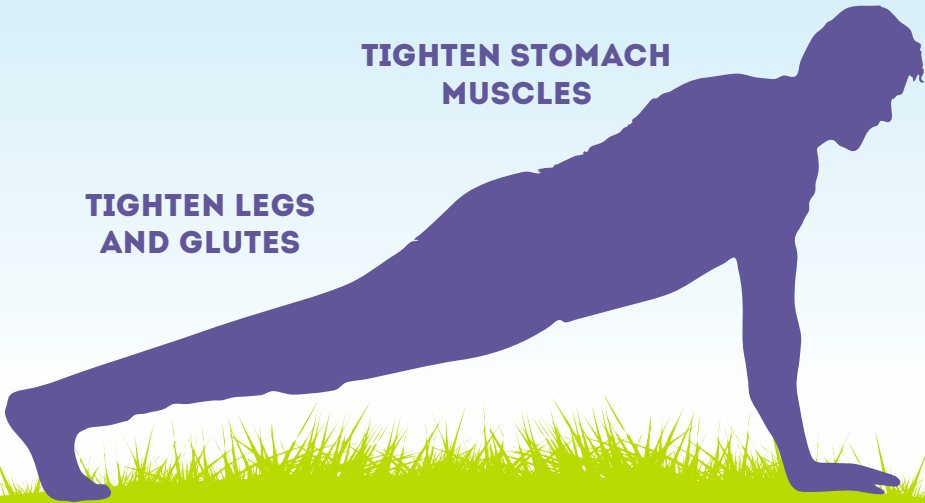
Lay on ground face down. With hands under shoulders, palms flat and belly muscles active, push body up into a straight position - one long line from head to feet.

Be mindful that hips don't sag downwards or push upwards. May keep leg from knee to foot on ground if needed for best form.

Hold and breathe. Slowly come out of the pose.

**TIGHTEN STOMACH
MUSCLES**

**TIGHTEN LEGS
AND GLUTES**



**WANT ACCESS TO ALL OF
OUR YOGA POSES?**

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DOWNWARD DOG

BEGINNER

Begin on hands and knees.

Press fingers wide and press firmly through palms and knuckles.

Tuck toes and lift knees off ground.

Press chest through arms towards ground.
Straighten legs as much as possible.

Hold and breathe.

Slowly come out
of the pose.

**ALTERNATE
LOWERING
HEELS TO
GROUND**

**ARMS
STRAIGHT**

**WANT ACCESS TO ALL OF
OUR YOGA POSES?**

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COBRA

BEGINNER

Lay on stomach, place hands under shoulders.

Squeeze thighs together and press into palms, lift chest off the ground.

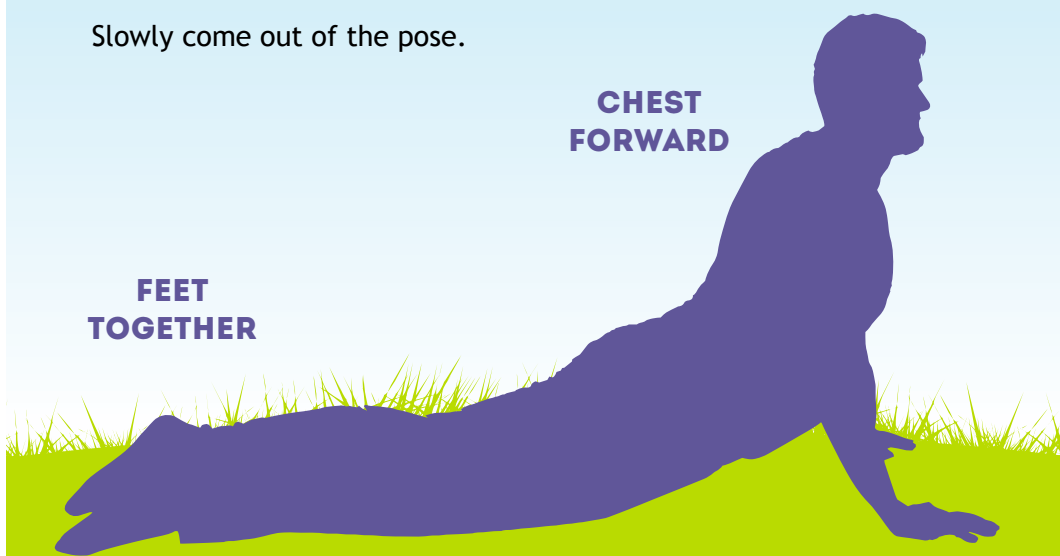
Keep shoulders down and neck long.

Hold and breathe.

Slowly come out of the pose.

**CHEST
FORWARD**

**FEET
TOGETHER**



**WANT ACCESS TO ALL OF
OUR YOGA POSES?**

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EXTENDED PUPPY

BEGINNER

Begin on hands and knees in a table top position, weight evenly distributed through hands and knees and back flat.

Slowly walk hands out in front of you, keep hips over knees, lower upper body towards the ground.

Bring forehead to the ground.

Hold and breathe. Slowly come out of the pose.

HIPS OVER KNEES

FEET IN
LINE WITH
KNEES



**WANT ACCESS TO ALL OF
OUR YOGA POSES?**

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CAT - COW

BEGINNER



**TOPS OF FEET
PRESS INTO
GROUND**

Begin on your hands and knees,
knees under hips,
wrists under shoulders.

Inhale, belly drops,
lift chin to sky,
tilt your tailbone to the sky.

Exhale, tuck chin, round spine
(navel to spine) and press into
hands, tuck the tailbone.

Repeat 5-10 cycles
in sync with the breath.

Slowly come out
of the pose.



**ELBOWS
STRAIGHT BACK**

**WANT ACCESS TO ALL OF
OUR YOGA POSES?**

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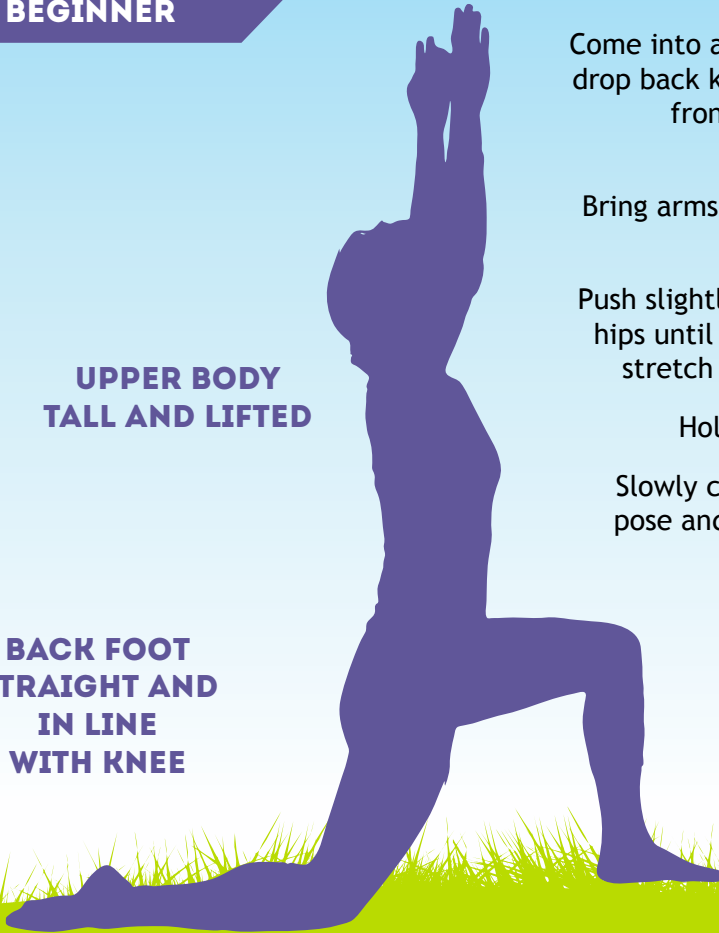


KNEELING CRESCENT LUNGE

BEGINNER

**UPPER BODY
TALL AND LIFTED**

**BACK FOOT
STRAIGHT AND
IN LINE
WITH KNEE**



Come into a low lunge and drop back knee to ground, front knee directly over ankle.

Bring arms to sky, arms in line with ears.

Push slightly forward with hips until you feel a nice stretch in front of hip.

Hold and breathe.

Slowly come out of the pose and repeat on the other side.

**WANT ACCESS TO ALL OF
OUR YOGA POSES?**

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WARRIOR I

BEGINNER

HIPS FACE FORWARD

**BEGINNERS, USE
LESS DISTANCE
BETWEEN FRONT
AND BACK FEET**



Stand with feet
hip distance apart
and arms by sides.

Step right foot forward,
turn left toes to
left slightly.

Raise arms overhead
by ears, shoulders down
and top of head lifted.

Hold and breathe.

Slowly come out
of the pose and
repeat on the
other side.

**WANT ACCESS TO ALL OF
OUR YOGA POSES?**

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WARRIOR II

BEGINNER

SHOULDERS DOWN

**TOP OF HEAD
AND SPINE LIFTED**

In a wide stance (right foot forward and feet in one line) with right toes facing forward, arms come up in a "T".

Middle of left foot is in line with heel of right foot. Bend right knee towards 90-degrees; be careful not to extend it past toes.

Gaze out over fingertips.
Hold and breathe.

Slowly come out of the pose and repeat on the other side.

**WANT ACCESS TO ALL OF
OUR YOGA POSES?**

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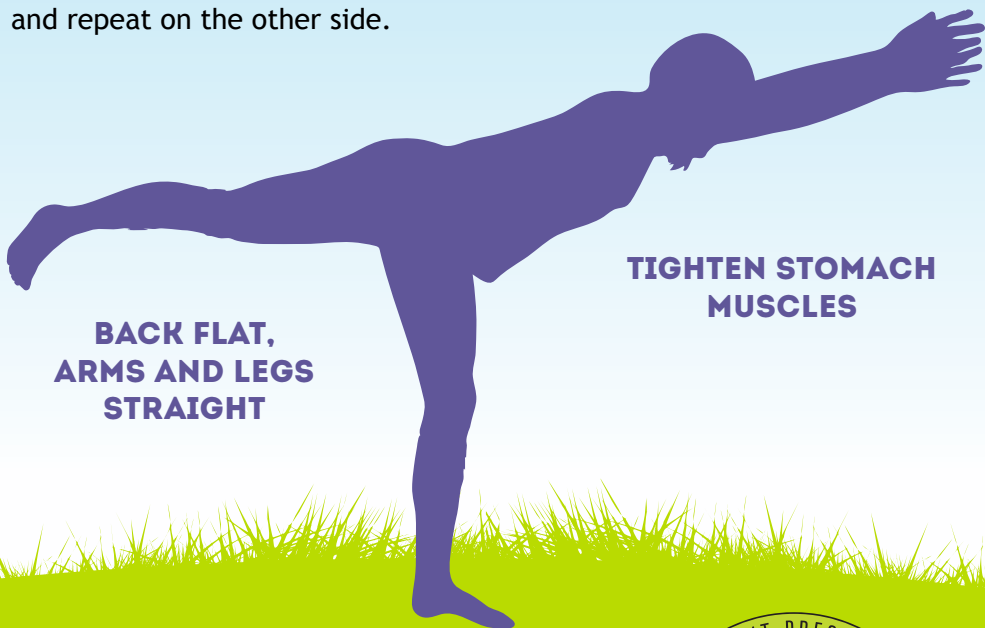
BALANCING STICK OR WARRIOR III

ADVANCED

Stand feet hip-width apart, arms overhead, palms face each other.

Stretch up, step forward on right leg. Point left toes, lower upper body, lift left leg, bring body parallel to the ground. Reach forward with upper body and backward with lower body.

Hold and breathe. Slowly come out of the pose and repeat on the other side.



**BACK FLAT,
ARMS AND LEGS
STRAIGHT**

**TIGHTEN STOMACH
MUSCLES**

**WANT ACCESS TO ALL OF
OUR YOGA POSES?**

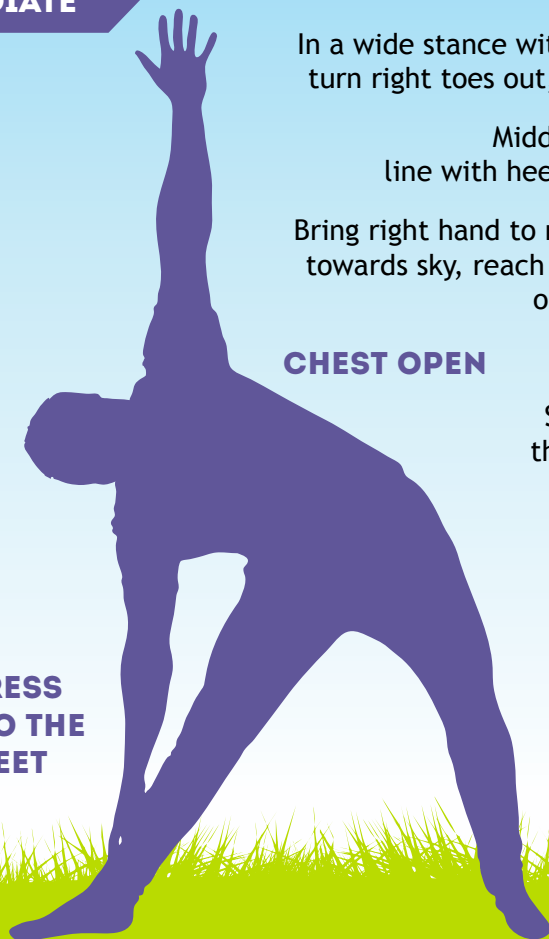
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TRIANGLE

INTERMEDIATE



In a wide stance with feet in one line, turn right toes out, arms up in a "T".

Middle of left foot is in line with heel of the right foot.

Bring right hand to right shin, left arm towards sky, reach apart in equal and opposite directions.

CHEST OPEN

Hold and breathe.

Slowly come out of the pose and repeat on the other side.

**PRESS
INTO THE
FEET**

**WANT ACCESS TO ALL OF
OUR YOGA POSES?**

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HALF MOON

ADVANCED

In a wide stance turn right toes out, arms come up to a T-shape.

Bring right hand to right upper thigh or shin, left arm towards sky. Reach apart in equal and opposite directions. Shift weight forward, lower right hand towards ground until fingers touch.

Raise left leg into a straight line parallel to ground. Hold and breathe.

**CHEST IS
OPEN AND
SLIGHTLY
REVOLVED
TO SKY**

Slowly come out of the pose and repeat on the other side.

**BEGINNERS, PERFORM
POSITION KNEELING**



**WANT ACCESS TO ALL OF
OUR YOGA POSES?**

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WIDE-LEGGED FORWARD FOLD

BEGINNER

Stand in a wide stance, place hands on hips, exhale and bend forward at the hips, lengthen front of chest, then relax head and neck and let arms fall towards ground or grab opposite elbows with hands.

Hold and breathe. Slowly come out of the pose.

**BEND THE KNEES
IF NEEDED**

**FEET
ROOTED**

**WANT ACCESS TO ALL OF
OUR YOGA POSES?**

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EAGLE

INTERMEDIATE

**FIND A
FOCAL
POINT**

**ENGAGE
CORE
MUSCLES**

**SQUEEZE LEGS
TOGETHER**

**SQUEEZE ARMS
TOGETHER**

Bring right arm under left elbow, twist arms together like a pretzel, bring palms together, shift weight back into heels.

Lift right leg over left leg and wrap around.

Hold and breathe.

Slowly come out of the pose and repeat on the other side.



**WANT ACCESS TO ALL OF
OUR YOGA POSES?**

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TREE POSE

BEGINNER

**CHEST OPEN,
SHOULDERS
DOWN**

**PLACE FOOT
ON INNER
THIGH OR SIDE
OF CALF**



Shift weight to right foot.

Bring sole of the left foot to inside of right leg as far up as is comfortable, avoiding knee joint.

Rotate left knee out to the side.
Hips face forward.

Hands come to heart or overhead towards the sky. Hold and breathe.

Slowly come out of the pose and repeat on the other side.

**AVOID PLACING
FOOT DIRECTLY
ON KNEE JOINT**

**WANT ACCESS TO ALL OF
OUR YOGA POSES?**

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CAMEL PREP

BEGINNER

**PUSH DOWN
THROUGH LOWER
BODY, EXTEND
UPPER BODY
UPWARDS**

**ELBOWS POINT
BEHIND YOU**

From kneeling position, place hands behind you as though putting them in back pockets.

Slowly push hips forward as you arch upper back and draw head towards the sky (pretend you have a grapefruit under your chin).

Hold and breathe, then slowly rise.

Head lifts last.

Hold and breathe.

Slowly come out of the pose.

**WANT ACCESS TO ALL OF
OUR YOGA POSES?**

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BRIDGE

BEGINNER

Lay flat on back with soles of feet on the ground, hip width distance apart and close to the glutes.

Slowly raise hips towards the sky.

Hold and breathe.

Slowly come out of the pose.

**TIGHTEN STOMACH
MUSCLES**

**SQUEEZE \
GLUTES**



**WANT ACCESS TO ALL OF
OUR YOGA POSES?**

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SHAVASANA

BEGINNER

Lie down on your back. Move your feet apart. Arms to sides, palms up. Soften your back, but don't flatten it. Close your eyes.

Make yourself completely comfortable, by relaxing every part of your body, inside and outside, including internal thoughts, one at a time, so that you end up completely relaxed.

Take slow deep breaths. Slowly come out of the pose.

FEET APART

**TAKE DEEP
BREATHS**

**PALMS UP,
CLOSE EYES**



**WANT ACCESS TO
ALL OF OUR YOGA POSES?**

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