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?

FGI.RISEVT.ORG
INFO@RISEVT.ORG
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.
FORWARD FOLD

BEGINNER

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.

BEND THE KNEES IF NEEDED

FEET ROOTED

WANT ACCESS TO ALL OF OUR YOGA POSES?

FGI.RISEVT.ORG
INFO@RISEVT.ORG
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.
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?

FGI.RISEVT.ORG
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R.A.Y. PRESENTS
RANDOM ACTS OF YOGA
COBRA

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.
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?

FGI.RISEVT.ORG
INFO@RISEVT.ORG

R.S.E.V.T. PRESENTS
R.A.Y.
RANDOM ACTS OF YOGA
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.

WANT ACCESS TO ALL OF OUR YOGA POSES?

FGI.RISEVT.ORG
INFO@RISEVT.ORG
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?

FGI.RISEVT.ORG
INFO@RISEVT.ORG
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.

WARRIOR I

BEGINNER

HIPS FACE FORWARD

BEGINNERS, USE LESS DISTANCE BETWEEN FRONT AND BACK FEET

WANT ACCESS TO ALL OF OUR YOGA POSES?

FGI.RISEVT.ORG
INFO@RISEVT.ORG

RISEVT PRESENTS
RANDOM ACTS OF YOGA

R.A.Y.
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?
FGI.RISEVT.ORG
INFO@RISEVT.ORG
BALANCING STICK OR WARRIOR III

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.

ADVANCED

BACK FLAT, ARMS AND LEGS STRAIGHT

TIGHTEN STOMACH MUSCLES

WANT ACCESS TO ALL OF OUR YOGA POSES?

FGI.RISEVT.ORG
INFO@RISEVT.ORG
TRIANGLE

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.

WANT ACCESS TO ALL OF OUR YOGA POSES?

FGI.RISEVT.ORG
INFO@RISEVT.ORG
HALF MOON

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.

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

ADVANCED

CHEST IS OPEN AND SLIGHTLY REVOLVED TO SKY

BEGINNERS, PERFORM POSITION KNEELING

WANT ACCESS TO ALL OF OUR YOGA POSES?

FGI.RISEVT.ORG
INFO@RISEVT.ORG
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?

FGI.RISEVT.ORG
INFO@RISEVT.ORG
EAGLE

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?

FGI.RISEVT.ORG
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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.

WANT ACCESS TO ALL OF OUR YOGA POSES?

FGI.RISEVT.ORG
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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?

FGI.RISEVT.ORG
INFO@RISEVT.ORG
BRIDGE

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?

FGI.RISEVT.ORG
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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?

FGI.RISEVT.ORG
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