

## TRIANGLE POSE

From standing, take a big step and rotate your right foot 90°. Activate your legs, lift the kneecaps, press feet equally into the mat.

Breathe in, lengthen the spine, draw the belly in, lift your arms parallel to the floor; Breathe out, bend from the hips above your right leg, shifting the hips towards back of mat.

Bring the right arm down as far as it reaches: shin, foot or floor and stretch left arm to the sky. Lengthen the torso, press into the feet, and extend the left fingertips upwards. Look forward or at the left hand, relax the jaw. Breathe gently.



## GODDESS POSE

Stand with your feet wide and rotate both feet outwards.

Bend your knees just above the ankles and bring the thighs parallel to the floor.

Keep pushing the knees back.

Engage your core and tuck the tailbone under.

Bend the elbows at shoulder height 90°, hands to heart centre

Try this again with this time taking your hands up at the side of your head (pic 2)

To release, inhale and straighten the legs. Exhale, arms to the sides.

## LOW LUNGE

Start on all fours. Breathe in, step the right foot forward until you feel a nice stretch in the left thigh and hip. Keep the right knee above the right ankle and the hips levelled. Breathe in, lift the chest away from the pelvis and the arms up, gaze forward or at your thumbs.

Allow the pelvis to sink down and forward while keeping the chest lifted.



Well done, can you have a go of making these moves into a yoga flow making sure you really connect to your orange Yogabear Stan.