

# 5 BASIC YOGA POSES



## Cat Cow

This pose stretches your abs, neck and back and it keeps the spine flexible. It's especially helpful for stiff backs



## Child's Pose

This pose stretches the lower back and hips, it helps to relieve stress, lower back discomfort, fatigue gas and bloating.



## Downward Dog

This pose strengthens the arms, shoulders, abs, quads and ankles, while stretching shoulders, hamstrings, calves and chest.



## Plank

This pose strengthens the arms, wrist, and spine, it also tones abs. You can easily glide into this position from downward dog.



## Cobra

This pose stretches the chest and abs and keeps the spine flexible. It also helps correct poor posture and combats depression, lower back discomfort and low energy.

**DSCC MWR Trainer Tip: Hold a yoga pose for at least 3-5 breaths or even up to 30 seconds, depending on what feels right in your body.**