


# Lazy Sunday Yoga Routine



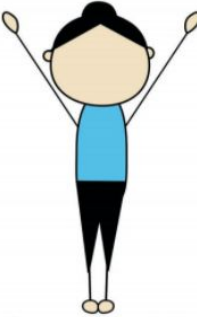
## MOUNTAIN POSE

TADASANA

The Mountain Pose is the most basic standing posture in yoga. It's the basic building block of all other standing poses, teaching you correct alignment and helping to strengthen your lower body.

DIFFICULTY

1/5




## RAISED HANDS

URDHVA HASTASANA

The Raised Hands Pose is ideal for beginners and focuses on the improvement of the arms, shoulders, abdomen and armpits.

DIFFICULTY

2/5




## TREE POSE

VRIKSHASANA

Tree Pose is a modified standing position for developing balance and calming the mind. It strengthens a variety of muscle groups as well as improving your posture.

DIFFICULTY

4/5



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1/5

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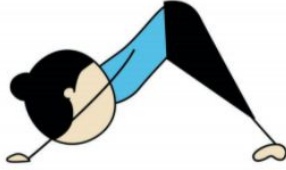


## LUNGE POSE

ANJANEYASANA

The Lunge Pose has several variations such as resting a knee or reaching to the sky with your arms. It improves balance, concentration and core strength.

DIFFICULTY 3/5




## DOWN DOG

ADHO MUKHA SVANASANA

Downward Facing Dog has a lot of functions in yoga, such as transitioning to other poses or as a pose for resting.

DIFFICULTY 2/5




## PLANK POSE

CHATURANGA DANDASANA

The Plank is an arm balancing yoga pose that tones the abdominal muscles while strengthening the arms and spine.

DIFFICULTY 5/5



## CROCODILE POSE

MAKARASANA

The Makarasana helps to relax the body and mind by lying completely flat like a crocodile. This relieves muscle fatigue after a difficult yoga pose.

DIFFICULTY 1/5

Repeat on the other side