

TERESA G. MAURER -Certified Personal Trainer --International Yoga Practitioner--Thai Yoga Therapist -

Live Life In Balance



Tree Pose

draw shoulder blades toward each other for an open chest gaze eye level shoulders away from ears

hands can be at hips or above head or out to the side. core, try not to lean back

Place foot on inner thigh or side of calfbut NOT on knee joint hips are even press thigh into foot and press foot into thigh

kneecap lifts to activate thigh

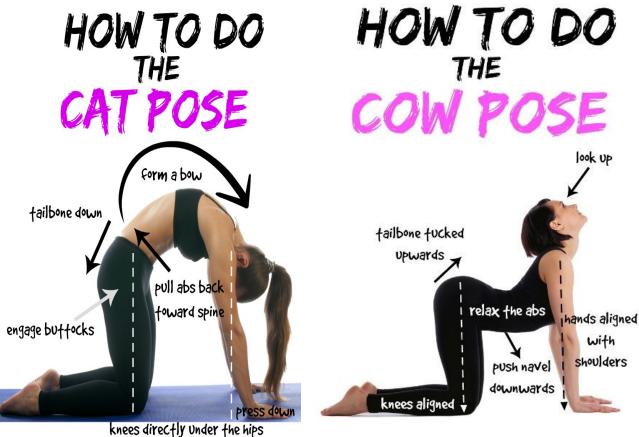
Press evenly into all 4 corners of standing foot



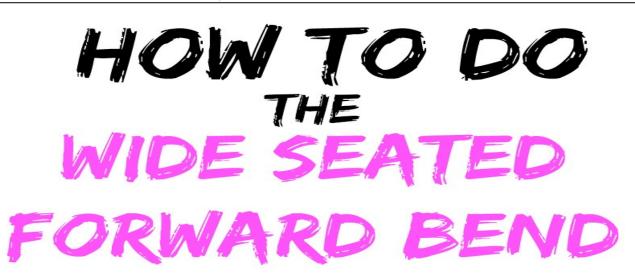








knees directly under the hips elbows and hands under the shoulders





Seated Spinal Twist

In this posture, moving with breath is very important. Turn as far as is comfortable, and if you can't put your arm over your knee, use your hand instead. You'll do this to both the left and right.









Mountain Pose _{Tadasana}



Vata Balancing Sequence







