

Yoga for Athletes: 3 beginner poses

Downward Dog from standing



- Start in a kneeling position.
- Hook your toes, drive your hips to the ceiling, heels to the floor, chest to the floor.
- Deep breaths in and out and hold your position.
- Return to a kneeling position.
- Walk your hands in.
- Slowly move to standing.

Triangle Pose



- From a standing position, take a deep breath in.
- Forward fold hands to the floor, walk your hands out.
- Hips to the ceiling, heels to the floor, driving your chest further to the floor.
- Deep breaths in and out and hold your position.
- Walk your hands to your feet.
- Slowly roll back up.

Downward Dog from standing



- Place feet hip width apart.
- Rotate through the shoulder, drop through the hips.
- Maintain your squat.
- Deep breaths in and out and hold your position.
- Return to standing.

Triangle Pose



- Open through the feet, extend through the arms.
- Right hand to the floor, left hand to the ceiling .
- Raise you chin to the ceiling.
- Deep breaths in and out and hold your position.
- Return to standing.
- Repeat steps on left side.