



**Benefits:**

- Strengthens and awakens the body
- Calms the mind and emotional instability
- Challenges major muscles, lubricates joints and ligaments
- Improves posture, flexibility and balance
- Strengthens cardiovascular system by oxygenating blood
- Tones digestive system
- Stimulates lymphatic system
- Controlled breathing supports respiratory health which calms nervous system and has a balancing effect on the endocrine system
- Relieves tension, stress and anxiety

**Key poses and transitions:**

- Mountain Pose
- Upward Salute
- Flatback
- Forward Bend
- Lunge
- Plank
- Knees, Chin, Chest
- Cobra