

5 Simple Yoga Poses for Strength, Flexibility & Calm

Cat-Cow Stretch (Marjaryasana-Bitilasana) Great for spinal mobility and warming up.

How to:

- 1. Start on hands and knees, wrists under shoulders, knees under hips.
- 2. Inhale: Drop the belly, lift the chest and tailbone.
- 3. Exhale: Round the spine, tuck the chin to the chest.
- 4. Repeat for 5-10 slow, steady breaths.

Downward Dog (Adho Mukha Svanasana)
Strengthens and stretches the whole body.

How to:

- 1. Begin on hands and knees.
- 2. Tuck toes, lift hips up and back, forming an inverted "V" shape.
- 3. Press hands firmly into the mat, lengthen your spine.
- 4. Let your head hang naturally between your arms.
- 5. Hold for 5 breaths.

Warrior II (Virabhadrasana II)
Builds strength, balance, and focus.

How to:

- 1. Step feet wide apart.
- 2. Turn your right foot out 90°, left foot slightly in.
- 3. Bend right knee, aligning it over the ankle.
- 4. Extend arms out at shoulder height, gaze over right fingertips.
- 5. Hold for 5 breaths, then switch sides.

Seated Twist (Ardha Matsyendrasana) Improves spinal flexibility and digestion.

How to:

- 1. Sit with legs extended.
- 2. Bend right knee, placing right foot outside left thigh.
- 3. Place right hand behind you, left elbow outside right knee.
- 4. Inhale to lengthen spine, exhale to gently twist to the right.
- 5. Hold for 5 breaths, then switch sides.

Legs Up the Wall (Viparita Karani)

Relaxing reduces swelling in the legs.

How to:

- 1. Sit sideways next to a wall.
- 2. Lie back and swing your legs up against the wall.
- 3. Adjust hips close to the wall, arms relaxed by your sides.
- 4. Close eyes, breathe naturally.
- 5. Stay for 5–15 minutes.
- Do this sequence anytime you need a gentle reset.