

# Simple Yoga Poses

## Cobra pose

Lie on your front and place your hands down flat right next to your shoulders. Then push down on your hands and lift your head and shoulders up.



## Tree pose

Stand on one foot, and place the other against the inside of the leg you are standing on. Then, bring your hands together in the centre of your chest and, if you feel balanced enough, raise them up together above your head.



## Lotus pose

Sit down on the floor and cross your legs in front of you. Then, place your hands palms up on each of your knees. If you feel comfortable you can close your eyes, then take a few deep breaths.

