

Beginner pose sheet

Eight shapes for a first week. This is movement education, not medical advice. Stop if something feels sharp, dizzy, or wrong. See a clinician for pain or illness.

1. Mountain Pose

Stand, feet heavy, knees soft, ribs over hips.

2. Forward Fold

Bend the knees. Let the head hang. Belly toward the thighs.

3. Half Lift

Hands on shins or a chair. Long spine, soft knees.

4. Downward-Facing Dog

Hips high, knees bent, heels wherever they land.

5. Child's Pose

Hips toward the heels. Knees wide if the belly needs room.

6. Cat and Cow

Round as you breathe out. A small arch as you breathe in.

7. Bridge

Feet planted. Lift the hips a little. Keep the neck quiet.

8. Corpse Pose

Lie down and stay. The rest is part of the practice.

Practice with the 7-day path at peacefultyogapath.com/paths. Bend your knees. Use a wall for balance. Stay for the rest at the end.