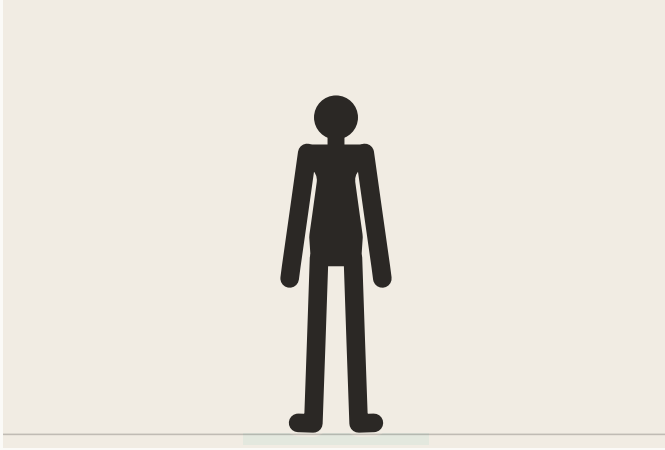




MOUNTAIN POSE

Tadasana

Feet grounded, spine stacked, chin level.

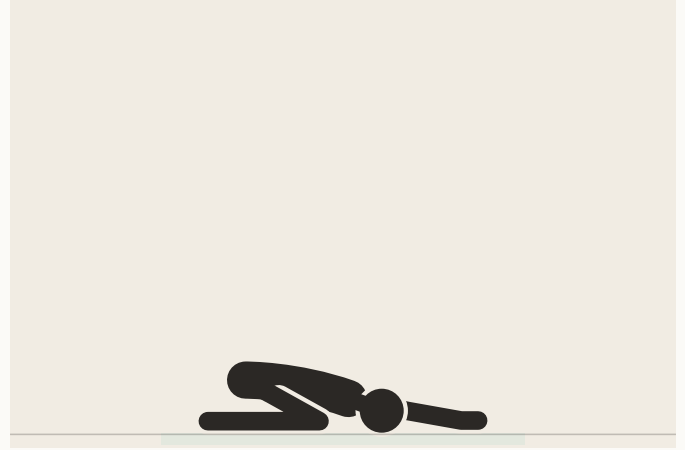
Stack the pelvis over the ankles and the shoulders over the ribs, knees straight but not pushed back.

TRY IT

Stay for about 20 seconds. Breathe slowly and notice where the weight wants to drift.

yogaphilippines.com/poses/mountain-pose/

Not medical advice



CHILD'S POSE

Balasana

Hips back, forehead down, breathe into the back.

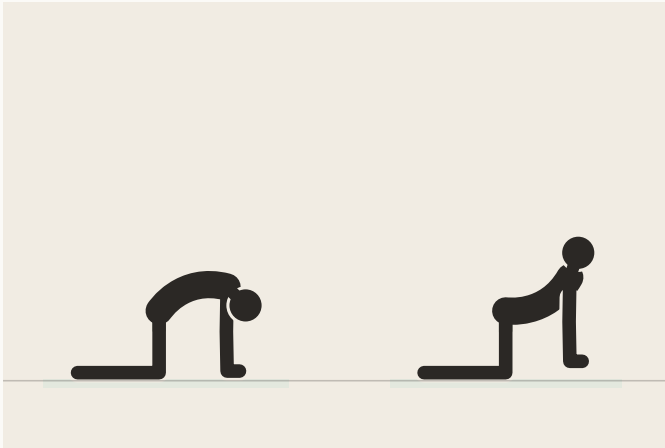
Walk the hands forward and rest the forehead on the mat or a block, knees as wide as feels comfortable.

TRY IT

Stay for about 45 seconds. Breathe into the back of the ribs and feel the back widen.

yogaphilippines.com/poses/childs-pose/

Not medical advice



CAT-COW

Marjaryasana Bitilasana

Inhale to arch, exhale to round.

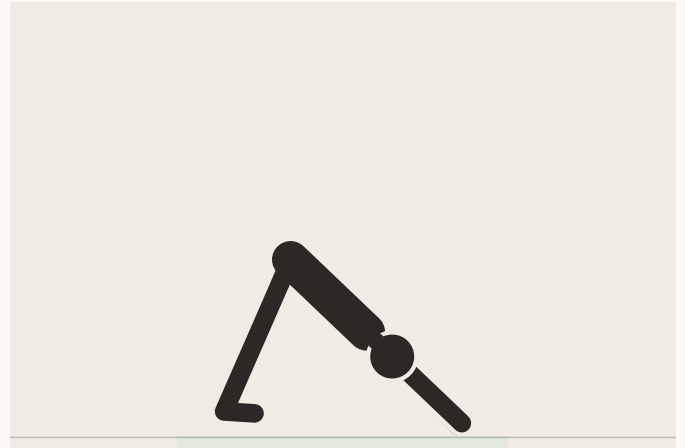
Move the whole spine from the tailbone to the head, and press the floor away so the shoulders do not sag.

TRY IT

Move slowly with the breath for about 45 seconds. Inhale as the belly softens and the chest lifts, exhale as the back rounds.

yogaphilippines.com/poses/cat-cow/

Not medical advice



DOWNWARD-FACING DOG

Adho Mukha Svanasana

Hips up and back, knees soft, hands pressing.

Keep the knees bent at first so the spine can lengthen from the hands to the sitting bones, pressing evenly through the whole hand.

TRY IT

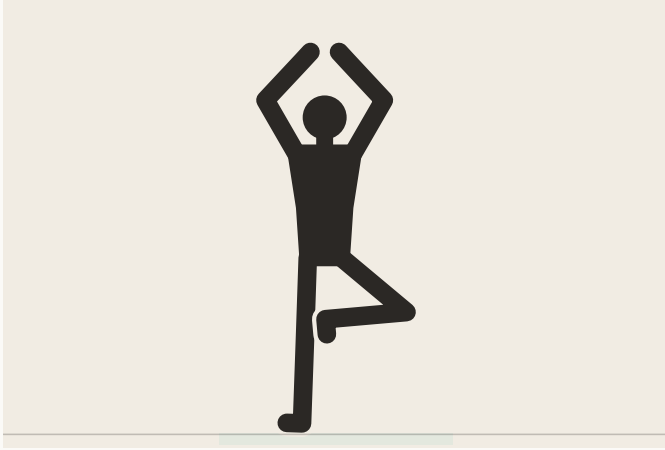
Stay for about 30 seconds. Breathe slowly and let the head hang between the upper arms.

yogaphilippines.com/poses/downward-dog/

Not medical advice

WEEK 05

LEVEL 1



TREE POSE

Vrksasana

Foot above or below the knee, gaze still.

Press the foot and leg into each other and keep the standing hip in line with the soft standing knee.

TRY IT

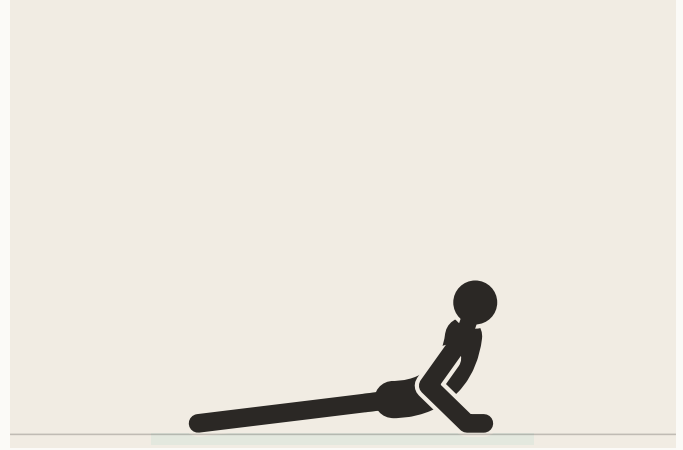
Stay for about 25 seconds on each side. Breathe slowly with the gaze on one still point.

yogaphilippines.com/poses/tree-pose/

Not medical advice

WEEK 06

LEVEL 1



COBRA POSE

Bhujangasana

Elbows in, chest forward, neck long.

Lift the chest with the back muscles first, elbows bent and shoulders drawing down and back.

TRY IT

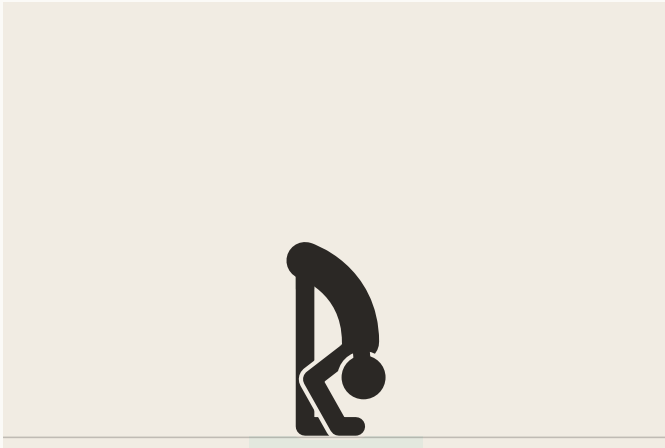
Stay for about 15 seconds. Inhale to lift and keep the breath smooth while you hold.

yogaphilippines.com/poses/cobra-pose/

Not medical advice

WEEK 07

LEVEL 1



STANDING FORWARD BEND

Uttanasana

Knees bent, head heavy, rise slowly.

Bend the knees generously, rest the hands on the shins or blocks, and let the head hang.

TRY IT

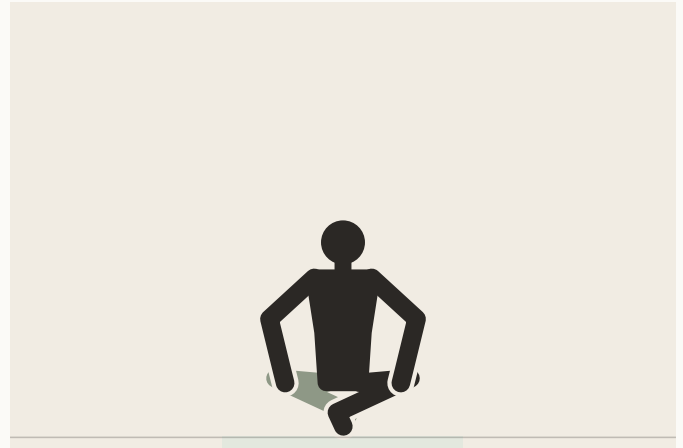
Stay for about 30 seconds. Breathe slowly with the weight a little toward the balls of the feet.

yogaphilippines.com/poses/standing-forward-bend/

Not medical advice

WEEK 08

LEVEL 1



EASY POSE

Sukhasana

Knees below hips, spine tall, shoulders soft.

Let the knees sit level with or lower than the hips, and grow tall from the base of the spine with the chin level.

TRY IT

Stay for about 60 seconds. Let the breath settle into its own easy rhythm.

yogaphilippines.com/poses/easy-pose/

Not medical advice

WEEK 09

LEVEL 1



LOW LUNGE

Anjaneyasana

Knee padded, front knee over ankle, hips forward.

Keep the front knee over the ankle and lift the chest so the shoulders sit over the hips.

TRY IT

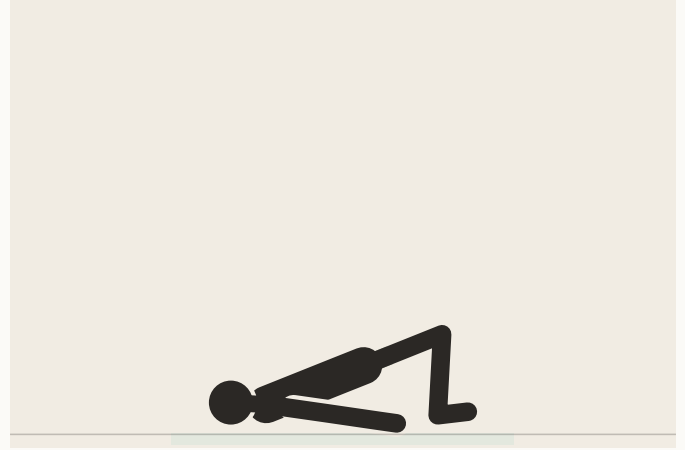
Stay for about 30 seconds on each side. Breathe into the front of the back hip as the hips ease forward.

yogaphilippines.com/poses/low-lunge/

Not medical advice

WEEK 10

LEVEL 2



BRIDGE POSE

Setu Bandha Sarvangasana

Press the feet, lift the hips, knees forward.

Press through the feet to lift the hips, knees pointing straight ahead and the head still.

TRY IT

Stay for about 25 seconds. Inhale as you lift, then breathe evenly while you hold.

yogaphilippines.com/poses/bridge-pose/

Not medical advice

WEEK 11

LEVEL 2



WARRIOR II

Virabhadrasana II

Heel to arch, knee over ankle, arms light.

Bend the front knee over the ankle, open the hips to the long edge and keep the arms light at shoulder height.

TRY IT

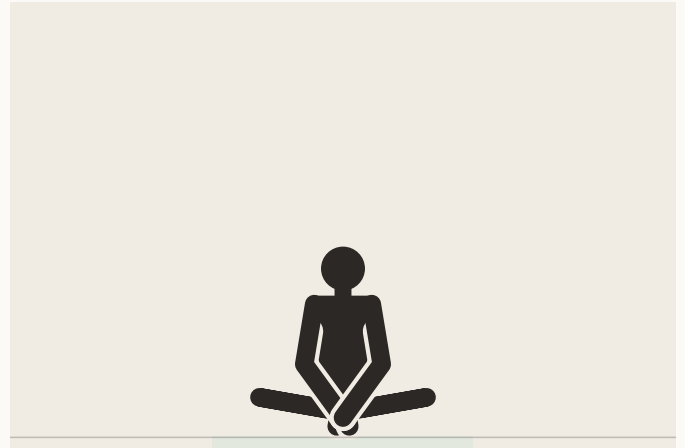
Stay for about 25 seconds on each side. Breathe steadily, gazing past the front fingertips.

yogaphilippines.com/poses/warrior-poses/

Not medical advice

WEEK 12

LEVEL 1



BUTTERFLY POSE

Baddha Konasana

Soles together, knees heavy, spine long.

Hold the ankles rather than the toes, lengthen the spine and let the knees fall with their own weight.

TRY IT

Stay for about 45 seconds. Lengthen on each inhale, and fold a little from the hips on each exhale if you like.

yogaphilippines.com/poses/butterfly-pose/

Not medical advice

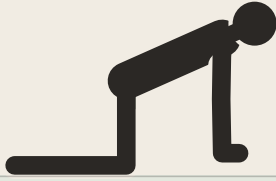


TABLE TOP POSE

Bharmanasana

Wrists under shoulders, flat back.

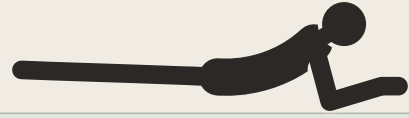
Lengthen the spine so the back is flat, the neck long and the gaze just ahead of the hands.

TRY IT

Stay for about 20 seconds. Breathe steadily while the belly draws in gently.

yogaphilippines.com/poses/table-top-pose/

Not medical advice



SPHINX POSE

Salamba Bhujangasana

Elbows under shoulders, belly soft, neck long.

Press the forearms lightly to lift the chest and let the shoulders slide away from the ears.

TRY IT

Stay for about 45 seconds. Let the belly and legs rest and breathe slowly.

yogaphilippines.com/poses/sphinx-pose/

Not medical advice



TRIANGLE POSE

Trikonasana

Long side waist, hand on a block, legs firm.

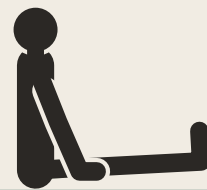
Reach out over the front leg, then hinge and rest the hand on the shin or a block, keeping both sides of the waist long.

TRY IT

Stay for about 30 seconds on each side. Breathe into the top side of the chest.

yogaphilippines.com/poses/triangle-pose/

Not medical advice



STAFF POSE

Dandasana

Sit tall, feet flexed, shoulders over hips.

Press the hands down beside the hips, flex the feet and stack the shoulders over the hips.

TRY IT

Stay for about 25 seconds. Breathe into the back of the ribs.

yogaphilippines.com/poses/staff-pose/

Not medical advice

WEEK 17

LEVEL 1



HAPPY BABY POSE

Ananda Balasana

Ankles over knees, pelvis heavy.

Hold the outer feet, ankles or shins and stack each ankle over its knee so the soles face up.

TRY IT

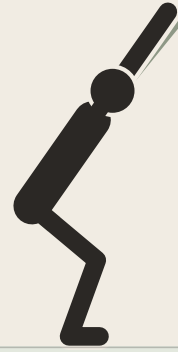
Stay for about 45 seconds. Breathe slowly and let the back of the pelvis stay heavy.

yogaphilippines.com/poses/happy-baby-pose/

Not medical advice

WEEK 18

LEVEL 2



CHAIR POSE

Utkatasana

Sit back, weight in the heels, chest up.

Send the hips back as if sitting on a stool, with the weight in the heels and the toes visible past the knees.

TRY IT

Stay for about 20 seconds. Breathe steadily and let the chest lift on each inhale.

yogaphilippines.com/poses/chair-pose/

Not medical advice

WEEK 19

LEVEL 1



PUPPY POSE

Uttana Shishosana

Hips over knees, chest melts down.

Rest the forehead on the mat or a cushion and let the chest soften down without sagging into the lower back.

TRY IT

Stay for about 30 seconds. Breathe into the back of the ribs.

yogaphilippines.com/poses/puppy-pose/

Not medical advice

WEEK 20

LEVEL 1



LEGS UP THE WALL

Viparita Karani

Legs resting, hips back from the wall, breathe slowly.

Move the hips away from the wall until the backs of the legs soften.

TRY IT

Stay for about 300 seconds. Breathe slowly through the nose with the arms resting.

yogaphilippines.com/poses/legs-up-the-wall/

Not medical advice



STAR POSE

Utthita Tadasana

Wide stance, soft knees, reach long.

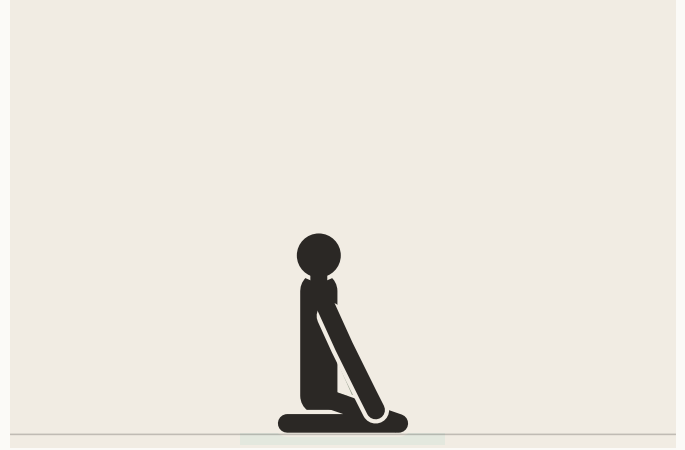
Keep the knees soft and lift the arms to shoulder height with the shoulders away from the ears.

TRY IT

Stay for about 30 seconds. Breathe steadily and feel the reach out from the centre.

yogaphilippines.com/poses/star-pose/

Not medical advice



THUNDERBOLT POSE

Vajrasana

Sit back, spine tall, add height if needed.

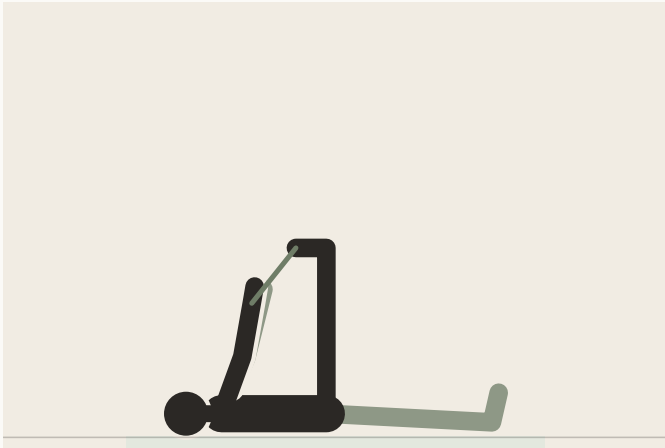
Stack the shoulders over the hips and keep the feet pointing straight back.

TRY IT

Stay for about 60 seconds. Breathe slowly and relax the shoulders and face.

yogaphilippines.com/poses/thunderbolt-pose/

Not medical advice



RECLINED HAND TO BIG TOE POSE

Supta Padangusthasana

Strap holds the leg, hips level, shoulders down.

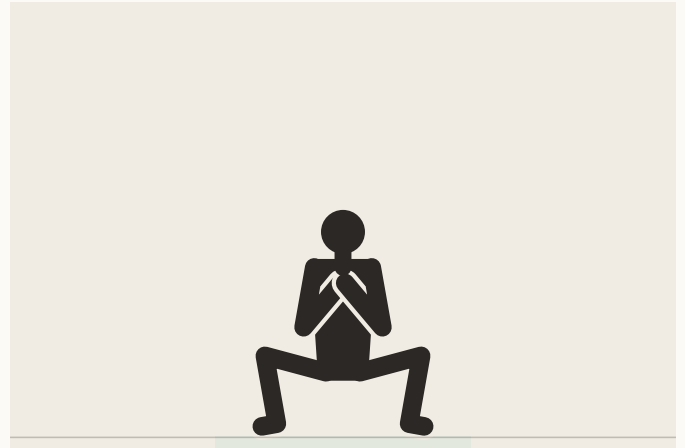
Straighten the leg up only as far as the knee allows, with both hips level and the shoulders on the mat.

TRY IT

Stay for about 45 seconds on each side. Ease the leg a little closer on each exhale without pulling with the arms.

yogaphilippines.com/poses/reclined-hand-to-big-toe/

Not medical advice



GARLAND POSE

Malasana

Knees follow the toes, chest lifts.

Keep the knees pointing where the toes point and lift the chest away from the thighs, a blanket under the heels if they lift.

TRY IT

Stay for about 30 seconds. Breathe steadily and settle instead of bouncing.

yogaphilippines.com/poses/garland-pose/

Not medical advice



SEATED FORWARD BEND

Paschimottanasana

Fold from the hips, knees soft, chest leads.

Fold from the hips leading with the chest, knees softly bent, holding the shins or a strap.

TRY IT

Stay for about 45 seconds. Let the exhale lead the fold and keep the breath slow and quiet.

yogaphilippines.com/poses/seated-forward-bend/

Not medical advice



PLANK POSE

Phalakasana

One line from head to heels, hips level.

Lift the thighs and draw the lower belly in so the hips stay level with the shoulders.

TRY IT

Stay for about 20 seconds. Hold for steady breaths with the gaze just ahead of the hands.

yogaphilippines.com/poses/plank-pose/

Not medical advice



EXTENDED SIDE ANGLE

Utthita Parsvakonasana

Front knee over ankle, one long line from heel to hand.

Press the outer edge of the back foot down and reach the top arm over the ear so one line runs from heel to fingertips.

yogaphilippines.com/poses/extended-side-angle/

Not medical advice



LOCUST POSE

Salabhasana

Long neck, moderate lift, steady breath.

Lift the head, chest and arms with the back of the neck long, and add the legs only if it feels good.

TRY IT

Stay for about 15 seconds. Keep breathing into the back of the ribs as you lift.

yogaphilippines.com/poses/locust-pose/

Not medical advice



HEAD TO KNEE POSE

Janu Sirsasana

Fold from the hips, straight-leg knee soft.

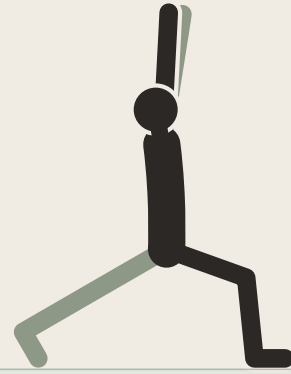
Turn the chest over the straight leg and fold from the hips with the knee soft, never pulling the head down.

TRY IT

Stay for about 40 seconds on each side. Lengthen on each inhale and fold a little on each exhale.

yogaphilippines.com/poses/head-to-knee-pose/

Not medical advice



CRESCENT LUNGE

Ashta Chandrasana

Front knee over ankle, back leg strong.

Keep the front knee over the ankle and the back leg long and strong as the chest rises over the hips.

TRY IT

Stay for about 25 seconds on each side. Inhale to rise and keep the breath even through the hold.

yogaphilippines.com/poses/crescent-lunge/

Not medical advice



GATE POSE

Parighasana

Chest open, long side body, light hand.

Bend to the right with the chest open to the front, sliding the right hand down the leg without leaning on it.

TRY IT

Stay for about 25 seconds on each side. Breathe into the left side of the ribs.

yogaphilippines.com/poses/gate-pose/

Not medical advice



PYRAMID POSE

Parsvottanasana

Feet on two rails, hips forward, long back.

Face both hip points forward and hinge over the front leg with a long back and a soft front knee, hands on blocks.

TRY IT

Stay for about 30 seconds on each side. Breathe evenly, pressing through both feet.

yogaphilippines.com/poses/pyramid-pose/

Not medical advice



CATERPILLAR POSE

Let the back round, rest the hands, stay soft.

Fold from the hips and let the spine round softly, resting the hands instead of reaching for the feet.

TRY IT

Stay for about 180 seconds. Let the belly and neck soften on each breath out.

yogaphilippines.com/poses/caterpillar-pose-yin/

Not medical advice



WIDE SQUAT POSE

Utkata Konasana

Knees track the toes, shoulders over hips.

Bend the knees toward the second toes and stack the shoulders over the hips with the tailbone pointing down.

TRY IT

Stay for about 25 seconds. Breathe steadily and come out before shaking turns into strain.

yogaphilippines.com/poses/wide-squat-pose/

Not medical advice



HERO POSE

Virasana

Sit on a block, feet point straight back.

Point each foot straight back and add height under the hips the moment the knees ache.

TRY IT

Stay for about 60 seconds. Sit tall and breathe slowly.

yogaphilippines.com/poses/hero-pose/

Not medical advice



FLAMINGO POSE

Soft standing knee, hips level, gaze still.

Keep both hip points facing forward and, if steady, extend the leg forward holding the toe or a strap.

TRY IT

Stay for about 20 seconds on each side. Breathe slowly with the gaze resting on one still point.

yogaphilippines.com/poses/flamingo-pose/

Not medical advice



WIDE LEGGED FORWARD BEND

Prasarita Padottanasana

Long back, hands under shoulders, rise slowly.

Hinge from the hips with a long back and bring the hands to the floor or blocks under the shoulders.

TRY IT

Stay for about 40 seconds. Breathe slowly with the weight a little forward in the feet.

yogaphilippines.com/poses/wide-legged-forward-bend/

Not medical advice



SUPPORTED CHILD'S POSE

Salamba Balasana

Bolster close in, cheek down, let go.

Lay the belly, chest and head along the bolster and turn the cheek to one side.

TRY IT

Stay for about 300 seconds. Let the breath slow and turn the head the other way halfway through.

yogaphilippines.com/poses/supported-childs-pose/

Not medical advice



DRAGON POSE

Shin upright, hips heavy, muscles soft.

Slide the back knee back until the front of the hip opens, with the front shin roughly upright and the hands on blocks.

TRY IT

Stay for about 120 seconds on each side. Let the legs and belly rest and breathe slowly; lift the hips a little if the stretch grows too strong.

yogaphilippines.com/poses/dragon-pose-yin/

Not medical advice



FISH POSE

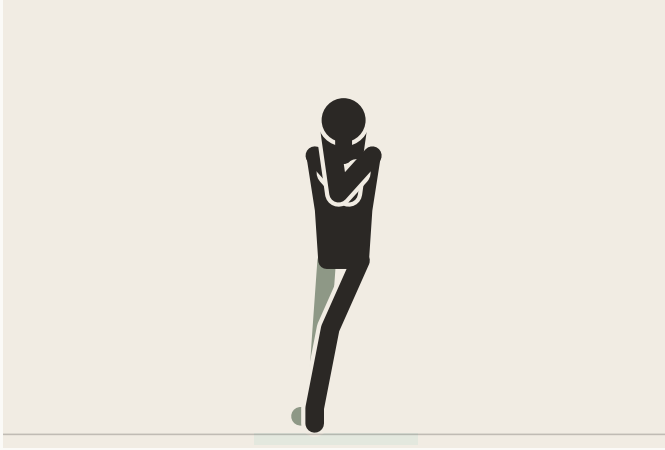
Matsyasana

Chest lifts from the forearms, no weight on the head.

Press into the forearms to lift the chest, keeping almost no weight on the head, or keep the head lifted with the chin tucked.

yogaphilippines.com/poses/fish-pose/

Not medical advice



EAGLE POSE

Garudasana

Sit low, wrap gently, elbows lift.

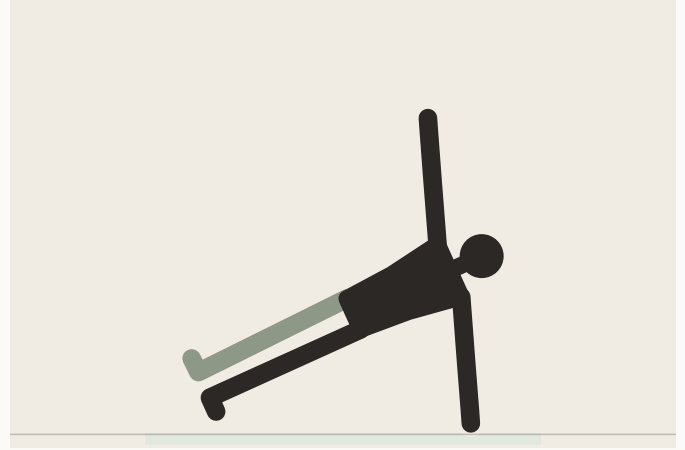
Rest the right toes on the floor or hook them behind the calf without twisting the knee, and lift the crossed elbows to shoulder height.

TRY IT

Stay for about 20 seconds on each side. Breathe slowly and sit a little lower on each exhale.

yogaphilippines.com/poses/eagle-pose/

Not medical advice



SIDE PLANK

Vasisthasana

Press the floor away, hips lifted in one line.

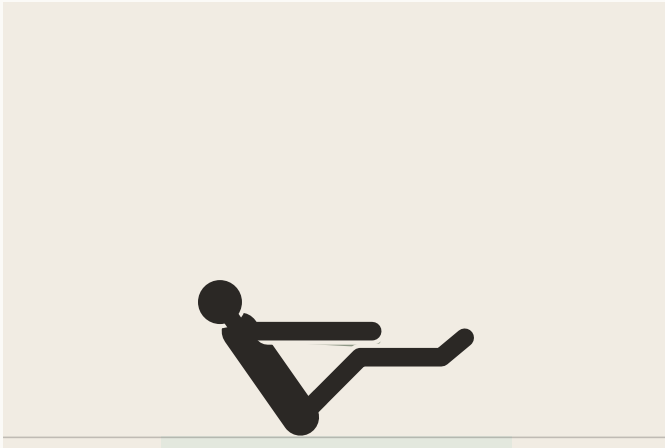
Press the floor away so the shoulder lifts out of the wrist, and lift the hips into one line.

TRY IT

Stay for about 15 seconds on each side. Breathe steadily with the gaze forward or up.

yogaphilippines.com/poses/side-plank/

Not medical advice



BOAT POSE

Navasana

Long spine, shins level, keep breathing.

Lift the shins level with the floor and keep the spine long instead of rolling onto the tailbone.

TRY IT

Stay for about 20 seconds. Keep the breath steady and the belly firm without gripping.

yogaphilippines.com/poses/boat-pose/

Not medical advice



HALF MOON POSE

Ardha Chandrasana

Hips stacked, lifted foot flexed, block under the hand.

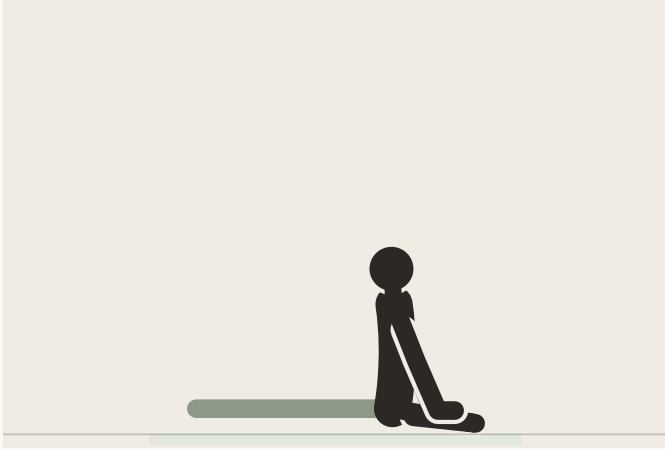
Lift the back leg level with the hip, stack the top hip over the bottom one and keep the standing knee unlocked.

TRY IT

Stay for about 20 seconds on each side. Breathe slowly and turn the chest toward the long edge of the mat.

yogaphilippines.com/poses/half-moon-pose/

Not medical advice



PIGEON POSE

Eka Pada Rajakapotasana

Hips level with support, front knee comfortable.

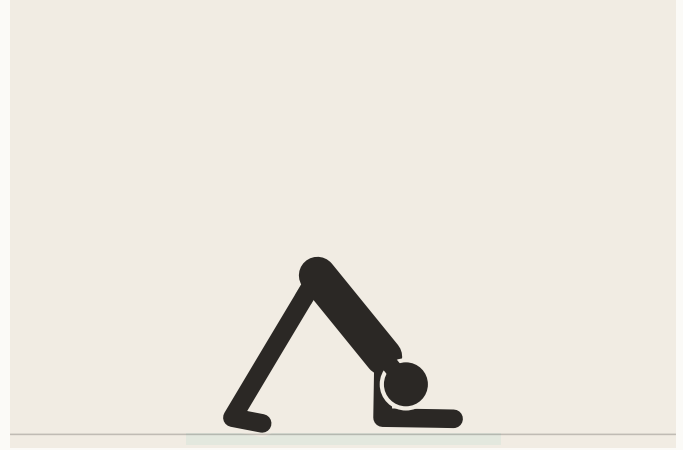
Level the hips with a block or blanket under the front hip so the front knee feels nothing.

TRY IT

Stay for about 60 seconds on each side. Breathe slowly and lower to the forearms only if the knee is comfortable.

yogaphilippines.com/poses/pigeon-pose/

Not medical advice



DOLPHIN POSE

Ardha Pincha Mayurasana

Forearms press, shoulders lift, head free.

Lift the hips up and back with the knees bent, pressing the forearms down so the shoulders lift away from the floor.

TRY IT

Stay for about 25 seconds. Breathe evenly and let the head hang without resting on the floor.

yogaphilippines.com/poses/dolphin-pose/

Not medical advice



REVOLVED HEAD TO KNEE POSE

Parivrtta Janu Sirsasana

Side bend over the leg, chest turns up.

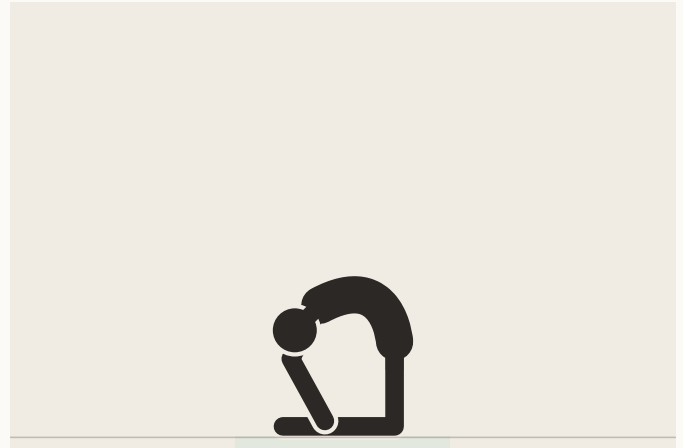
Lean to the left over the straight leg with the forearm on a block, and turn the chest up toward the ceiling.

TRY IT

Stay for about 30 seconds on each side. Breathe into the right side of the ribs, keeping both sit bones down.

yogaphilippines.com/poses/revolved-head-to-knee/

Not medical advice



CAMEL POSE

Ustrasana

Chest lifts first, hips stay over the knees.

Lift the breastbone first, then lean back only as far as feels controlled, keeping the hips over the knees.

TRY IT

Stay for about 15 seconds. Breathe into the front of the chest and keep the breath even.

yogaphilippines.com/poses/camel-pose/

Not medical advice



DANCER POSE

Natarajasana

Foot presses back, chest tips forward, hips level.

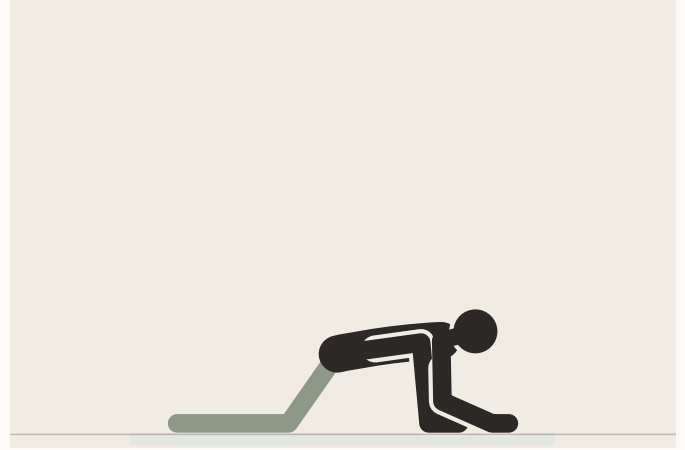
Keep the knees close and the hips level as the foot presses back into the hand and the chest tips forward.

TRY IT

Stay for about 20 seconds on each side. Breathe slowly with the gaze on one still point.

yogaphilippines.com/poses/dancer-pose/

Not medical advice



LIZARD POSE

Utthan Pristhasana

Front knee follows the toes, chest long.

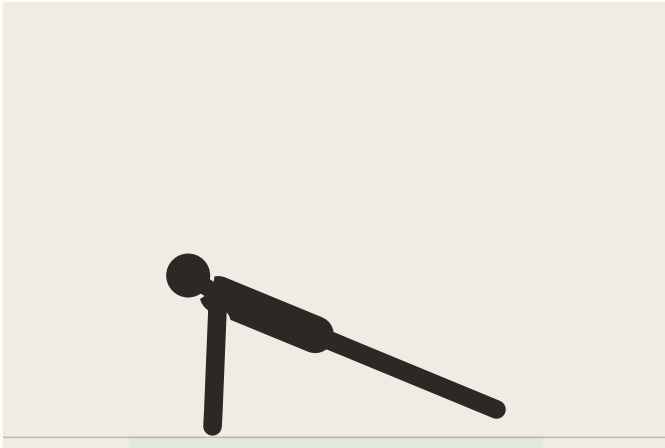
Keep the front knee over or just behind the ankle, pointing the same way as the toes, with the hands on blocks.

TRY IT

Stay for about 40 seconds on each side. Breathe into the hips and let them ease forward and down.

yogaphilippines.com/poses/lizard-pose/

Not medical advice



REVERSE PLANK

Purvottanasana

Hips lift, chest broad, chin tucked.

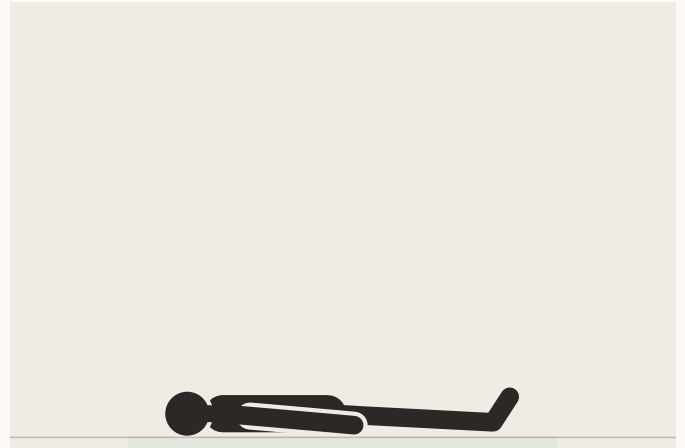
Press through the heels to lift the hips until one line runs from the shoulders to the ankles, chin gently tucked.

TRY IT

Stay for about 15 seconds. Keep breathing as you press the floor away.

yogaphilippines.com/poses/reverse-plank/

Not medical advice



CORPSE POSE

Savasana

Let everything rest.

Rest the arms away from the sides with the palms up, with a blanket under the head if the chin lifts.

TRY IT

Stay for about 300 seconds. Let the breath return to its own rhythm.

yogaphilippines.com/poses/savasana-corpse-pose/

Not medical advice