

# YOGA POSES FOR BEGINNERS

Yoga may reduce stress levels, lower heart rate, and lower blood pressure. It does not replace treatment recommended by your doctor. To see if it helps, here are a few poses to try. Only do what is comfortable.



## BASIC MOUNTAIN POSE

Stand straight with feet hip-width apart, arms at sides. Inhale while gently lifting your arms. Exhale, gently releasing arms and pressing feet into the ground. Feel steady and still like a mountain.



## BASIC STAR POSE

Stand with feet apart. Gently raise arms out to your sides, then up slightly, like a star. Inhale while stretching outward. Exhale. Hold your position for a few breaths.



## BASIC TREE POSE

Stand with feet together. Gently lift one foot, resting it on your ankle, calf, or thigh (whatever feels best). Inhale, lifting your arms over your head like branches. Exhale. Hold the position for a few breaths, then switch feet.



## BASIC FROG POSE

Stand with feet apart. Gently squat down with knees apart. Touch your hands to the ground. Straighten your back. Hold this position for a few breaths.



## BASIC BUTTERFLY POSE

Sit on your buttocks, spine straight. Bring the soles of your feet together. Rest hands on your ankles. Gently move your legs, like flapping wings of a butterfly.



Depression and Bipolar  
Support Alliance  
West Virginia  
State Organization

## WE'VE BEEN THERE. WE CAN HELP.

Brought to you by the Depression and Bipolar Support Alliance of WV.  
For mood disorder support groups, visit [DBSAWV.org](http://DBSAWV.org) or call 304-241-1862

