

“Yoga For Beginners Tutorial”

#Just 2 Steps 2
learn Most
Important Yoga
Poses!



3. Hand To Foot Pose

How to Do

- Inhale and take the transition from the raised arm pose.
- Exhale and slowly bend forward and try to you achieve the posture, as shown in the picture.
- Achieve the bending from the crease of the hips and legs joint.
- No need to push yourself too hard and it's ok to bend your knees.
- May feel some tension in the hamstrings.
- You can use a support under your head, Stay there for four set of "inhale and exhale".



4. Downward-Facing Dog Pose

How to Do

- Now you have to take the transition from the raised arm pose.
- To pose as shown in the picture, place both of your hands firmly on the ground.
- Place your feet two steps away from your hands.
- You have to convert your body into an inverted 'V' shape.
- Push the floor below your foot and then below the hands.
- Feel the tension while stretching your hips upward.
- Stay there for four set of "inhale and exhale".

