

“Yoga For Beginners Tutorial”

#Just 2 Steps 2
learn Most
Important Yoga
Poses!





1. Prayer Pose

How to Do

- Stand upright on your mat with your both feet closely aligned.
- Inhale deeply; expand your chest while keeping your shoulders relaxed.
- Raise your arms while inhaling.
- Bring your palms together, in front of your chest as you do for “Namaste”, and exhale.
- Stay in the pose for five breaths.





2. Raised Hand Pose

How to Do

From the previous Prayer Pose-

- Lift your arms up while inhaling and head backwards slightly.

- Your arms should lie close to your ears.

- Stay in the pose for five breaths.

