

HOMERECED

a navigational guide to everyday recreation

Presented by the Golden Valley Parks & Recreation Department

SIMPLE YOGA

Instructions

1. Flower Pose

Sit with your knees bent and press the soles of your feet together. Tuck your arms under your legs, palms up, and lift your legs, balancing on your buttocks.



2. Child's Pose

Kneel, sit back on your heels, and rest your forehead on the floor.



3. Tree Pose

Stand on one leg, then bend the opposite knee and place the sole of that foot against the inner thigh of your standing leg. Raise your arms above up and press your palms together. Switch legs and repeat.



4. Squat Pose

Squat with your knees apart, arms resting between your knees, and your palms together.



5. Butterfly Pose

Sit with your bent knees and press the soles of your feet together. Slowly lean forward.



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