

SIMPLE CONNECTIONS

stronger families

Tree Pose (Vrksasana)

Top10
Home Remedies



1

Stand up straight and tall, then shift your weight to your left foot and lift your right foot with both your hands.



2

Place your right foot above or below your left knee. Bring your hands together in salutation seal near your heart. Hold this pose for 5 to 8 breaths.



3

Slowly raise your arms over your head and look up toward your hands.



4

Take a few deep breaths, then return your hands to your heart and lower your right leg. Next, do the Tree Pose on the other leg.

Chair Pose (Utkatasana)

Top10
Home Remedies



1

Stand in Mountain Pose with your feet slightly apart.



2

Exhale and bend your knees as if you were sitting in a chair.



3

Extend your arms above your head, with your palms facing each other. Hold this pose for 30 seconds.

4

Inhale, straighten your legs and stand up straight. Exhale and lower your arms to your sides.



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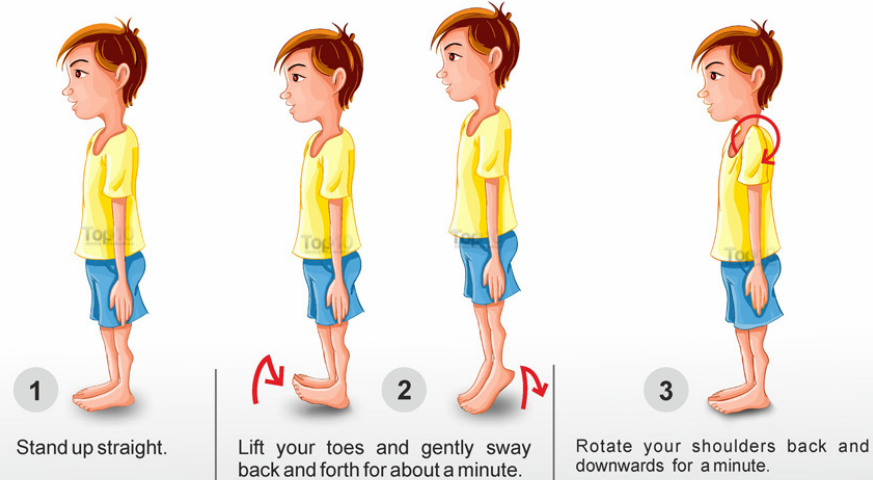
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SIMPLE CONNECTIONS

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Mountain Pose (Tadasana)



1
Stand up straight.

2
Lift your toes and gently sway back and forth for about a minute.

3
Rotate your shoulders back and downwards for a minute.

Child's Pose (Balasana)



1
Kneel down on the floor with your big toes touching together.

2
Sit back on your heels, and keep your knees hip-width apart.

3
Exhale and bring your chest to rest on top of your thighs. Stretch your arms out in front of you. Relax and breathe deeply, holding this pose for 1 to 5 minutes.



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