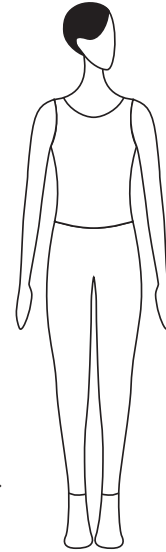


Mountain Pose

Mountain pose is a simple standing pose with the feet together and the body tall and strong, standing vertically upright. It is the starting pose for all other standing postures in yoga and can also be practiced on its own. It is considered to be the most basic posture of all yoga postures.

Although it is a relatively simple pose, it can help improve balance and stability as well as build strength.



Child's Pose



Child's pose is a resting pose in which the practitioner begins by sitting back on the heels with the knees hip-width apart and the palms on the thighs. The torso is then lowered toward the thighs while the arms stretch overhead and the forehead and palms rest on the floor. Finally, the arms are brought back to the sides, palms facing up. The practitioner should relax the shoulders and neck and breathe through the nostrils while holding the pose for one to two minutes or as long as it is comfortable.

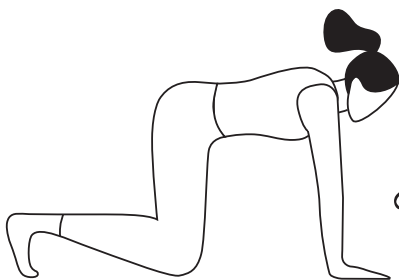


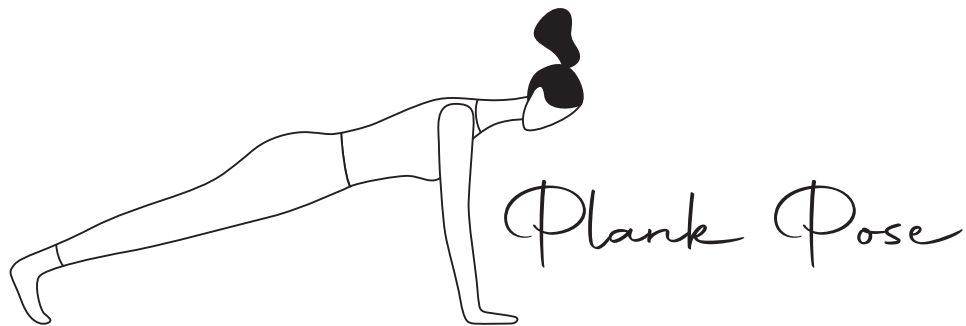
Table Pose

Table pose is a beginner's yoga pose and a restorative posture. It can help relax the spine and open the chest to help the practitioner breathe more deeply. The practitioner kneels on all fours. The knees are aligned under the hips, and the hands under the shoulders. The back stays flat, with the head and neck aligned with the spine.



Downward-facing dog pose is a resting inversion pose that builds upper body strength and increases flexibility.

In this pose, the body forms an inverted "V" with the feet and hands pressing into the ground and the hips pushing to the sky. Beginners who lack the flexibility to perform the full pose may use yoga blocks or a folding chair to support their hands.



Plank pose is a strengthening and balancing pose that prepares the arms and core body for more advanced arm-balancing postures.

Begin with the hands and knees on the mat, or table top pose. Align the wrists under the shoulders so that the arms are in a straight line from the shoulders down. Step the feet back toward the end of the mat. With the arms and feet strong, the body should be in a straight line from the crown of the head through the heels.

SOURCES

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