

Yoga

COBRA POSE

[bhujangasana]

• Head, neck, and shoulders are lifted
 • Neck is straight, not arched
 • Head is lifted, not tilted back
 • Neck is straight, not arched
 • Head is lifted, not tilted back
 • Neck is straight, not arched
 • Head is lifted, not tilted back

Cobra Pose

How To Do

PIGEON POSE

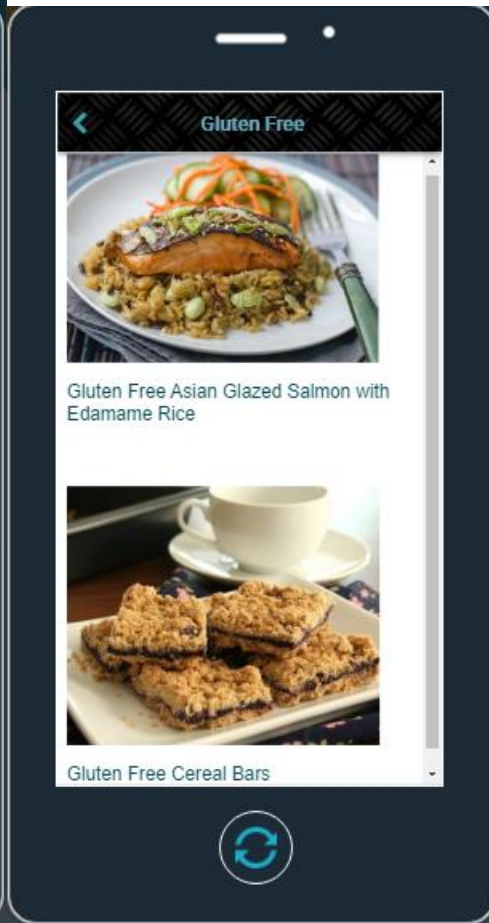
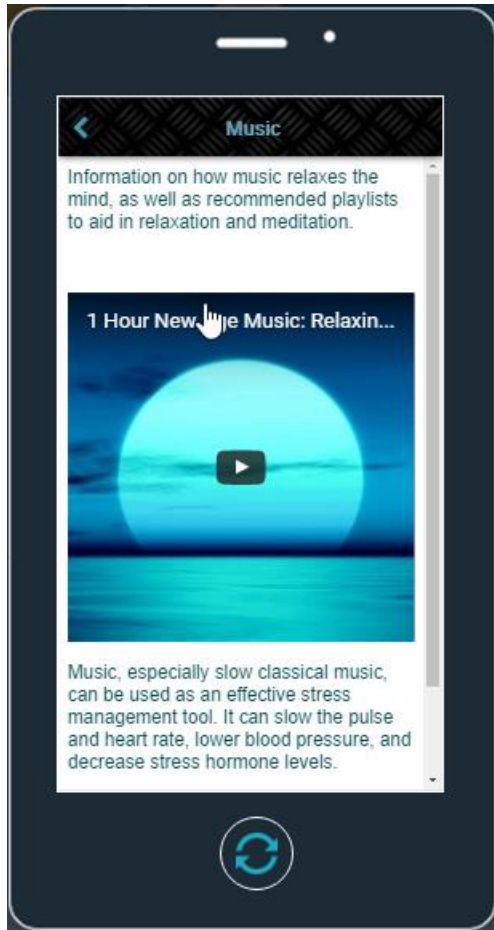
• Front knee directly in line with hip
 • Back foot extends straight out in line with the hip
 • NOT need to be parallel to front of mat
 • Hips square to front of mat
 • Lengthen inner thighs away from each other
 • Shoulders relax away from ears
 • Relax completely
 • Find comfortable position for arms to rest
 • *Look through front foot
 • *Back foot extends straight out in line with the hip
 • *Hips square to front of mat
 • *Lengthen inner thighs away from each other
 • *Shoulders relax away from ears
 • *Relax completely
 • *Find comfortable position for arms to rest

Pigeon Pose


Relaxation

Relaxation


- Breathing Exercises >
- Music >




Vegan




Vegan Pasta Salad




Vegan Spaghetti with Quinoa Meatballs



Nut Free



Nut Free Fudge Brown



Nut Free Hummus Toast

