
5 Yoga Poses To Make You Feel Fantastic in 15 Minutes

Brought To You By:
Early to Rise



PUBLISHED BY:

Early to Rise Publishing, LLC.
14405 W Colfax Ave
Suite 309
Lakewood, CO 80401

Copyright 2015

Early to Rise Publishing, LLC. All Rights Reserved.

May be shared with copyright and credit left intact.

EarlyToRise.com



ABOUT EARLY TO RISE

EarlyToRise.com is a community where people who pursue health, wealth and a life well lived come to get ideas on:

[Building Wealth](#)

[Online Entrepreneurship](#)

[Getting Your Perfect Shape](#)

[Nutrition & Diet Tips](#)

[Self-Improvement](#)

NOTE: If you're new to ETR, you can click one of the links above for free and instant access to our most recent and popular articles and case studies on the subject that interests you most: Health, Wealth, Self-Improvement, or something else.

If you like what you see, you can subscribe to our ETR Newsletter for more.

The 5 Poses



DOWNWARD DOG

A person is performing a downward dog yoga pose (Adho mukha svanasana) in a bright, minimalist room. The person is positioned in the center of the frame, with their hands on the floor and feet on the floor, forming an inverted V-shape. They are wearing a light blue tank top and black leggings. The room has light-colored walls and a wooden floor. Large windows in the background let in bright natural light, creating a warm and airy atmosphere. The person's head is tucked down, and their arms are extended forward, with their hands flat on the floor. Their legs are straight, and their feet are pointed towards the floor.

Sanskrit: Adho mukha svanasana

Benefits: Encourages full-body circulation; a great stretch for calves and heels

DOWNWARD DOG

1. The preparatory position is with the hands and knees on the floor, hands under the shoulders, fingers spread wide, knees under the hips and typically about seven inches (17 cm) apart, with the spine straightened and relaxed.
2. On a deep exhale, the hips are pushed toward the ceiling, the body forming an inverted V-shape. The back is straight with the front ribs tucked in. The legs are straight with the heels reaching to the floor. The hands are open like starfish, keeping the forefinger and thumb pressing down on the floor/mat. The arms are straight, with the inner elbows turning towards the ceiling. If one has the tendency to hyper extend elbows, keeping a microbend to the elbows prevents taking the weight in the joints.
3. Turning the elbows up towards the ceiling will engage the triceps and build strength. The shoulders are wide and relaxed.
4. Line up the ears with the inner arms which keeps the neck lengthened.
5. The hands are shoulder width apart and feet remain hip-width apart.
6. If the hamstrings are very strong or tight, the knees are bent to allow the spine to lengthen fully.
7. The navel is drawn in towards the spine, keeping the core engaged.
8. The hips move up and back. Focus is on the breath while holding the asana, with deep, steady inhalation and exhalation creating a flow of energy through the body.
9. On an exhale, the practitioner releases onto the hands and knees and rests in balasana.

WARRIOR II



Sanskrit: Virabhadrasana I

Benefits: Strengthens and stretches your legs and ankles

WARRIOR II

1. Starting from an upright standing position with hands on your side (Tāḍāsana).
2. The arms are stretched up, palm touching.
3. Inhaling spread the legs sideways by jumping or stepping, creating a gap of 2/3 body height.
4. Exhaling turn the trunk facing to the left while rotating the left foot 90° so it faces forward and the right foot so it points slightly to the right
5. Bend the left knee till the thigh is parallel to the floor, avoid extending the bent knee past the ankle and keeping the other leg straight.
6. Stretch the right leg, with the knee locked.
7. The head, chest, left knee and left foot should be aligned facing forward.
8. The head should be horizontal with the gaze on the second finger of the left hand.
9. Hold the asana from one to four breaths.
10. Return to Step 4 repeat on the other side.
11. Finally exhale and jump into Step 1 (Tāḍāsana).

TRIANGLE



Sanskrit: Trikonasana

Benefits: full body stretch; strengthens thighs, knees, and ankles; relieves backache

TRIANGLE

1. The Triangle Pose (Trikonasana) is usually performed in two parts, facing left, and then facing right.
2. The practitioner begins standing with the feet one leg-length apart, knees unbent, turns the right foot completely to the outside and the left foot less than 45 degrees to the inside, keeping the heels in line with the hips.
3. The arms are spread out to the sides, parallel to the ground, palms facing down; the trunk is extended as far as is comfortable to the right, while the arms remain parallel to the floor.
4. Once the trunk is fully extended to the right, the right arm is dropped so that the right hand reaches the shin (or a block or on the floor) to the front (left side) of the right foot, with the palm down if flexed.
5. The left arm is extended vertically, and the spine and trunk are gently twisted counterclockwise (i.e., upwards to the left, since they're roughly parallel to the floor), using the extended arms as a lever, while the spine remains parallel to the ground.
6. The arms are stretched away from one another, and the head is often turned to gaze at the left thumb, slightly intensifying the spinal twist. Returning to standing, the bend is then repeated to the left.

WARRIOR III



Sanskrit: Virabhadrasana III

Benefits: Tones the leg muscles, improves posture, improves agility

WARRIOR III

1. Starting from an upright standing position with hands on your side (Tāḍāsana).
2. The arms are stretched up, palm touching.
3. Inhaling spread the legs sideways by jumping or stepping, creating a gap of 2/3 body height.
4. Exhaling turn the trunk facing to the left while rotating the left foot 90° so it faces forward and the right foot so it points slightly to the right
5. Bend the left knee till the thigh is parallel to the floor, avoid extending the bent knee past the ankle and keeping the other leg straight.
6. Stretch the right leg, with the knee locked.
7. The head, chest, left knee and left foot should be aligned facing forward.
8. The head should be bent back and up with the eyes facing the hands.
9. Hold the asana from one to four breaths.
10. Return to Step 4 repeat on the other side.

UPWARD DOG



Sanskrit: Urdhva mukha svanasana

Benefits: Stretches and strengthens the spine, arms, and wrists

UPWARD FACING DOG

1. Lie facedown on the floor with your thumbs under shoulders, legs extended with the tops of your feet on the floor.
2. Tuck your hips downward as you squeeze your glutes.
3. Keeping your shoulders down, push up and lift your chest off the ground.
4. Relax and repeat.