

Yoga for Women: Exercises

WARRIOR III POSE: Start in the Mountain Pose with the heels slightly apart, big toes touching, legs straight, chest lifted, pelvis in a neutral position. Placing hands on hips, step back with your right foot so just your right toes touch the floor, all of your body weight on your left foot.

Keep your right leg extended in a straight line as you start to lean forward from your hips. Balance the length of your body, from your right heel to your fingertips, over your left leg until your torso is parallel to the floor. Keep your weight evenly distributed through inner and outer heel, with hips level. Begin with 5 breath cycles and progress to 15.

Lift your torso up and return to the Mountain Pose; repeat on the other side.

PLANK POSE, SIDE-PLANK POSE

Begin on your hands and knees, hands directly under shoulders, knees under hips. Move feet back until the legs are straight and you're balancing on your toes, feet together. Keep the shoulders pulled back and down, arms straight. This is the Plank Pose.

Squeezing the ankles together, roll onto the outer edge of the left foot, keeping feet stacked, legs straight. Lift the right hand toward ceiling then look up at it. Let your abs support your body without clamping and crunching. Then lower right hand to floor, rolling down toward the right, and return to the Plank Pose. Repeat on other side. Hold each pose for 5 breath cycles.