

Seated Eagle Pose

Upavishta Garudasana

This Cross-Lateral pose is perfect for those who work in an office setting or spend a lot of time sitting down because it helps with shoulder pronation (hunched shoulders). This pose benefits both body and mind, and promotes communication between both hemispheres of the brain.



Archer Pose

Archana Dhanursana

This all-in-one pose tightens abdominal muscles and strengthens the lower back while improving strength, flexibility and balance. This pose will develop the thighs + calves, add flexibility to the spine, and improve arm strength.

Rabbit Pose

Sasangasana

We often stretch the upper and lower back, but the middle of our spine is notoriously hard to tend to. This pose targets the middle of the back while stimulating the endocrine and lymphatic systems. It gently stretches each vertebrae of the spine.



For a demonstration of these poses and more, check out our free yoga webinar here:

www.MyHolosync.com/YogaWebinar