

GET YOGA!

By Yoga Center of Chico

This month, our friends at Yoga Center of Chico bring you this beginning yoga practice that will only take a few minutes out of your day. With this practice, they encourage you to enjoy your experience and to not push yourself too hard.

CONNECT

YOGA CENTER OF CHICO IS LOCATED AT 250 VALLOMBROSA, SUITE 150. TO LEARN MORE ABOUT THIS PRACTICE AND CLASSES OFFERED, VISIT YOGACENTEROFCHICO.COM OR CALL 530-342-0100.



1. Simple forward bend with a straight back.
Engage the thigh muscles and lift the sternum. Soften the face.



2. Triangle Pose
Extend to the side and place the hand on the shin or a support and pretend your back is to a wall.



3. Warrior II Pose
Bend your knee over the foot and look out over the arm. Imagine your back is to a wall.



4. Pelvis Lift
Lift the pelvis up and if you don't have a block, just come down and repeat.

5. Relax
Place a blanket under the pelvis and relax.

PHOTOS BY FRANK REBELO