

AT-HOME Yoga Poses

PHOTOS BY TIM COFIELD

Important Note: As these are challenging postures, seek professional instruction from a Certified Yoga Alliance teacher if you are not sure about trying them at home.

SEATED STRADDLE

"Upavistha Konasana" (oo-pah-VEESH-tah cone-AHS-anna)

- 1 From a basic seated pose with your legs outstretched straight in front, lean your torso back slightly on your hands and open your legs to an angle of about 90 degrees.
- 2 Press your hands against the floor and slide your buttocks forward, widening the legs another 10 to 20 degrees.
- 3 Rotate your thighs outwards so that the kneecap points straight up at the ceiling. Reach out through your heels and stretch your soles.
- 4 Walk your hands forwards between your legs. Keep them long, maintaining the length of the front torso. Then with each exhalation, increase the forward bend until you feel a comfortable stretch in the backs of your legs. Stay in the pose 1 minute or longer.



Level: beginner-friendly

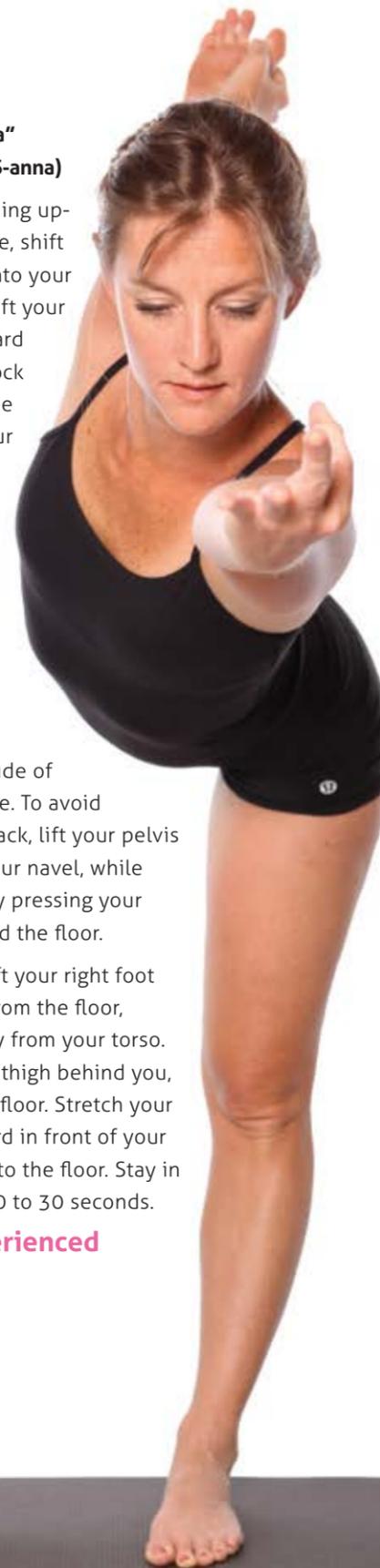
Calling all yogis! Local yoga instructor **Jessica Jollie** of Yoga Landing shared some of her top moves with us. Here are three poses to try at home—from the beginner-friendly, to the advanced.

DANCER

"Natarajansana" (not-ah-raj-AHS-anna)

- 1 From standing upright, inhale, shift your weight onto your left foot, and lift your right heel toward your right buttock as you bend the knee. Keep your left leg standing straight and strong.
- 2 Keeping your torso relatively upright, reach back with your right hand and grasp the outside of your right ankle. To avoid hurting your back, lift your pelvis area toward your navel, while simultaneously pressing your tailbone toward the floor.
- 3 Begin to lift your right foot up, away from the floor, and back, away from your torso. Extend the lift thigh behind you, parallel to the floor. Stretch your left arm forward in front of your torso, parallel to the floor. Stay in the pose for 20 to 30 seconds.

Level: experienced students

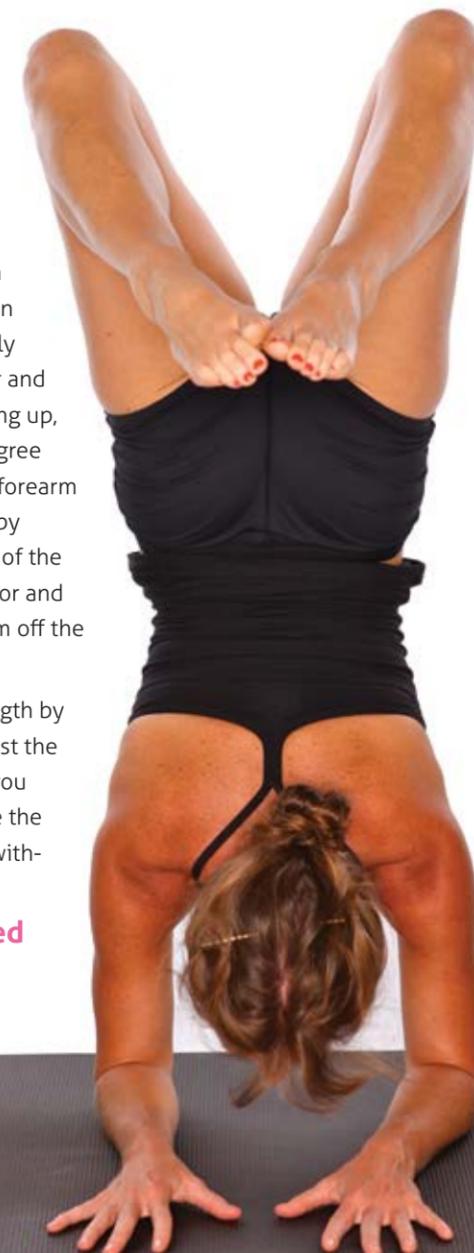


SCORPION

"Pincha Mayurasana" (pin-cha my-your-AHS-anna)

- 1 From your hands and knees, face a wall and place your forearms on the floor. Your forearms should remain parallel to each other and shoulder-width apart.
- 2 Keep your shoulders in a vertical line directly above the elbows, draw the shoulder blades onto your back, and straighten your legs. You will be in a shortened Downward-Facing Dog with your forearms on the ground.
- 3 While pressing down into the elbows and the forearms, draw your upper back in toward the chest and slowly walk your feet toward your hands until you get a vertical lift from the elbows all the way up through the shoulders, ribs and waist.
- 4 If you have the flexibility in the upper back and the armpits can yawn and open, then bring one leg slightly in front of the other and kick up. While kicking up, maintain the 90-degree angle between the forearm and the upper arm by pressing the center of the forearm into the floor and lifting the upper arm off the forearm.
- 5 Build your strength by practicing against the wall for as long as you need until you have the strength to hold it without support.

Level: advanced students



For a comprehensive guide to yoga poses, visit yogajournal.com.