



Deeply Rooted Wellness + Yoga

101 Series

Basic Postures



Guide Book

Learn the Basics...

Establishing a solid understanding of yoga's foundational asanas (or postures) is the key to a healthy, long-lasting practice.

In this guide book, you will learn 9 essential postures. A few common alignment cues are given for each posture, accompanied by an image. These cues will get you started. There are many more cues that you will learn along your journey.

Don't worry about learning all of the cues for all of the postures at once! It can be helpful to learn two or three cues at a time and then slowly expand your knowledge.

...Then Dive Deeper!

Your Deeply Rooted Wellness + Yoga wellness advocate or yoga teacher is available to answer any questions that you may have!

Your teacher can also offer additional cues to deepen your practice once you have learned the basics.

For more information, call 678.631.7808. You may also email your teacher directly or contact info@deeplyrootedwellness.com.





MOUNTAIN POSE

- Stand with feet parallel to long edge of mat, with big toes touching or feet hips' distance apart
- Place weight evenly in feet
- Engage quadriceps by lifting the kneecaps
- Neutral pelvis: relax tailbone down and lift public bone upward
- Slightly engage abdominal muscles
- Gently draw shoulders together and relax them away from the ears



PLANK

- Hands shoulders' distance apart, feet hips' distance apart
- Lower knees to mat if needed as you build strength
- Create a single line from ears to shoulders, hips, knees, and ankles
- Press into hands to round the upper back, creating space between shoulder blades
- Draw navel towards the spine and contract muscles near lower ribs to engage entire abdomen



CHATARUNGA

- Begin from plank
- Shift weight slightly forward so that the shoulders temporarily extend beyond the wrists
- Bend elbows back towards heels, creating 90 degree bend in elbows with forearms perpendicular to mat
- Squeeze upper arms in towards the body
- Pause when triceps align with the shoulders and upper back
- Gaze forward





Warrior 2

- Back foot parallel with short edge of mat
- Align heel of front foot with arch of back foot
- Front knee bends 90 degrees and stacks over the ankle
- Align bent knee with center toes
- Hips and shoulders face the long edge of mat
- Neutral pelvis: relax tailbone down and slightly lift public bone up
- Arms parallel to ground with hands in line with shoulders, palms down



Extended Side Angle

- Begin in Warrior 2
- Laterally hinge at the hip, resting front forearm onto front thigh just above the knee
- Extend top hand towards the ceiling or towards the front edge of the mat
- Create a line from fingertips of extended hand all the way to the ankle of the back foot
- Draw lower belly in
- Neutral pelvis



Triangle

- From Warrior 2
- Straighten both legs
- Hinge laterally at the hips, directing the back hip towards the back of the mat
- Let front hand rest onto thigh, shin, the floor, or a yoga block at the inside of the front foot
- Opposite hand reaches towards the ceiling
- Aim to stack shoulders, gentle draw shoulder blades together





Downward-Facing Dog

- Feet hips' distance apart and hands shoulders' distance apart
- Spread fingers and press into the mounds at the base of the fingers, as well as the finger tips
- Anterior tilt of pelvis, minimize rounding in lumbar spine (bend knees if needed)
- Lengthen legs to capacity and let heels reach towards the ground
- Draw lower belly in and up
- Traction the feet towards the hands



High Lunge

- Wide stance with both feet facing forward
- Front knee bends 90 degrees, knee stacks over ankle
- Front thigh runs parallel to the floor
- Lift back heel, stacking it on top of the ball of the foot
- Neutral pelvis: tailbone descends, pubic bone lifts slightly
- Lower belly lifts in and up
- Arms lift, palms face inward



Seated Forward Fold

- Sit with feet touching or hips' distance apart
- Lift kneecaps to engage quadriceps
- Anterior tilt of pelvis, lowering pubic bone towards mat
- Draw shoulderblades down the back and slightly towards each other
- Hinge at hips to fold, lead with your chest
- Minimize curve in lumbar spine unless your ribs touch your thighs. When contact is made, allow the back to round as you bring nose towards shins

