

Park Yoga

4 easy yoga poses inspired by nature to help you feel great
Do them at home, in the garden, or in a park - alone or with friends!
Only ever do what feels comfortable for you.

Tree Pose



Stand on one leg with the other leg bent up to rest on your inner thigh. Press your hands together in front of your chest.

Butterfly Pose



Sit cross-legged on the ground. Hold your arms out to your sides. Lift your arms up and down like the wings of a butterfly.

Frog Pose



Crouch down with your hands between your legs.

Downward Dog



Start on your hands and knees. Slowly raise your lower body up to straighten your legs.