

TREE POSE

»»» TOMAS TATAR
#90

- Stand up straight. Put your right foot firmly on the floor. Bend your left knee and place the sole of your left foot on your inner thigh, and balance. Bring your palms together at chest level. Repeat on the other foot.



**YOGA WITH THE CANADIENS
SERIES #3**



TREE POSE EXTENDED ARMS



Stand up straight. Put your right foot firmly on the floor. Bend your left knee and place the sole of your left foot on your inner thigh, and balance. Raise your arms up and clasp them together over your head. Repeat on the other foot.

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MOUNTAIN POSE II

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- Stand tall with legs hip-width apart, feet facing forward. Look straight and reach your arms out to the side. Stretch through your whole body.

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WARRIOR POSE II

From standing position, step your right foot back. Keep your hips and torso facing forwards. Bend your left knee trying to reach a 90-degree angle. Keep your right leg straight and firm. Raise your arms over your head, palms together. Look straight. Repeat on the other side.

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WARRIOR POSE ON ONE LEG

Stand on your left leg. Extend the right leg behind you. Bend your torso forward and take your arms out in front of you. Try to keep your arms, back and right leg in one line. Look down. Repeat on the other leg.



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TATAR #90

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