

About Bendigirl Yoga

You know all about yoga, but you never thought about doing it. Not because it looks hard, but because it just looks really, really boring - and when you're not in school, the last thing you want is to be really, really bored. But it doesn't have to be that way. Yoga can be a total blast, and a great way to be healthy. That's what Bendigirl Yoga is all about. This isn't gym class. It's not a lecture either. It's a party.

A Few Yoga Poses You Can Practice



Tree Pose

Tree Pose

Stand with feet together and lift your right leg up placing the foot on the inner right thigh and turning the knee out to the side. Feel your left foot pressing into the floor as you squeeze your right foot into the thigh. Bring your hands in front of your heart and press the palms together. Find one spot to focus on to help you balance and try and hold for 3 to 5 full breaths. Repeat with the other leg. Tree will help ground you as you spread your branches and grow.

Eagle Pose

Stand with feet together and bend your knees take your right leg and cross it high over the top of the left thigh then slip the foot behind the left ankle if you can or just let it hang to the side. Take your left arm under your right arm and try and double wrap until your palms touch. Squeeze your hands together and your thighs and concentrate. This pose will help you focus and it will strengthen and stretch the arms and the legs. Do both sides for 3-5 breathe or more.



Eagle Pose



Dancing Shiva

Dancing Shiva

Start standing with feet together then bend your right knee back and catch the top of the right ankle. Lift your left arm out in front of you and start to tip forward slightly and you bow your right leg back. Bring your left thumb and forefinger to join and look up to the hand. This pose is a great way to stretch your chest and shoulders and work on your balance. You'll feel happy and rejuvenated after doing Dancing Shiva. Make sure you practice both sides and try and hold the pose for 3-5 breaths or longer as you get better.

If you like these poses and would like to learn about more, please visit <http://www.KristinMcGee.com>