



Yoga Poses for Beginners A Gentle Introduction to Your Practice

Start your yoga journey with [basic yoga poses for beginners](#) that can greatly increase your flexibility, strength, and mental clarity. Practicing these beginner yoga postures helps you deepen your practice. There are many yoga poses to learn easily, including warrior pose, child pose, tree pose, downward-facing pose, and mountain pose.

Yoga Poses for Beginners

Downward Facing Dog



This pose, often used as a connecting posture, offers a myriad of benefits that can improve your overall yoga practice.

Child's Pose

Shifting into Child's Pose allows you to gently stretch your back and shoulders while grounding yourself in a moment of restorative calm.



Seated Forward Bend

Seated Forward Bend is a wonderful yoga pose to improve your flexibility and calm your mind.



Mountain Pose

Mountain Pose, also known as Tadasana, is one of the foundational poses in yoga that helps you cultivate balance, alignment, and focus.



Warrior I



WARRIOR I

Stepping into Warrior I, or Virabhadrasana I, you'll discover a powerful stance that enhances leg strength, opens the chest, and invigorates the spirit.

Tree Pose

Tree Pose, known as Vrksasana, is an elegant balance posture that promotes stability, concentration, and a connection to your inner tranquility.



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