**Yoga ChallengeS from Miss Jones**

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| **1: Easy pose**  This is the simplest of all poses that anyone can try. It’s good for the back, thighs and hips and it stretches the knees and feet.  **E:\Yoga\IMG_2042.jpg** | **2: Tree pose**  The tree pose teaches us the grace of a tree, standing tall and maintaining balance.  **E:\Yoga\IMG_2039.jpg** |
| **3: Cobra pose**  The stretch can promote a sturdy back, abs, and strength. | **4: Bridge Pose**  This rejuvenating backbend gives a good stretch to the spine and thighs.  **E:\Yoga\IMG_2031.jpg** |
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| **5: Cat pose**  This pose relaxes and stretches the spine, neck and torso.  **E:\Yoga\IMG_7343.JPG** | **6: Butterfly pose**  A pose that makes us flutter like a graceful butterfly, this is believed to stretch the thighs, knees, and hips.  **E:\Yoga\IMG_2044.jpg** |
| **7: Downward-Facing Dog**  This pose will strength the arms and legs, increase flexibility and invigorates the body. | **8: Mountain pose**  This pose can be used as a cool down pose at the end. It improves posture, strengthens the thighs, legs, and ankles. It also firms the abdomen and hips and it can improve sleep.  E:\Yoga\IMG_7357.JPG |
| **9: Boat pose**  This balancing yoga pose helps to de-stress and feel rejuvenated. It strengthens the core, arm muscles, shoulders, and thighs.  E:\Yoga\IMG_2046.jpg | |