



Essential Yoga Poses For Beginners

***For information regarding how to open chakras during a particular yoga pose or why I've listed these particular chakras for each pose, please refer to the article [11 Easy Yoga Poses for Beginners: Best Asanas To Start Your Practice Now](#).*



TRIANGLE

Hold for 5–10 breaths each side



DOWNWARD FACING DOG

Hold for 5–10 breaths



CHAIR

Hold for 5–10 breaths



TREE

Hold for 5–10 breaths each side

back



CAT

Hold for 8–10 breaths

mind



CORPSE

Hold for 5–10 minutes

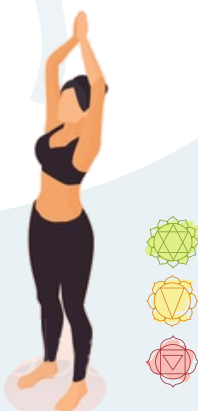
hips



BOUND ANGLE

Hold for 5–10 breaths

spine



MOUNTAIN

Hold for 5–10 breaths

back



COW

Hold for 8–10 breaths

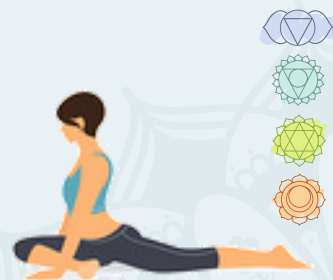
back



CHILD'S POSE

Hold for 5–10 breaths

hips



HALF PIGEON

Hold for 5–10 breaths each side

legs + hips



WARRIOR II

Hold for 5–10 breaths each side