



15 Minute Yoga Workout: The How-To Guide

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15 minutes is all you need to experience the many benefits of yoga in your day. With this guide, you will get a 15-minute practice that will improve your strength, posture, and mindset, anytime. Before work, on a break or winding down, this condensed practice will leave you feeling rejuvenated and balanced.

This guide will step you through the complete yoga experience, beginning with finding the right space. Then you'll be guided through a series of poses that can be carried out standing, inverted, supine, and sitting. Each of these postures explores a different part of the body. In just 15 minutes, you'll learn to safely execute:

- The Palm Tree Pose
- Warrior Pose
- The Plow
- The Cobra
- Downward Facing Dog
- Half Spinal Twist

...and more!

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