

YOGA for Violin and Viola

Triangle

Arms perpendicular to the floor; look up
Hold 30-60 seconds per side, 3-4x a week



Standing Yoga Mudra

Interlace fingers and extend arms as far as possible
Hold 60-120 seconds, 3-4x a week



Side bend in Lotus pose

Sit cross-legged; side bend ear towards shoulder
Hold 30 seconds per side; 3-4x a week



Cow

Cross legs tightly, interlace fingers behind back
Hold 30 seconds per side; 3-4x a week