

YOGA for Cello and Bass

One legged dog

Create a straight line between hand and raised foot
Hold 30 seconds per leg, 3-4x a week



Standing Yoga Mudra

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



Chair

With arms straight overhead, bend knees
Hold 30-60 seconds; 3-4x a week



Cow

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