



YOGA FOR SINGING

Practicing singing in yoga poses can completely revolutionize your singing. Give it a try and you won't be sorry!



Lotus Pose

An excellent pose for feeling a deep and relaxed breath



Tree Pose

A beginner pose for feeling slightly off balance and active in the body while singing



Warrior I Pose

This deep lunge engages necessary core muscles while still allowing for deep breathing and flexibility



Tree Pose – Arms Ascending

The arms ascend and the rib cage lifts adding more openness to the body



Chair Pose

The body becomes active and breathing becomes more energized



Dancer Pose

The most advanced singing yoga pose for maintaining an open body and deep breathing

