



# 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 – Arms Ascending

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



## Tree Pose

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



## Chair Pose

The body becomes active and breathing becomes more energized



## Warrior I Pose

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



## Dancer Pose

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

