

Celebrity Fitness: 5 Basic Yoga Poses by Celebrities



By [Ma](#)

[rissa Donovan](#)

Many celebrities enjoy staying in shape and becoming relaxed through yoga. Yoga is one of the many ways you can improve your flexibility and posture. For those who are beginners and need guidance, here are a few poses you can try.

Check out how to stay on top of your [fitness](#) goals with these yoga poses that celebrities have tried!

1. Karlie Kloss's Lotus Pose: Taylor Swift's Bestie and supermodel Karlie Kloss shows off her peaceful pose at the

beach. To perform this pose, sit down bend your right knee and left knee out so your legs can cross. Press your hands in front of you and raise them above your head to form a triangle. The benefits of this pose can help improve breathing and can help reduce stress. This is the easiest variation of the pose.



Photo:
karliekloss/Instagram

Related Link: [Rachel Brathen Shares Love Advice in New Book 'Yoga Girl': "Each Moment is New and So Full of Potential!"](#)

2. Gisele Bündchen's Downward-Facing Dog Pose: When this supermodel isn't cheering on her husband Tom Brady or modeling, she seems to enjoy practicing her yoga poses with her children. Gisele Bündchen proves to us that her and her child can do the Downward-Facing Dog. For this pose, you will need to place your hands wide on the ground and almost in front of your shoulders. Make sure that when you bend down that your knees are below your hips and not locked. To achieve good form to not let your head hang by keeping it placed between your upper arms. According to Yogajournal.com, this is great for those who enjoy rock climbing or want to improve their strength.



Photo: gisele/Instagram**Related Link:** [Gaiam Product Review: Learn Yoga and the Art of Self-Love with Rachel Brathen](#)

3. Eva Longoria's Tree Pose: This *Desperate Housewives* star is skilled at perfecting the tree pose! Like Eva Longoria, slowly put your weight on your left foot and bend your right knee. For support, gently grab your right ankle with your right hand. Make sure your right foot is placed on your inner left thigh by adjustment of the heel near your left groin muscle. Stretch your tailbone to the ground and press your hands together above your head forming a triangle. This pose will help you achieve excellent posture and balance.



Photo:
evalongoria/Instagram

Related Link: [Actress and Producer Eva Longoria Decides Not To Have Kids](#)

4. Miranda Kerr's Wheel Pose: This Victoria Secret angel is extremely flexible! Miranda Kerr is a pro at yoga, but this can be a basic move for those who have the strength to bend backwards and have core balance. To start the wheel pose, lie on your back and set your feet on the ground by bending your knees. Next bend your elbows and open up the palms of your hands next to your head. Lift your body with by pressing your feet in the ground to help guide your tailbone lift your butt up. The muscles in your arms will help you hold this pose while taking deep breaths. Beginners should practice going into a back bend before lifting one leg from the pose. The wheel can stretch your chest and lungs, while also giving helping core areas like the abdomen become stronger.



Photo:
mirandakerr/Instagram

Related Link: [Product Review: Check Out Gaiam's New Athletic Yoga Collection for Men – Just in Time for Valentine's Day!](#)

5. Miley Cyrus's Tolasana Pose: We can't stop being amazed by [Miley Cyrus's](#) skill level! This may not be the most basic pose to try, but some may find it to be easy. The first step to the tolasana pose is to put your bend your right knee and place

your right hand in the small pocket of where your knee bends. Lean forward and slowly put your right foot at where your left hip curves forward. Make sure your inner groin and inner knee are aligned in a bend that you are comfortable with. Use your left hand to help cross your bent left leg over your bent right leg. Try your best to bring both knees closer together to perfect your form. Take a moment to focus on your breathing. After you feel comfortable, with a deep exhale push down on your hands to help lift off your knees and butt from the ground. Look straight ahead while pushing off and make sure your knees are next to your belly button. Hold the pose as long as you can and take slow breaths. To come down from the pose, slightly lean forward and undo your left foot from your right thigh and your right foot from your left. This pose can help make your abs stronger while also help you focus on your posture.

Which yoga pose will you try first? Let us know in the comments!