

YOGA

CHART-1 (Set of 6)

Standing Postures



Tadasana

This yoga asana heightens the spine up the leg muscles, strengthens the knees, ankles and thighs. It relieves pain in the backbones, scapula and reduces fat feet.



Vrikshasana

This balance pose demonstrates our state and mind. It strengthens our thighs, calf muscles, ankles and the spine.



Virabhadrasana

This pose strengthens and stretches the legs, ankles, chest, lungs and shoulders. It also stimulates abdominal organs. It shows therapeutic action in diabetes, flat feet, infertility and increases stamina.



Trikonasana

This yoga asana makes the bones of the lower limbs very strong. It helps to dispel fat from the waist and thighs. It can help relieve back pain and neck pain.



Ardha Chandrasana

This asana makes the body flexible. It improves coordination and sense of balance. It helps relieve stress and improves digestion.



Uttanasana

This asana strengthens the spine. It is very good for digestion and circulatory system. It is useful in conditions like joint pain and arthritis.



Uthanasana

It stimulates the liver and kidneys and improves digestion. It calms the brain and helps relieve stress and mild depression.



Padmasana

This asana is beneficial in edema, stiffness of spine, pain in hip joints and breathing problems. It removes the superfluous fat from the body. It is ideal cure to gastric problems.



Urdhva Prashrita Eka Padasana

This pose stretches the back of the legs and improves the circulation in the abdominal organs. It calms the brain and stimulates the liver and kidneys.



Parivrita Ardha Chandrasana

This standing balance pose strengthens the ankles and thighs. It improves balance and cleanses the organs.



Eka Pada Hamsta Parivrtasana

This bend adds to the challenge of balancing. It opens up hip and shoulder joints.



Parivrita Trikonasana

This asana strengthens the legs, hips and spine. It opens the chest to improve breathing. This asana is therapeutically good for asthma, constipation and liver dysfunction.



Garudasana

This asana is excellent for releasing tightness in the shoulders and strengthening the ankles. It also improves the level of concentration.



Parivrita Parivrtasana

It creates healthy spinal flexibility. This asana maintains a fresh circulation of blood to abdominal organs and eases out body toxins.



Parivrtasana

It soothes the nerves and cools the brain. This bend is excellent for arthritis of neck, shoulders, elbows and wrists and rheumatoid pain. It tones liver and spleen and improves digestion.



Prashrita Padmasana

It helps in stretching the liver and back legs and the spine. It improves blood circulation and reduces blood pressure. It calms the brain and energizes heart and lungs.



Parivrtasana

It strengthens and stretches the legs, knees and ankles. It increases stamina and provides relief in gastric, flatulence and acidity.



Virabhadrasana I

This pose improves balance and posture. It energizes the entire body and provides strength to the ankles, legs, shoulders and muscles of the back.



Virabhadrasana II

This pose strengthens the legs and abdominal muscles. It improves balance, posture, energy and concentration.



Nataraj Parivrtasana

This asana strengthens the thighs and expands the chest and lungs. It also improves the movement in the shoulders.



Eka Pada Matsasana

This asana helps open the shoulders and gives abdominal muscles a good work-out. It builds mental focus.



Padangusha Padma Uttasana

It helps strengthen the ankles and bring flexibility to the hips. It develops balance and clarity in the mind.



Ardha Badha Padmottasana

This asana massages the abdominal organs and improves the function of large intestine.



Hasta Padangushasana

This posture improves balance and coordination. This opens the hip joints, stretches the hamstring muscles and tones the legs.



Uthita Ardha Chandrasana

This asana enhances the elasticity of the spine. It tones the abdominal organs and strengthens the legs.



Natarajana

This asana is dedicated to Lord Shiva. It provides great stretch to the shoulders, chest, thighs and abdomen. It improves balance and co-ordination, body and soul as well.

Advanced Yoga Guide

R Sandford



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Table of Contents Advanced Yoga Guide

1. Understanding the eBook Advanced Yoga Guide
 - The Rise of Digital Reading Advanced Yoga Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Advanced Yoga Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Advanced Yoga Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Advanced Yoga Guide
 - Personalized Recommendations
 - Advanced Yoga Guide User Reviews and Ratings

- Advanced Yoga Guide and Bestseller Lists
- 5. Accessing Advanced Yoga Guide Free and Paid eBooks
 - Advanced Yoga Guide Public Domain eBooks
 - Advanced Yoga Guide eBook Subscription Services
 - Advanced Yoga Guide Budget-Friendly Options
- 6. Navigating Advanced Yoga Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Advanced Yoga Guide Compatibility with Devices
 - Advanced Yoga Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Advanced Yoga Guide
 - Highlighting and Note-Taking Advanced Yoga Guide
 - Interactive Elements Advanced Yoga Guide
- 8. Staying Engaged with Advanced Yoga Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Advanced Yoga Guide
- 9. Balancing eBooks and Physical Books Advanced Yoga Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Advanced Yoga Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Advanced Yoga Guide
 - Setting Reading Goals Advanced Yoga Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Advanced Yoga Guide
 - Fact-Checking eBook Content of Advanced Yoga Guide
 - Distinguishing Credible Sources

13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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