

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.



Uttarasana

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 reducing 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 calms the organs.



Eka Pada Hanu Padmasana

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 Parivrikasana

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



Parivrita Uttanasana

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



Prashrita Padottanasana

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.



Parivrikasana

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 Parivrikasana

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 Uttanasana

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



Ardha Badha Padmottanasana

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.



Natarajasana

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.

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Yoga Master Yoga Fast with the Complete Guide to Yoga for Beginners; Including Yoga Basics & the Best Yoga Poses for All Levels! Amanda Walker,2020-04-20 YOGA Yoga is an excellent way to calm and relax the mind whilst strengthening and improving the body You don t need to pay a whole heap of money to do yoga at a studio or gym you can begin simply at home with the wide array of poses provided in this book Inside you will learn all about yoga its history and all of its amazing benefits Included are a large range of beginner poses complete with instructions and pictures to help make it easy for you to master Once you have accomplished the beginner poses there is also a section on advanced poses included This also has detailed instructions accompanied by pictures of the poses Download today and within no time you could be more relaxed focused fit healthy and flexible all as a result of having fun with yoga Here Is A Preview Of What You ll Learn What Is Yoga History Of Yoga Benefits Of Yoga Yoga Poses For Beginners Advanced Yoga Poses Much Much More Guide To Advanced Yoga Techniques Nico Catalano,2022-11-06 *A Guide To Advanced Yoga Techniques* Perpetual HELP,2020-04-11 a must for yoga practitioners **Yoga Journal** ,2002-12 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty **Yoga: 100 Key Yoga Poses and Postures Picture Book for Beginners and Advanced Yoga Practitioners** Sam Siv,2015-03-21 The Modern Yoga Technique::: Lewis Schwartz,2025-06-24 The Modern Yoga Technique Calm Your Mind Gain Flexibility and Relieve Anxiety With Deep Breathing and Posture Exercises Body Anatomy Understanding For Best Yoga Practices Have you ever wished you knew how to practice Yoga the right way but had no idea where to start This book is a treasure trove of knowledge offering you unique chapters each dedicated to unveiling the depths of yoga s profound teachings Here Is A Preview Of What You ll Learn Mastering Pranayama Breath Control for Enhanced Energy Flow The Art of Meditation Exploring Deeper States of Consciousness Unlocking the Power of Asanas Advanced Yoga Postures Yoga for Strength and Flexibility Taking Your Practice to the Next Level Balancing the Chakras Advanced Techniques for Energy Alignment Mastering Inversions Upside Down Asanas for Inner Balance The Yoga Sutras of Patanjali Wisdom for the Modern Yogi Yoga for Emotional Well being Managing Stress and Cultivating Resilience Yoga Philosophy Integrating Ancient Wisdom into Modern Life Advanced Yoga Sequencing Designing Practices for Specific Intentions The Power of Mantras Sacred Sounds for Spiritual Growth And Much much more Take action now follow the proven strategies within these pages and don t miss out on this chance to elevate your mindset to new heights Scroll Up and Grab Your Copy Today *Yoga* Daren Callahan,2015-01-28 Millions of people practice some form of yoga but they often do so without a clear understanding of its history traditions and purposes This comprehensive bibliography designed to assist researchers practitioners and general readers in navigating the extensive

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