



YOGA HANDBOOK



World's greatest stretch pose



Benefits:

- Strengthens and stretches the legs, groin, hip flexors and hamstrings
- Improves balance and also strengthens the core
- Known as a dynamic mobility pose, this helps to enhance flexibility

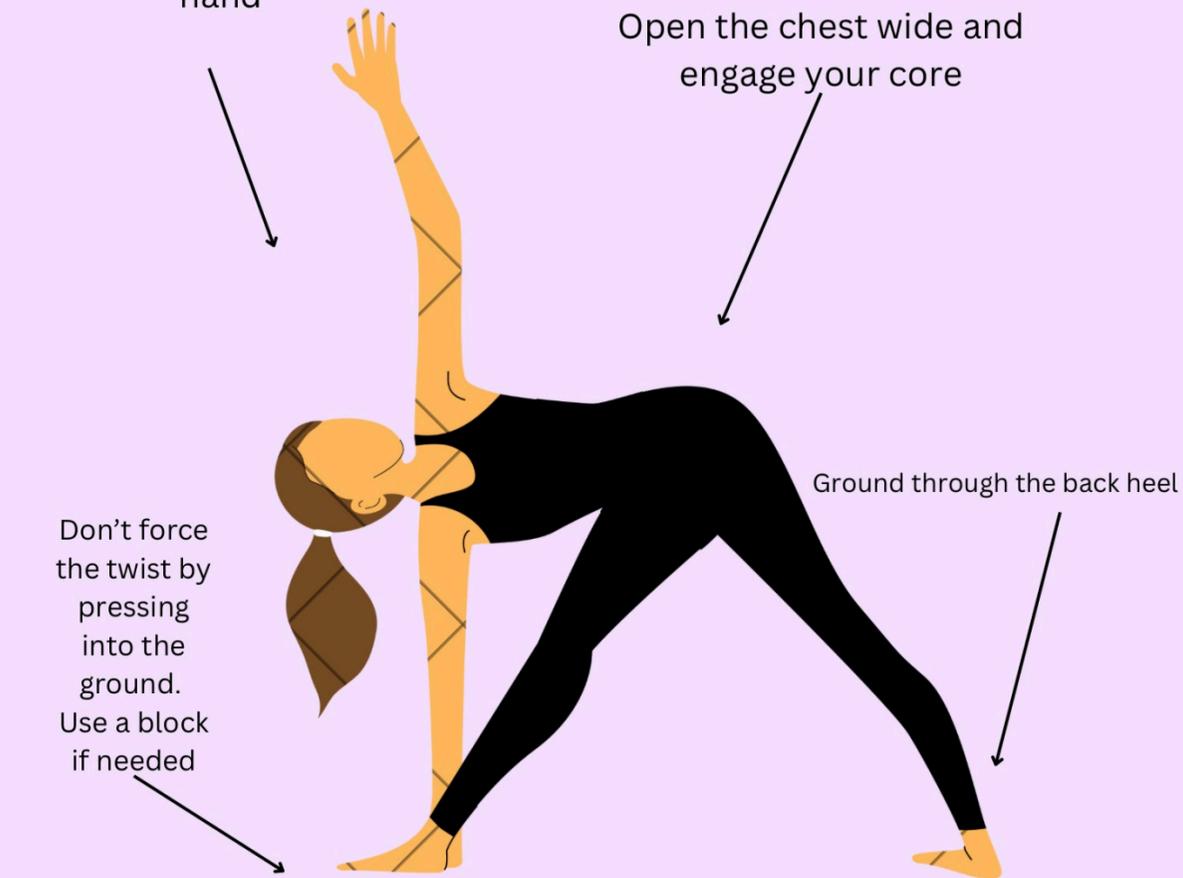
Revolved Triangle Pose

Gaze up toward your top hand

Open the chest wide and engage your core

Don't force the twist by pressing into the ground. Use a block if needed

Ground through the back heel



Benefits:

- Strengthens and stretches the legs, opens the chest to improve breathing
- Improves sense of balance and balances the root chakra, heart chakra and sacral chakra
- Boosts physical confidence and creates mental stability

Triangle pose

Turn navel and chest upwards, gaze up.

Keep spine long and open your chest to the sky.

Press into outer back heel and turn your thigh outward.

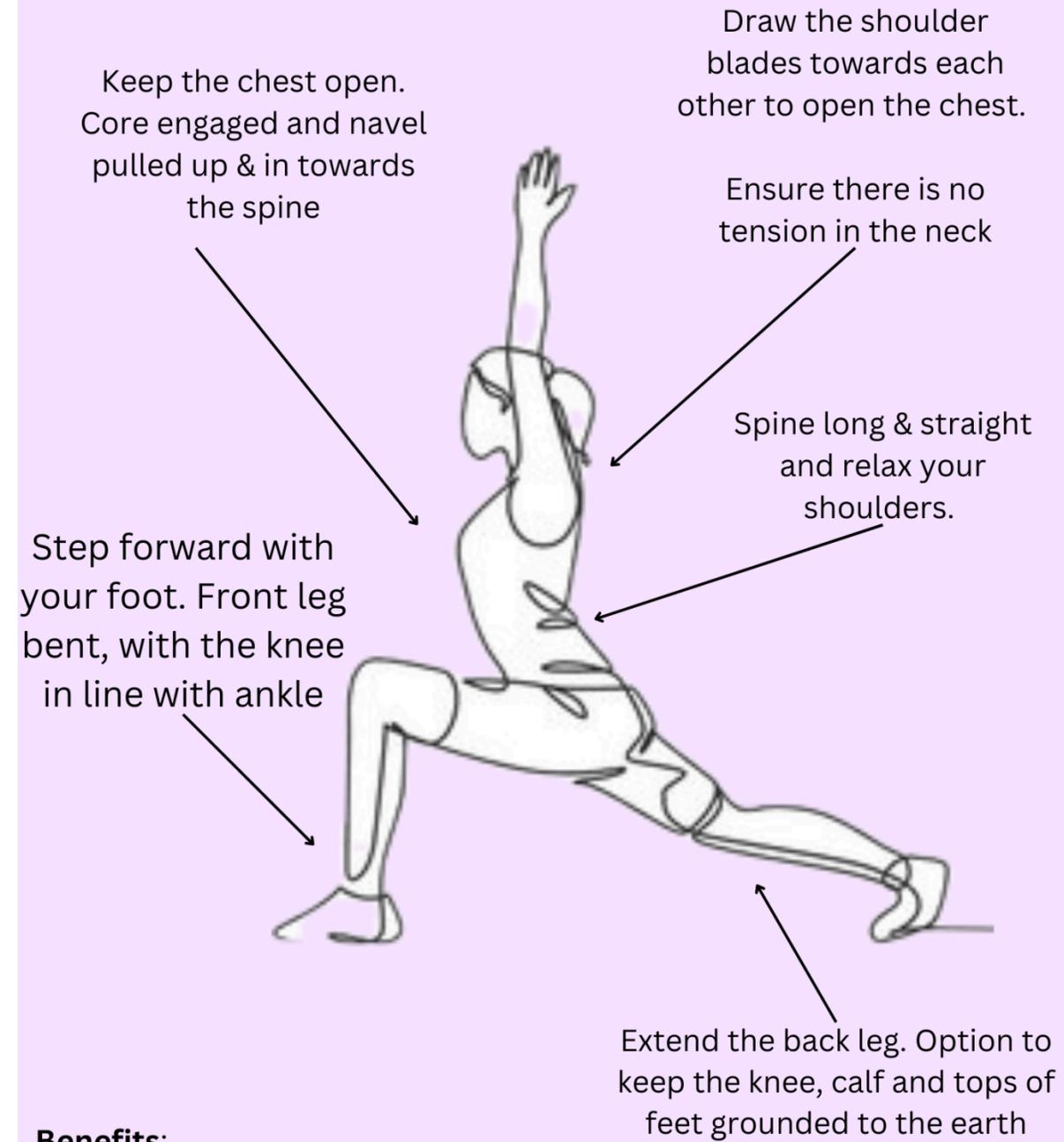
Try to reach fingertips to the floor.



Benefits:

- Improves balance and focus
- Strengthens and stretches all parts of the body. Opens the hips and shoulders
- This pose balances the **Root Chakra**, **Heart Chakra**, and **Sacral Chakra** helping to bring an expansive attitude of caring and compassion

Low Lunge Pose



Benefits:

- Stretches the leg muscles and inner core
- Improves digestion, anxiety and stress
- An energising pose, this opens the heart chakra for self love

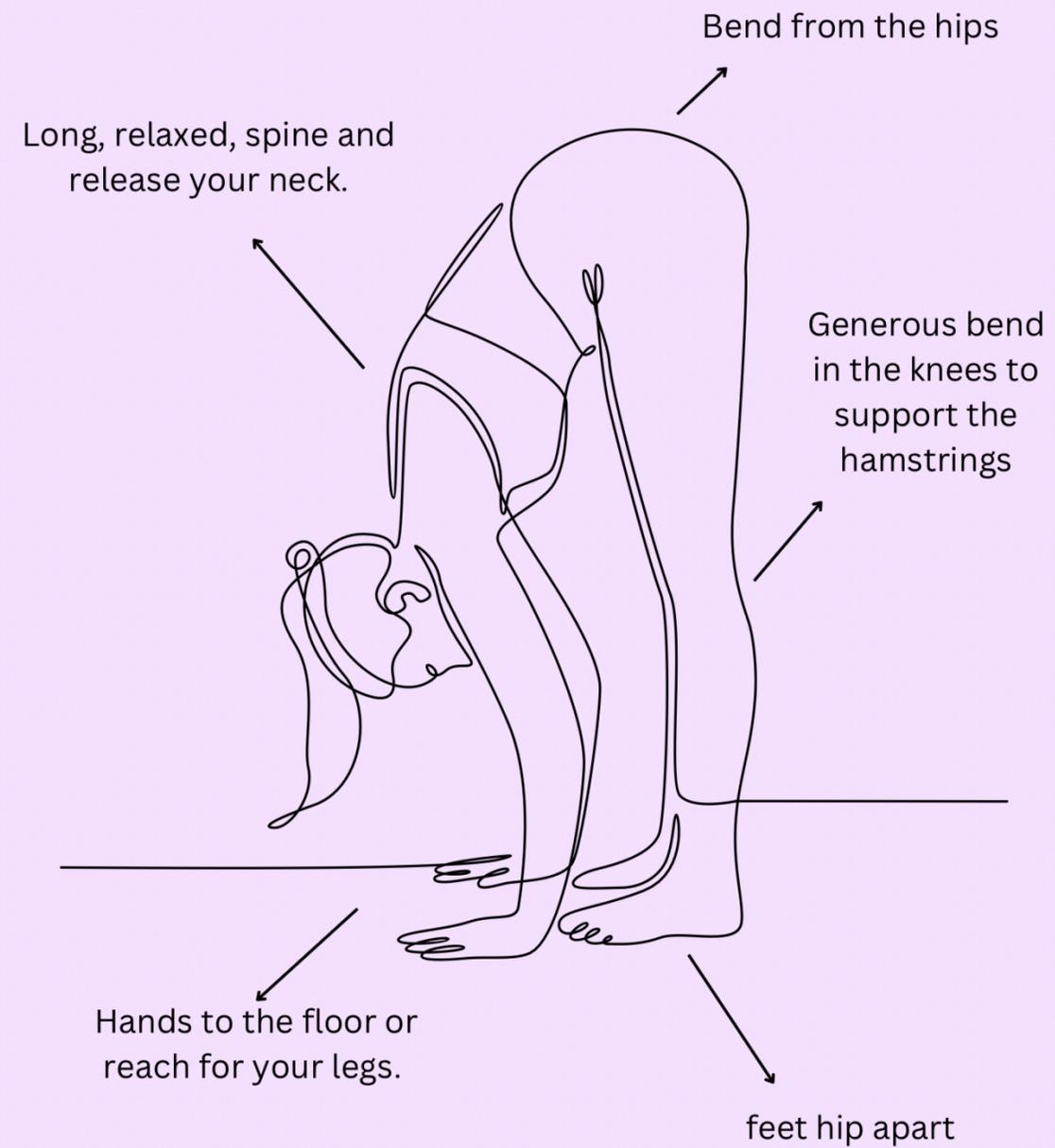
Three Legged Downward Facing Dog



Benefits:

- Stretches the entire body from back, arms & shoulders, core and legs, and the calves and hamstrings of the standing leg
- Calms the nervous system
- Improves energies associated with root, solar plexus and heart chakra

Standing Forward Bend Pose



Benefits:

- Stretches hamstrings and calf muscles
- Releases stress and improves mood
- Improves digestion



LOGO

YOGA MONDAY

POSE OF THE DAY

Triangle pose



Trikonasana helps in reducing stiffness and enhancing flexibility of the legs; the back muscles of the thigh (hamstrings).

Further, improves the strength of the thighs, calves and the legs.



LOGO

YOGA TUESDAY

POSE OF THE DAY

Revolved triangle pose

Parivrtta Trikonasana – a standing, deep-twisting yoga pose stretches the whole body as it squeezes and massages your digestive organs.

This pose also challenges your balance and concentration.

Practiced as a counter pose to extended triangle.





LOGO

YOGA WEDNESDAY

POSE OF THE DAY

Warrior I pose



Virabhadrasana is a pose to improve your balance and posture while strengthening the feet, ankles, calves and thigh muscles.

It also improves mobility in shoulders and hip joints.

Opens the chest and lungs.

Tip: Find a comfortable and stable stance to start your warrior I practice.



LOGO

YOGA THURSDAY

POSE OF THE DAY

Cobra pose



Bhujangasana strengthens the back and spine. The benefits of this pose is that it improves flexibility and posture.

Good for back pains.

Lie on your stomach with your hands by the chest.

Inhale, lift and exhale (head up)



LOGO

YOGA FRIDAY

POSE OF THE DAY

Side-reclining leg lift pose



Anantasana stretches the back and back of the legs. The benefits of this pose is that it also tones belly and torso.

Good for stretching your muscles.

Lie on the floor on your favourite side, stretch your arm straight out and create a long line from the heel to your fingertips. Support your head in your palm.



LOGO

YOGA SATURDAY

POSE OF THE DAY

Plank pose



Phalakasana is amazing for core strength. The benefit of this pose is that, it's good for the whole body and boosts mental health.

Hold this asana for 30 seconds a few times a day/week. This will strengthen your abdominals, hands, wrists, arms, shoulders, back, core, glutes and legs.



LOGO

YOGA TUESDAY

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LOGO

YOGA THURSDAY

POSE OF THE DAY

Warrior II pose

Virabhadrasana II is a pose that opens the hips and shoulders. The pose strengthens and stretches the inner thighs, groin, and chest.

Also works on the legs, abs, and arms.

Hold the pose for 3-5 breathes for better improvement in your practice.





LOGO

YOGA FRIDAY

POSE OF THE DAY



Warrior III pose

Virabhadrasana III is a pose that opens the hips and strengthens your legs, ankles and core. A standing pose centered around balance, this pose requires stamina and concentration.

You can practice warrior III by beginning in warrior I. This creates stability in the body.



LOGO

YOGA SATURDAY

POSE OF THE DAY



Child pose

Child's pose aka Balasana helps to stretch your back and muscles around the hips. It's the most important and easiest resting pose. You can take as many child poses you'd like after every posture.



YOGA WEDNESDAY

POSE OF THE DAY

Cat-cow pose

This pose is one of my favourite back stretching poses. This pose helps in releasing tension around the back, shoulders, neck and spine. Creating more mobility, this pose is simple and activates the solar plexus chakra (third chakra). Can be modified as per your needs.





YOGA WEDNESDAY

POSE OF THE DAY

Mountain pose

This variation of mountain pose (tadasana) helps in strengthening the muscles in feet and ankles. Practiced during warm-ups or cool down, this pose is a good stretch improving clarity and mental focus.

Also, tones the abs and warms up the thighs.





YOGA WEDNESDAY

POSE OF THE DAY

Cow face pose



Tight shoulders? This variation of Gomukhasana strengthens the arms, focusing on shoulders, tricep, chest and upper back. If practiced regularly, this pose can add to muscle growth contributing to upper body strength. Enhances focus and concentration.

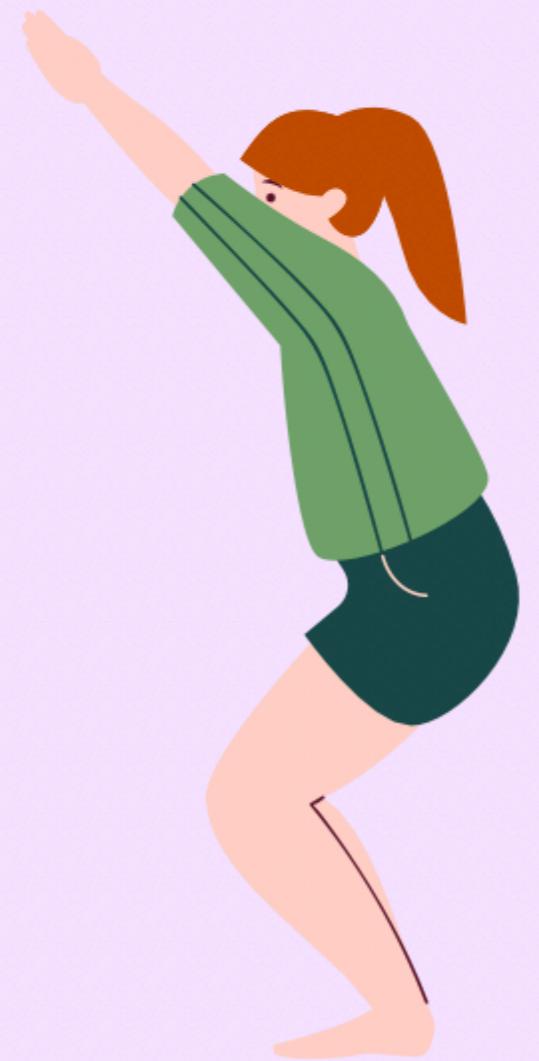


YOGA WEDNESDAY

POSE OF THE DAY

Chair pose

Another favourite: Utkatasana a.k.a. Chair pose is great to strength the muscles in your upper and lower body, also improving your core strength. All you have to do is: Inhale standing in mountain pose and then exhale as you bend your knees, move your hips back - as you were sitting on a chair.





YOGA WEDNESDAY

POSE OF THE DAY

Reverse warrior II



An easy transition from warrior II pose, reverse warrior II pose strengthens the muscles while it stretches the hips, legs, and the sides of the torso and waist. This pose improves flexibility in the spine and also increases blood flow in the body. Practicing this pose regularly will build stamina and also help calm your mind.



YOGA WEDNESDAY

POSE OF THE DAY

Bridge pose

A gentle yoga pose, bridge pose a.k.a Setu Bandha which means bridge lock helps to open up the chest and stretch the thighs. This pose strengthens the legs and feet and can help in reducing back pain.

Tip: keep your feet parallel throughout the pose and reach your fingers towards your heels.





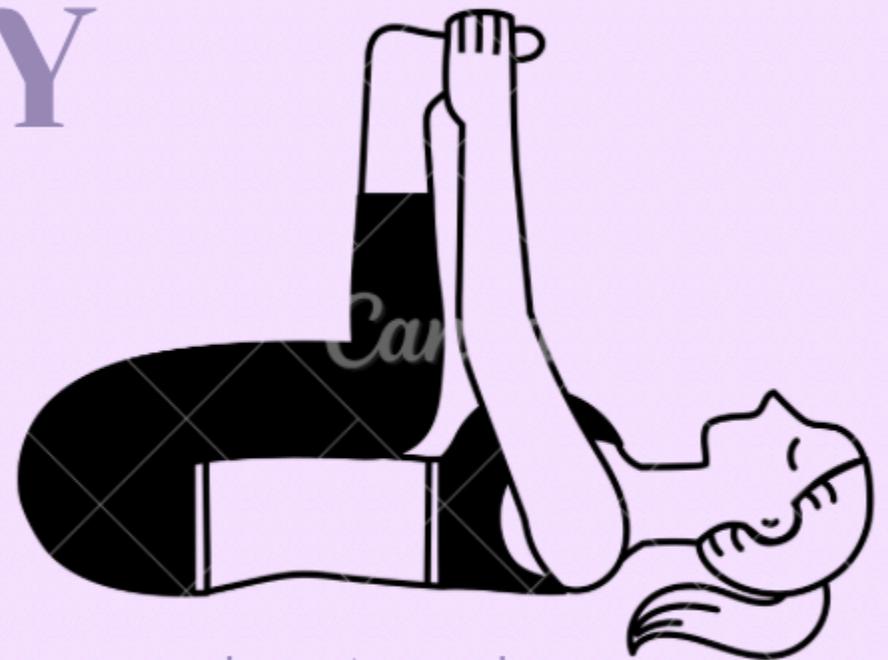
YOGA WEDNESDAY

POSE OF THE DAY

Happy baby pose

A restorative hip opener, happy baby pose a.k.a. Ananda balasana helps in stimulating your root and sacral chakra which promotes emotional well-being. This pose elongates the pelvic floor muscles and stretches the surrounding muscles of the hips and pelvis.

PS: do not practice this if any injury or wear and tear in the knee joint.





YOGA WEDNESDAY

POSE OF THE DAY



Corpse pose

Everyone's favourite, Savasana is the most relaxing pose of yoga. If you're looking to reduce stress, relaxing in this pose can help. Relax your head, toes and keep your spine neutral. This pose may seem easy, but it requires you to consciously relax for 5-20 minutes. I bet you may even fall asleep. Try this pose with variations: with a butterfly pose (no longer than 10mins if it stresses your muscles)



YOGA WEDNESDAY

POSE OF THE DAY

Camel pose

A heart opener, Ustrasana (Camel pose) is one of my favourites. This pose strengthens and stretches the core and your back. It also helps in opening your abdominals, chest, and throat. Here's how to practice this:

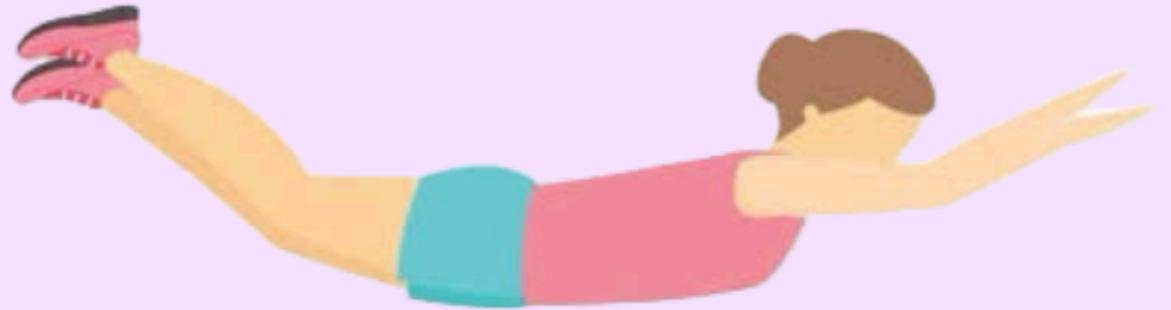
Stand on your knees and bring your hands to the back of your hips. Lift your chest, draw your gaze up the front & back along the ceiling. (do not try this if you have a sensitive neck or any other injury)





YOGA WEDNESDAY

POSE OF THE DAY



Superman pose

Best for spinal support, this Superman pose is great to strengthen your back muscles and spine. It also reduces pains in your lower back. A powerful pose to work on your glutes, this pose is effective when you perform other workouts and fitness activities. Start by lying down on your stomach and when you're ready, squeeze your core muscles to keep your torso stable and then lift your arms, legs, upper chest. Hold the pose for a few minutes.



YOGA WEDNESDAY

POSE OF THE DAY

Pigeon pose

A perfect hip opener, pigeon pose is good for strengthening the muscles that support the hips and the back. This pose is said to activate the second chakra, Swadisthana which is associated with our emotions, creativity and sensuality. If you're stressed or want to release tension from the hips and lower back, stay for 5 breaths or longer.

Tip: Your legs and hips should form a straight line.





YOGA WEDNESDAY



POSE OF THE DAY

Cobbler's pose

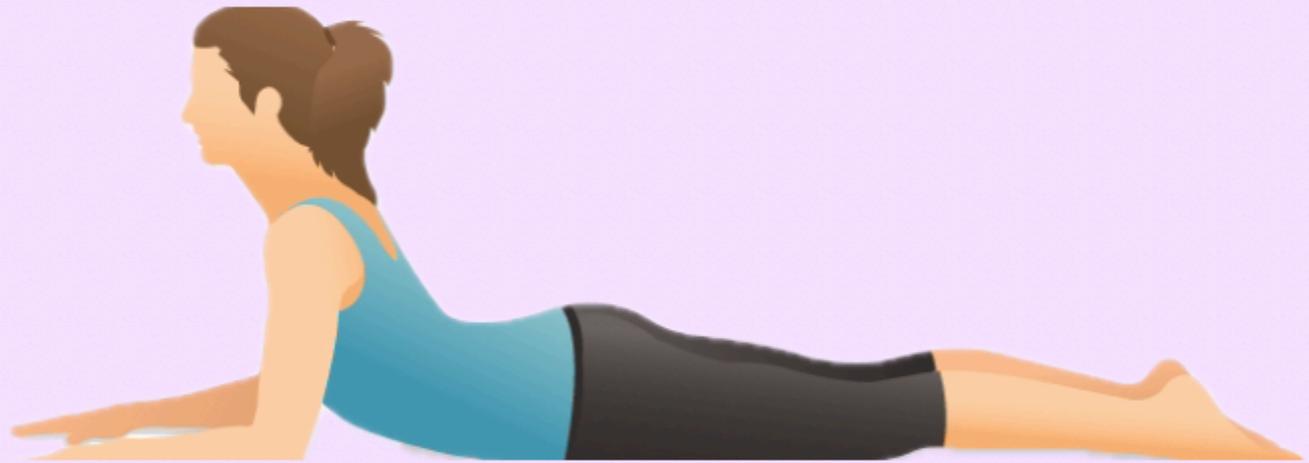
If you're experiencing period pains, cobbler's pose will help you relax. This pose opens up the hips and relaxes the pelvic region. If you can sit in this pose for a few minutes, this will help relieve menstrual discomfort and pain. One amongst the many poses, this is quite easy to do. Sit and bend your knees to bring the soles of your feet together. Place your hands on the feet and let your knees drop out to the side.



YOGA WEDNESDAY

POSE OF THE DAY

Sphinx pose



Suitable for most beginners, the Sphinx pose engages your core muscles. This pose helps in strengthening your spine and back muscles. It can relieve pain by opening up the tightness around the spine. Since your forearms supports you in this pose, it prepares you for deeper backbending poses such as cobra pose or upward facing dog.