



Namaste,

AthaYog Living is an institution of Yog (Yoga) devoted to preserving the long-standing legacy of Yog by propagating the true purpose, philosophies and practices associated with this Yogic wisdom into your daily lives and embedding this ancient knowledge into the modern-day reality. At AthaYog, our Yog (Yoga) studio embodies a sacred space; an oasis of knowledge and truth, where one can experience transformation, and is in the pursuit for higher living. When you embrace a holistic, Yogic lifestyle, there is a need to gain the right flow of knowledge that can mould you into this way of life.

This is where we come in.





PRINCIPAL TEACHER

Even as an idea still shaping up, AthaYog's purpose was clear. Sharath was certain that the faith in Yog had to be restored. As a young teenager, he was intrigued by his grandfather's Sadhana. He found inspiration in his grandfather's discipline and perseverance; traits that he would acquire himself in the years to come. His initiation into the world of Yog led him under Swami Satyananda Saraswati's teachings from Bihar School of Yoga, and a formal Yogic education from Swami Vivekananda Yoga Anusandhana Samsthana. With the blessings of his gurus, his Yog practice evolved into a way of being. His intent is to share these learnings and guide people on their journey towards transformation with consistent, directed, and self motivated effort.



BACKBEND POSTURES



BENEFITS OF BACKBEND POSTURES

Lower stress and anxiety.

Improve posture + spine flexibility and mobility.

Stretch out abdominal muscles.

Increase oxygen levels + open the body to diaphragmatic breathing.

Help alleviate back + neck pain.

You Can Do Yoga





USTARASANA (CAMEL POSE)

BENEFITS:

Reduces fat on thighs.

Opens up the hips, stretching deep hip flexors.

Stretches and strengthens the shoulders and back.

Expands the abdominal region, improving digestion and elimination.

Improves posture.

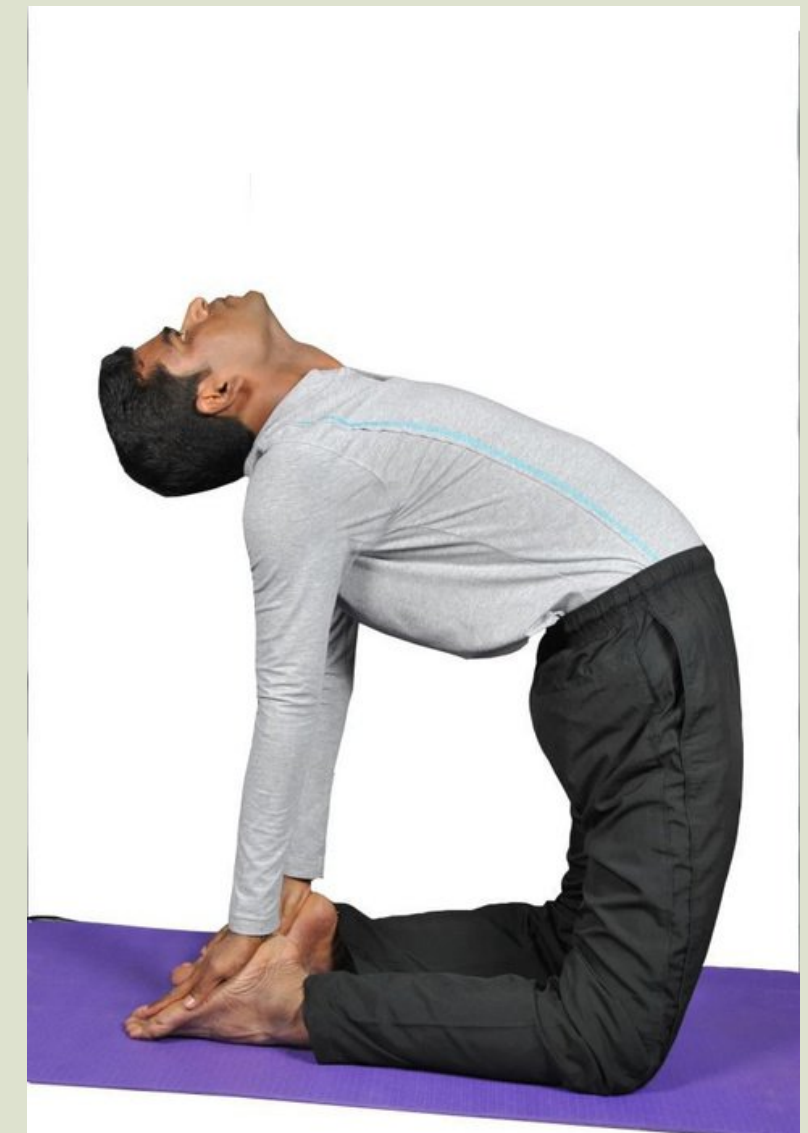
Opens the chest, improving respiration.

Loosens up the vertebrae.

Relieves lower back pain.

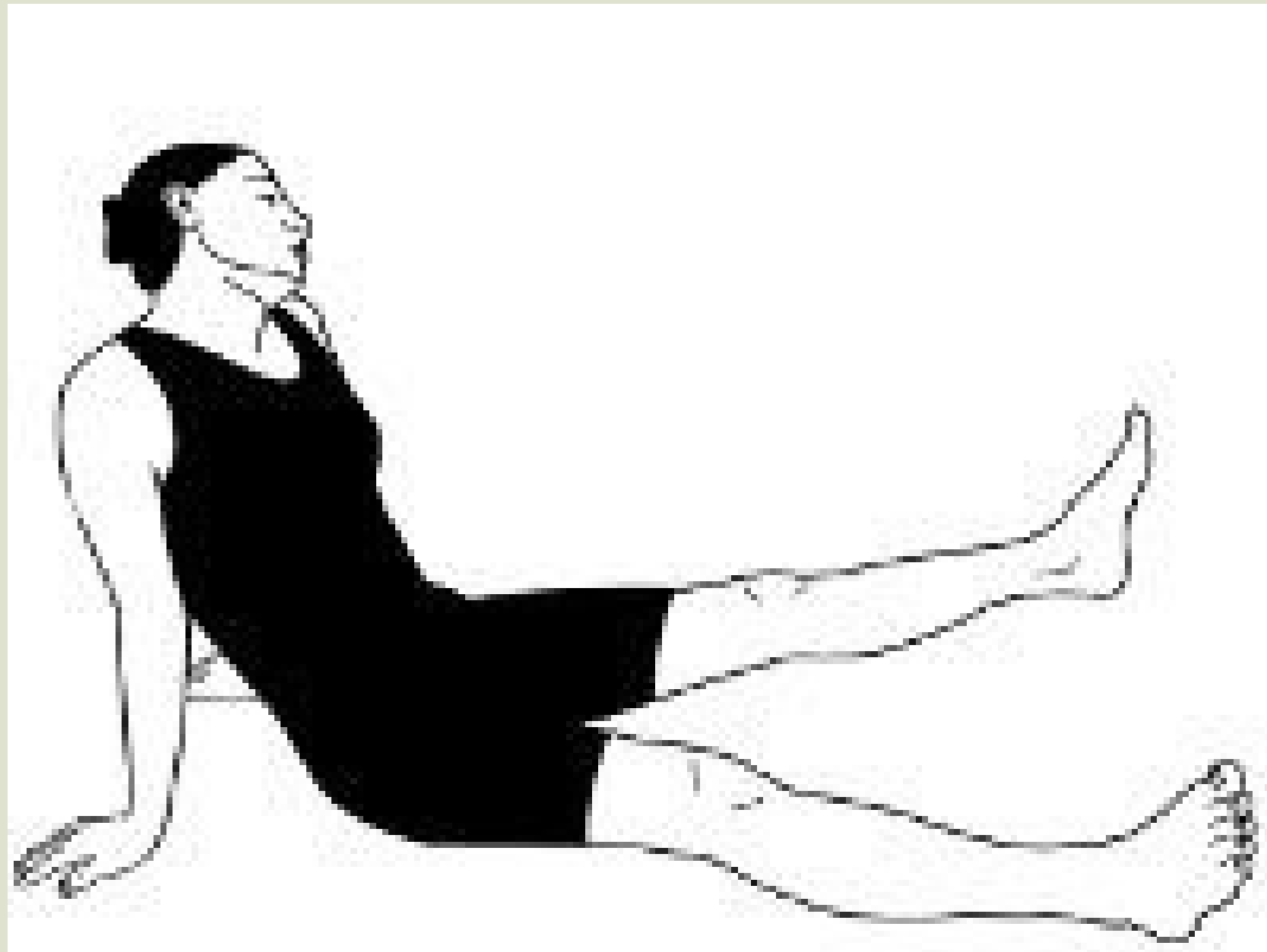
LIMITATIONS:

Those with high blood pressure and severe fatigue should avoid this pose. If you have any spine-related conditions make sure to maintain the extension throughout the spine rather than bending the spine.





SITHILA DANDASANA



SEATED RELAXATION
POSTURE



COMPLIMENTARY PASSCHIMMOTANASANA (FORWARD FOLD)

BENEFITS:

Calms the brain and helps relieve stress and mild depression.

Stretches the spine, shoulders, hamstrings.

Stimulates the liver, kidneys, ovaries, and uterus.

Improves digestion.

Helps relieve the symptoms of menopause and menstrual discomfort

LIMITATIONS:

Pregnancy. Pregnant women should not practice rigorous asanas. ...

Sciatica. ...

Knee pain. ...

Hernia and ulcers. ...

Hypertension. ...

Frozen shoulder or injury. ...

Lower back pain. ...

Surgery



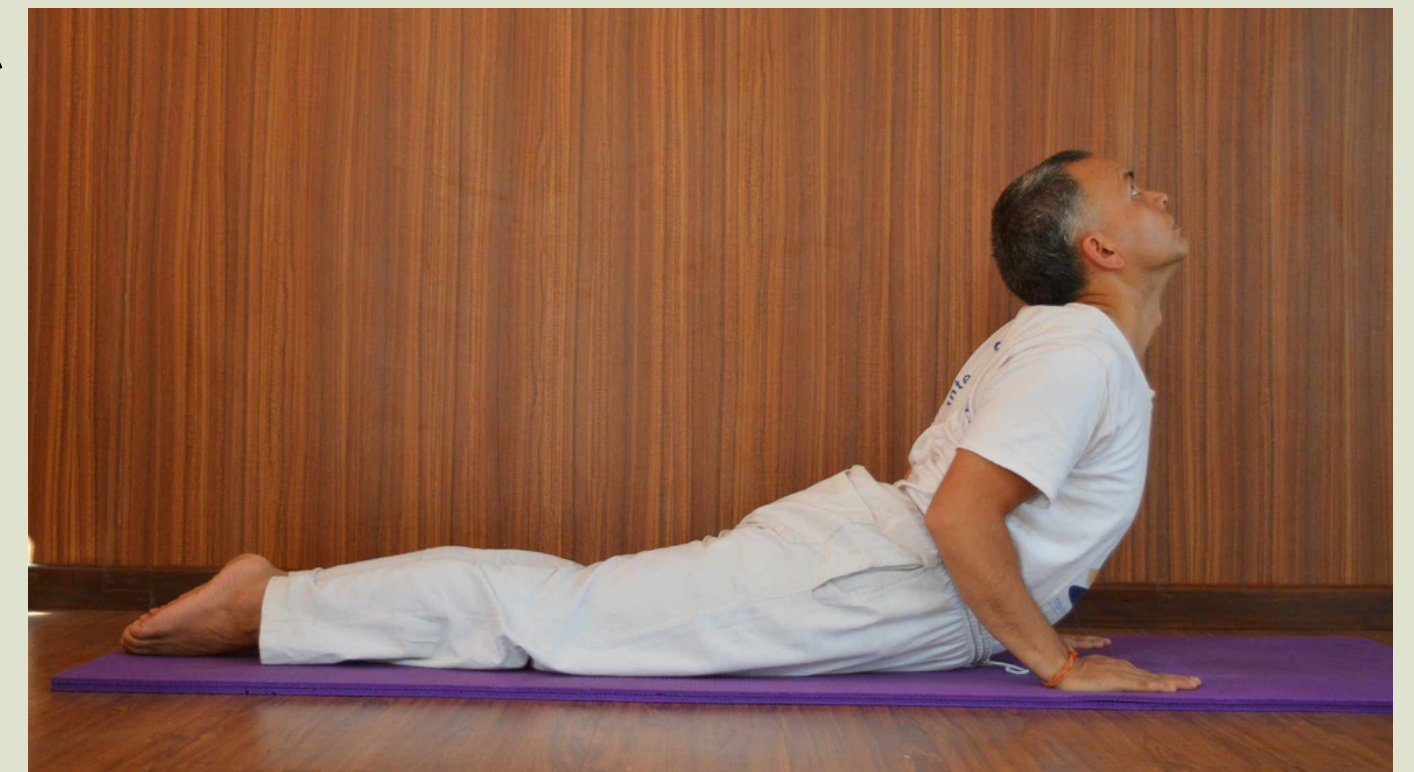


BHUJANGASANA (COBRA POSE)



Benefits of Bhujangasana

- 1.The Cobra Pose stretches and tones your abs, helping you get a flat stomach apart from many other benefits.
- 2.This asana is also very useful to keep your back healthy.
- 3.It tones your body and the spinal nerves, keeping the spine strong and agile
- 4.It tones the abdominal muscles
- 5.It improves digestion naturally
- 6.It improves your liver as well as massages the kidneys
- 7.The male and female reproductive system improves
- 8.Irregular menstrual cycle problems are rectified too
- 9.With increased blood circulation, your face gets a radiant look.



Limitations

Bhujangasana is not recommended for those who suffer from severe back problems relating to the spine. If in case of neck-related problems such as spondylitis are advised to avoid this pose. The posture puts a lot of pressure on the lower abdomen. Hence, pregnant women should avoid this yoga pose.





COMPLIMENTARY POSE SASANKASANA

Benefits of Sasankasana

- Sasankasana helps in digestion. ...
- Helps in maintaining a correct posture. ...
- Relieves depression and stress. ...
- This asana tones the sciatica and pelvic nerves. ...
- Sasankasana is a good posture to cure breathing ailments





MAKARASANA (CROCODILE POSTURE)

RELAXATION PRONE POSTURE





DHANURASANA (BOW POSTURE)

Benefits

- Stretches the entire front of the body, ankles, thighs and groins, abdomen and chest, and throat, and deep hip flexors (psoas)
- Strengthens the back muscles.
- Improves posture.
- Stimulates the organs of the abdomen and neck
-

LIMITATIONS

- Any kind of neck injury including someone suffering from spondylitis. Someone with severe back pain or back injury . Too much pressure is on the abdominal area as the entire body is balancing, so people suffering from ulcers in stomach or someone with Hernia should avoid this pose.





PARSVA DHANURASANA

BENEFITS:

Parsva dhanurasana provides an extreme stretch to the spine, neck, shoulders, chest, and abdomen. ...

1. Tones the body. ...
2. Improves respiratory system. ...
3. Heals digestive disorders. ...
4. Activates reproductive system. ...
5. Reduces stress. ...



LIMITATIONS:

- Avoid parsva dhanurasana in case of pregnancy, heart diseases, neck, or lower back injury.
- If you have a migraine then skip performing this asana.
- Never perform it if you are suffering from a hernia



CHAKRASANA (WHEEL POSE)

BENEFITS:

- The chest expands and the lungs get more oxygen - this makes the pose especially beneficial for asthma patients.
- It reduces the stress and tension in the body.
- Sharpens eyesight.
- This asana helps to strengthen the back and increases the elasticity of the spine.

LIMITATIONS:

Those with high blood pressure, glaucoma and detached retina should avoid this pose. If the wrist is weak try doing this pose from a chair to remove the weight of the body from the wrist. If there is any disc compression avoid this pose.





Elevate your Life with Yoga

Start Practicing with us Today

Call us on +91 9611771434

 www.athayogliving.com

 info@athayogliving.com

    **Athayog Living**

Branch:
Indiranagar / KR Puram

