

YOGA

The Complete Beginners Guide



How Yoga Can Help With
Stress Relief, Weight Loss, and Self Esteem



Isaiah Seber



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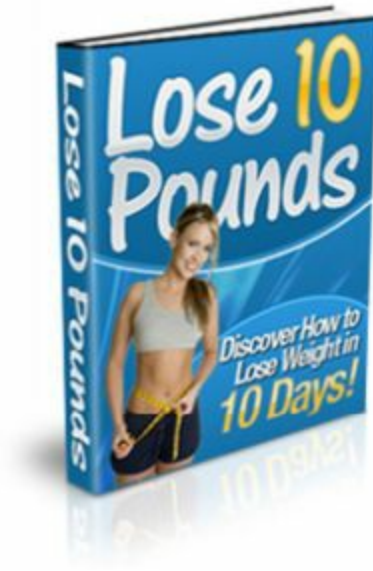
Yoga

*The Complete Beginners Guide to How Yoga
Can Help with Stress Relief,
Weight Loss and Self-Esteem*

By
Isaiah Seber

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Introduction

If you're looking for a guide on how to practice yoga in your everyday life, then you've come to the right place. In this eBook, we'll be taking you through what yoga is, how it can work for you, and we'll get you started on 33 specific yoga poses designed to help relieve stress, aid weight loss and build self-esteem.

This book is for anyone and everyone, so whether you've practiced some yoga in the past or you're a complete beginner, we're positive you'll take away all the information and guidance you need to get some yoga in your life and start practicing as frequently as your schedule will allow.

First, let's have a think about what yoga actually is. You're probably already aware that it's an ancient form of exercise and meditation, strongly associated with Buddhism and Hinduism which first originated in India. We'll go more into the history of yoga in the next chapter, but for now, let's just go back to basics and define what yoga really means.

Yoga is physical, mental and spiritual.

Don't let this scare you. The spiritual element of yoga can be whatever you want it to be. For some, it simply means reconnecting with yourself, realigning your mind, body and soul. For others, the meditative aspect of yoga can be used as a form of worship. The most important thing is not to be put off by the word 'spiritual'; we are all spiritual beings in one way or another, and there's nothing scary about it.

Yoga typically consists of a specific breathing technique and a flow of movement, resting in a range of different poses.

The actual practice of yoga is extremely fluid and flexible, but most yogis will fundamentally agree on this basic statement. Of course, the poses used, along with other external factors, are what really shape each individual yoga experience.

Before we begin, let's dispel some of the most common myths about yoga. There are so many misconceptions about what yoga is and who it's for, which can be really quite damaging. These myths would have people believe that yoga is only for certain things and for certain people, which is absolutely not the case. We've said it before and we'll say it again - yoga is for everyone. So what are some of the most commonly spread myths about yoga?

- 1. Yoga is only for certain people.*

You may think that you're not fit enough, not thin enough, not flexible enough or not young enough for yoga. These are lies. Yoga is for everyone, no matter your weight, age, fitness levels and general background.

2. Yoga is a religion.

Yes, some people include and involve the practice of yoga in their personal and private religions, but this doesn't mean that you have to. Yoga is exactly what you make it.

3. Yoga requires a huge lifestyle change.

When you start practicing yoga, it doesn't mean that you have to go vegan, organic and home-made. None of these lifestyle choices are bad choices to make, but they're not intrinsically interlinked with yoga. You can still practice yoga and enjoy the odd burger and beer.

Chapter 1 A Brief History of Yoga

The practice of yoga has a vast and extensive history. As we saw in the introduction to the book, yoga is a physical, mental and spiritual practice, consisting of a range of movements which originated in India and has strong links to Hinduism and Buddhism. In this chapter, we'll be going into some further detail about where yoga came from, how it started, and how it's evolved into what it is today.

Yoga is largely believed to date back to the 5th and 6th centuries BCE, so approximately 2,700 years ago. Of course, no one can be certain, but experts claim that yoga originated during Ancient India's ascetic and śramaṇa periods.

Yoga is most closely associated with the religions of Hinduism and Buddhism. As such, even from the earliest recordings of it, yoga has been practiced in a number of different ways. The most commonly practiced schools or yoga today include Buddhist, Hindu, Jain, Tantra and the Modern Health Application of yoga. Even within these schools, there are more schools still which practice yoga differently. For example, within Hinduism, Classical Yoga, Ashtanga Yoga, Hatha Yoga and Shaivism are practiced.

Yoga was introduced to the Western world relatively recently, with

Swami Vivekananda being one of the most successful yoga gurus to bring yoga to the west in the late 19th century. Yoga began to rise in popularity as a form of exercise in the 1980s, not 40 years ago. As yoga travels and is introduced to different cultures and communities around the world, so it diversifies and expands even further, bringing more and more schools and practices under the umbrella term that is 'Yoga'.

As you can see, the origins of yoga are extremely complex and diverse. It's such an ancient art that it's unclear as to how, when and exactly where yoga was first practiced. What we do know for certain, though, is that in one way or another, yoga has stood the test of time and remains a popular and wholesome form of exercise, meditation and religious practice.

So what does yoga mean today, and how has it changed for the ways in which it was originally practiced? For one thing, yoga is used, first and foremost, as a form of exercise today, whereas it was predominantly understood to be a mental and spiritual practice in the first stages of its inception. The Modern Health Application of yoga is simply the way we understand yoga today. The physical element of yoga is used to increase health and fitness levels, and to alleviate specific health problems such as bad backs and posture. Yoga is also largely used in physical therapy and rehabilitation.

There have been a number of studies that have tried to determine how effective yoga is in aiding the treatment of increasingly common illnesses and

diseases such as cancer, heart disease, asthma and even mental illnesses and personality disorders like schizophrenia. Whilst the majority of these studies have yet to prove any tangible link between yoga and the physical healing of these diseases, they do suggest that practicing yoga as part of a healthy lifestyle reduces the risk of developing such diseases and aids in the psychological aspects of the healing process.

Moving beyond this, though, there has been a resurgence in the popularity of the mental benefits of yoga in particular. In a day and age where depression, stress and anxiety difficulties are on the rise and reaching epidemic levels, we are looking more and more for an answer to our mental problems. With this in mind, it should come as no surprise that yoga is on becoming increasingly popular within Western popular culture. Yogis are springing up left, right and centre, and the popularised yoga way of life is fast becoming a new kind of subculture.

Fortunately for any beginners out there, this new wave of yoga is all about acceptance, rejecting those outdated 'rules' that say that to practice yoga, you have to completely change your lifestyle. Yoga is now about enjoying and embracing a new culture of healthiness, happiness and accepting ourselves exactly as we are whilst simultaneously working towards being the best versions of ourselves that we possibly can.

Yoga has a rich and full history. If you're interested in finding out more about the history of yoga, there's a great deal online which is easy to find

and easy to read.

In the next chapter we'll be taking what we've learnt about yoga so far, and talking about how it can be used to enrich your life.

Chapter 2 How Yoga Can Enrich Your Life

Any yogi will promise that yoga has the power and capability to enrich your life in more ways than one. In this book we'll be focusing on three specific things that practicing yoga will help you to achieve: relieve stress, lose weight and build self-esteem. However, the benefits of getting some yoga in your life don't stop here.

Yoga will give you more energy, clarity of mind and focus. It will help you to sleep better at night and make it easier for you to get up in the morning. Yoga will help you to reconnect with your body, your mind and your soul. You'll learn to listen to yourself, listen to your body, and you'll learn how to act according to what it is that your body's saying to you. You'll find your mood lifted and your outlook on life more positive. You'll develop an increasing desire to become more fit and active. Your sex drive will improve. Yoga will, in short, improve almost every aspect of your life.

It sounds like magic, too good to be true; but it isn't. Here we'll explain exactly how yoga can invoke such an amazing and positive transformation in your life. It's really very simple, and totally makes sense. There's nothing weird about yoga and the benefits it brings. It's all about reconnecting with yourself, and taking the time out of your busy life to do so.

When you begin practicing yoga, you begin taking time out of your busy, hectic, over-scheduled day. In this time, you're prioritising yourself - mind, body and soul. In prioritising your whole self in this way, you're allowing the different elements that make up you to reconvene and realign. The result, in short, is that you'll end up with a truer sense of who you are.

Along with this come the physical benefits of exercising in such a considered and tuned-in way. You'll find yourself learning to relax and shut out the noise of the world surrounding you. Ultimately, yoga has the ability to give us the sense of power and control we need to not only enrich our lives, but to genuinely transform them.

As has been mentioned before, in this book we will be focusing on three specific things that yoga will help you to do. This book will show you how to use yoga to relieve stress, lose weight and increase your self-esteem. However, if you're interested in what else yoga can do for you, just do some online research. There's so much out there that really shines light on what yoga is, how it can be practiced and the rewards you will reap from doing so.

We're very nearly at the point where it's time to put what we've learnt into practice. In this next chapter we'll be giving you some tips on how to get started, including what you'll need, an explanation of breathing techniques and a short guide on how properly to warm-up and cool-down before and after each yoga session.

Chapter 3 Tips for Getting Started

In this chapter we'll be looking at what you need to know before you get started with your brand new yoga practice. We'll tell exactly what you'll need in the way of equipment, what's best to wear, and where and when you should practice yoga. On top of this, this book will take you through the best breathing technique to use when you start your yoga journey and, last but not means least, we'll look at some great tips for warming up and cooling down, before and after each yoga session.

What you'll need to practice yoga

When it comes to equipment for your yoga practice, you really need very little indeed. As a physical activity, yoga only really requires your body. In short, you already have everything you need! This being said, there are some small, inexpensive pieces of equipment that may make your yoga practice a little more easy and comfortable.

A yoga mat is always a great thing to have. You can take it anywhere and they really don't cost much at all. There may be places you can practice yoga without a yoga mat, but with a mat you can practice anywhere.

There are other pieces of equipment that some yogis find useful, such as yoga blocks, belts and resistance bands. However, none of the yoga poses we've included in this book require any equipment other than a mat, and you can usually substitute a yoga block for a firm cushion or book, and a yoga belt for a towel.

The last thing to consider is what you wear when you practice yoga and, put simply, anything that is comfortable and lets you move is absolutely fine. If you're a woman, you may find it more comfortable to wear a sports bra, but besides that your yoga wardrobe is entirely up to you. Most yogis like to go barefoot as this allows the greatest flexibility of the feet and creates the best grip for poses such as downward-facing dog and the warrior poses.

Where and when you should practice yoga

There's no real rule as to when and where you should practice yoga. People often find it easiest to meditate in a quiet, secluded space, but everyone's different.

In all honesty, you should practice yoga at a time and place that work best for you. You might find that yoga in the mornings sets you up nicely for your day, or you may find the exercise refreshing on your lunch break. Or perhaps yoga in the evening brings you a welcome sense of relaxation after a

long, stressful and busy day. When you're starting out, try practicing yoga at different times of the day and think about what works best for you.

In terms of where you practice yoga, sometimes it's nice to get outside and be at one with nature. Alternatively, you may want to take a class, or just practice on your own at home. Some people will tell you that you need silence and stillness to practice yoga. Peace and quiet certainly works best for one version of yoga, but if you want to practice and meditate in the midst of family life, then there's no reason you shouldn't.

As you begin to embrace yoga into your life, you'll find that it's all about what works for you. So forget all the "rules" that you think apply, because they don't. What's important in the practice of yoga is that you get exactly what you want out of it.

How to warm-up for your yoga practice and how to cool-down at the end

The warm-up and cool-down are vital parts of any type of exercise, be it yoga or running a marathon. It's important that you stretch adequately before and after yoga to prevent any tightness, soreness or injury. As with most things when it comes to yoga, though, there are lots of different ways to warm-up and cool-down.

Gentle neck rotations and shoulder circles are a great way to get your body ready for exercise. Spinal twists and other sitting poses are excellent for cooling down after your main routine.

Most good yoga routines will include a warm-up and cool-down in them, but it's always good to be aware of what your body needs and how you can meet those needs.

How to breathe when you practice yoga

The breathing technique is a key element of the practice of yoga. As with all other aspect of yoga, there are a number of different breathing practices available to adopt. Again, it's a good idea to try a few out and see what works best for you.

There are, however, some core principles that transcend all differences in breathing techniques. The first and most important thing to consider is consciousness of your breath. Breathe in and out slowly, resting or pausing at the end of each breath. Let your breathing become rhythmic and routine, and use it to time your flow and movements.

Now you know everything you need to get started and get practicing yoga. In the next chapter we'll be looking at 11 poses for 11 days of yoga, all focusing on relieving stress, creating time and space for relaxation.

Yoga for Stress Relief

Yoga is great for helping to relieve stress. By taking time for yourself and dedicating time to your mind, body and spirit in amongst the hectic nature of our lives, you're saying to yourself that you are a priority. With this comes a real sense of relief and freedom.

The 11 poses in this section will help you to relieve stress by stretching out the areas we often hold tension, such as the lower back, hips and shoulders. The last few poses are designed specifically to relax the body and the mind, creating space and time to meditate.

Big Toe Pose

<https://www.youtube.com/watch?v=Cu8AiiGUAA>

To get you started, we've given you a tutorial for Big Toe Pose. This pose helps you to get the blood moving through your body and stretches out the whole of the back of the body, from your fingertips all the way down to your heels, stretching the triceps, shoulders, back and calf muscles on the way.

The benefit of tucking your fingers under your toes, as opposed to just bending forward, is that you reconnect your entire body with itself, creating a loop with your body.

Of course, if you're a beginner and aren't particularly flexible, you may struggle to reach your toes. The trick is to keep breathing and keep stretching through each breath, and flexibility will come.

Standing Forward Bend Pose

<https://www.youtube.com/watch?v=g7Uhp5tphAs>

The Standing Forward Bend Pose is very similar to the Big Toe Pose. The difference is that you can just let your arms hang, placing more emphasis on the stretching of the lower back and the backs of the legs.

You'll find with this pose that you can really just relax and let your breath guide you, resting in this pose.

Cat Cow Pose

<https://www.youtube.com/watch?v=kqnua4rHVVA>

Cat Cow Pose is one of yoga's most famous poses, and this is for a very good reason. By flexing and stretching the back, you're relieving your body of all the tension, pressure and stress that we carry in our lower backs all day long.

Cat Cow Pose is a great way to begin any yoga practice, as it encourages you to start using your breath as you move from Cat to Cow, to Cat again. Rest in this pose for as long as you like. You'll find that, in time, your back will begin to feel less sticky and will really start to loosen up.

Child's Pose

<https://www.youtube.com/watch?v=V22xxybieHk>

Child's Pose is everyone's favourite yoga pose. It's largely used as a resting pose, but is also great for stretching out the lower back and the shoulders, both massive victims of every-day tension.

The important thing to remember with Child's Pose is to keep breathing and relax. Let this pose be part of your meditation.

You'll find that, at first, you'll find it difficult to touch your heels with your bottom, but you'll eventually build up that flexibility.

Seated Forward Bend Pose

<https://www.youtube.com/watch?v=HyiFhjwWXkw>

Seated Forward Bend Pose really encourages you to fill your body with air and oxygen; the deeper you breathe, the deeper you stretch.

If you are struggling to reach your toes, feel free to use a yoga strap, but any belt or a folded up towel will also suffice.

Bridge Pose

<https://www.youtube.com/watch?v=NnbvPeAlhmA>

The Bridge Pose is a great pose to learn and works wonders when it comes to relieving stress. In Bridge Pose, you really have to engage your body, using your abdominal and gluteus maximus muscles in particular. The pose massages the back, creating a deep sense of relaxation and stress relief.

For a deeper stretch, inch your heels further back towards your pelvis. You'll find that this will also stretch the front thigh muscles wonderfully.

Happy Baby Pose

https://www.youtube.com/watch?v=ScnGkvMW_us

Whilst Happy Baby Pose may feel a little silly at first, that's part of the reason it's so great for relieving stress. By taking on a position that seems so alien to us as adults, you're pushing yourself outside of your comfort zone.

As you practice Happy Baby Pose, keep pulling your feet down towards the floor, creating a deeper stretch. For a nice, light back massage, also feel free to rock lightly from side to side and back and forth.

Reclining Bound Angle Pose

<https://www.youtube.com/watch?v=vksA9pqOpVI>

When practicing poses that involve lying flat on your back, like Bound Angle Pose, be sure to make sure you feel comfortable. Make sure the temperature of the room you're practicing in is just right, and perhaps have a pillow ready.

It's important here to remember not to force your knees down to the ground. Bound Angle Pose is designed to relax the body, not put extra strain on it.

Corpse Pose

<https://www.youtube.com/watch?v=eSeRjoolN2A>

Corpse Pose is arguably the best pose for relaxation. As you lie on your back, close your eyes and just focus on your breathing for the first few moments, slowing it down as much as you can.

Try to find as much length in your body as you can, and take note of how your body feels, what it's doing and where your tensions lie. Will the stress out of your body and soften any muscles that are holding onto their tightness.

Fire Log Pose

<https://www.youtube.com/watch?v=rMfTHG6QeVE>

Fire Log Pose, also known as Double Pigeon Pose is excellent for realigning the spine and the hips.

It's always a nice idea to end your yoga practices with some seated poses after the lying poses we've just come out of. This brings the energy back into the body and we're left feeling ready to take on the world again, rather than feeling ready to curl up and go straight to sleep.

Lotus Pose

https://www.youtube.com/watch?v=mOQWl3l_HPw

Lotus Pose is perhaps the most traditional yoga pose, and certainly the most recognisable. It's excellent for opening up the hips, but it's also fairly difficult. Make sure your hips are already feeling open and you've fully warmed up before attempting Lotus Pose.

As you breathe in Lotus Pose, sit up as straight as you can and push the chest out. Breathe deeply and let all the stress fall away.

Now we've seen how yoga can help to relieve stress. It's all about breathing in and out and being in tune with your body, reconnecting and realigning every area that carries stress and tension throughout the day.

Next we'll be moving on to yoga for weight loss, which is a little more energetic than yoga for stress relief, so prepare to be energised but hold onto that sense of peace and calm you're experiencing now.

Chapter 4 Yoga for Weight Loss

Now we've looked at using yoga to relieve stress, we're going to look at how yoga can help to aid weight loss. It's a common belief that yoga doesn't help us lose weight because it isn't a high-intensity cardiovascular workout. The truth is, though, is that yoga can be a fantastic cardiovascular workout if you practice the right poses.

The 11 poses listed here are all great if you're wanting to lose some weight whilst practicing yoga. They all require you to engage your core, creating a fantastic all-over body workout. Trust us, you'll find that if you're practicing these poses correctly, they'll get you sweating.

Half Moon Pose

<https://www.youtube.com/watch?v=EriPRTk1ly0>

Half Moon Pose is a great way to start your weight loss yoga routine. It really engages the core and works as a full-body strengthener.

As you stretch side to side, make sure you consciously feel the contraction on one side and the stretch on the other. Engage the core as much as possible which will help your balance as well as your weight loss.

High Lunge Pose

<https://www.youtube.com/watch?v=eXupg3oNGJY>

High Lunge Pose, otherwise known as Crescent Pose from time to time, works really well to get your core muscles engaged, as you rely heavily on your balance for this particular pose.

Reaching up and looking up whilst in a deep lunge takes a great deal of concentration, and moving in and out of this pose really gets the heart rate up, in turn helping you to lose weight.

Warrior I Pose

https://www.youtube.com/watch?v=5rT--p_cLOc

The Warrior Poses are all fantastic at helping with weight loss, as they require full concentration and tension across the body in order to work.

To really get the most out of this pose in terms of weight loss, try to stay in it for as long as possible, keeping all of your muscles tight, especially the core, and breathe through it.

Warrior II Pose

<https://www.youtube.com/watch?v=4Ejz7IgODIU>

When you're practicing yoga with the specific goal of losing weight, one of the best things you can do is to keep moving. With Warrior Poses in particular, try moving in and out of each one, creating a mini Warrior flow for yourself. You'll find yourself sweating in no time, which is ultimately the goal when trying to lose weight.

Willow Pose

<https://www.youtube.com/watch?v=ostloZiIX0g>

You'll notice that yoga for weight loss involves a lot of standing poses. This is because, when you're standing, you're engaging your body much more than you would seated or lying down.

Willow Pose, similar to Half Moon Pose, works out the whole body. Really try to energise right up through the finger tips.

Chair Pose

<https://www.youtube.com/watch?v=ySafTekJ3Ls>

Chair Pose is typically a fairly unpopular pose, for one good reason: it works the whole body and gets pretty painful pretty quickly. The good news, though, is that Chair Pose is great for weight loss.

Hold this pose for as long as you can possibly manage it for optimum results.

Four-Limbed Staff Pose

<https://www.youtube.com/watch?v=zSknyN77t2k>

The Four-Limbed Staff Pose is much like the standard Plank Pose, but requires you to really spread your weight evenly across both hands and both feet. As with the Chair Pose, the Four-Limbed Staff Pose is uncomfortable, but that only means that it works wonders for weight loss.

Try to hold the pose for at least 10 seconds, and make sure that you continue your deep breathing throughout.

Upward Plank Pose

<https://www.youtube.com/watch?v=4EuBcJ7ZZHw>

Upward Plank Pose is pretty much what it sounds like. Just like the plank, you're working out your entire body, but you're facing upwards rather than downwards.

Upward Plank Pose works fantastically to stretch out the shoulders, so you'll relieve some tension whilst aiding your weight loss by using your whole body.

Boat Pose

<https://www.youtube.com/watch?v=mwbChbjdVy0>

Boat Pose is perhaps the yoga pose that is most like a sit-up or crunch, which we all know are great for really toning up those abdominal muscles and getting rid of flabby tummies.

For the Boat Pose, balance is everything, so burst up into it and find your balance and focus on one spot as quickly as you can, making sure you breathe properly throughout.

Extended Side Angle Pose

<https://www.youtube.com/watch?v=0lfzG9jH6cM>

Extended Side Angle Pose is very much like a side plank. It's fantastic for working the core, and will really get you sweating, helping with your weight loss.

Spinal Twist Pose

<https://www.youtube.com/watch?v=OC408VxzbDc>

The Spinal Twist Pose is the only truly seated pose you'll find in this weight loss section of the book. It's great for working and narrowing the waist, and you'll begin to see results very quickly.

Make sure that, as you practice this pose, you aren't jarring your back at all. Twist as though you're wringing out a towel, rather than forcing your way around.

So now you've got all you need to begin your weight loss journey with yoga. As you'll see, losing weight with yoga is all about engaging as much of the body as possible, always focusing on the core muscles.

Next, we'll enter the final part of this book, looking at yoga for self-esteem. Here we'll be practicing some posture-improving poses, ready to get you standing high.

Chapter 5 Yoga for Self-Esteem

Now we've come to the last section of the book, and we'll be looking at how you can use yoga to help with your self-esteem. This is, perhaps, the most important section of all of the yoga practices in this book. With self-esteem comes the confidence to try harder, more difficult poses, thus growing in strength and ability, in turn increasing self-esteem even further.

These 11 poses are all focused on stretching out the chest and sitting upright. Your posture and the way you hold yourself massively affect how you feel about yourself and your level of confidence. In this chapter we'll be improving self-esteem by improving posture through yoga.

Upward Facing Dog Pose

<https://www.youtube.com/watch?v=y9sxkuSgV6M>

Upward Facing Dog Pose is a great way to get started when practicing yoga for self-esteem. You'll get your blood pumping and really warm yourself up.

Don't feel that you have to try to hold this pose for too long. The key is to repeat the pose three to five times to really start seeing results.

Camel Pose

<https://www.youtube.com/watch?v=SHi7k92QJlg>

Camel Pose looks fairly intimidating, and that's because it requires a great deal of spinal flexibility.

The key here, is to focus on pushing the chest up and out, rather than focusing on bending the back backwards. This way, you're focusing on the external element of the pose, bringing positivity and confidence.

Bow Pose

<https://www.youtube.com/watch?v=FCuSE4oS9xc>

A good way to think about the Bow Pose is that it's just like the Camel Pose, but as if you've tipped your body forwards and onto the stomach. Of course, you get into this pose differently, but it's still worth focusing on thrusting the chest outwards proudly.

Cobra Pose

<https://www.youtube.com/watch?v=9MGaSkqI-EI>

Cobra Pose is a wonderfully relaxing resting pose that helps to lengthen the spine and energise through the whole body.

The trick with poses like this is to continue repeating them and to really enjoy it. Imagine a ray of light is coming out of your chest and just let it shine.

Locust Pose

<https://www.youtube.com/watch?v=0kxczNm1xF4>

Locust Pose is a little like Cobra Pose, but really energises the whole body on a whole new level.

Locust Pose prioritises strength. Imagine bursts of energy and strength moving from your midsection down through your legs, and up through your arms.

Sphinx Pose

<https://www.youtube.com/watch?v=xPDs-zyIsWI>

Sphinx Pose is another wonderful chest-out pose. With Sphinx Pose, rather than coming in and out and repeating the pose, try holding it for as long as possible. If you're able to hold the pose for up to five minutes, then you'll notice your posture beginning to increase.

Fish Pose

<https://www.youtube.com/watch?v=J0e-vOG8sLI>

Fish Pose is great for really energising the back, strengthening the whole body in the process.

The Fish Pose is likely to feel strange at first, as it's not a movement we commonly practice. However, if you stick with it, you'll find that you feel a greater sense of confidence and energy.

Legs-Up-the-Wall Pose

https://www.youtube.com/watch?v=_OQEliZLY-0

Legs-Up-The-Wall Pose is fantastic for realigning the back, resting and stretching it in the process.

Sometimes it's nice to use a blanket or pillow to place just under the small of the back to offer just that extra bit of support.

Bound Angle Pose

<https://www.youtube.com/watch?v=B6tb4TncKhY>

Bound Angle Pose is an upright, seated posture which helps to increase flexibility in the hips and spine.

As you sit, try and imagine a string pulling from the crown of your head, straight upwards. Sit up as straight as you can and radiate energy and confidence.

Salutation Seal Pose

<https://www.youtube.com/watch?v=4bR8iTECIXo>

Salutation Seal Pose is another relaxing, realigning seated pose which will help your posture and encourage a greater sense of self-esteem and confidence.

Feel energy bursting out of your fingers whilst you relax your back and, of course, remember to keep breathing deeply.

Staff Pose

<https://www.youtube.com/watch?v=sXz0OCjO3p4>

The Staff Pose is known as a number of different things, but it's simply sitting up tall with legs straight out in front.

As we come to the end of our practice, activate the heels, legs, toes and back. Engage the whole body and relax, breathing in the confidence.

You'll notice that almost all of these 11 poses for self-esteem work primarily to increase good posture. This is because good posture gives the impression of good self-esteem, and by giving the impression that you are confident, you will start to truly feel confident.

Now we've come to the end of our yoga poses for stress relief, weight loss and self-esteem. But don't worry, we're not done just yet. Next we have a short Conclusion just to unwind and give you some final words of advice and encouragement.

Conclusion

Now we've come to the end of this eBook on yoga. We've learnt about what yoga is, what its history is, and how it can enrich your life right now. Through this eBook you've become fully equipped and ready to start practicing yoga in your very own way and with your very own goals. You now know exactly what you need to get started, and we've taken you through 33 amazing yoga poses for beginners that are guaranteed to help with stress relief, weight loss and self-esteem.

We've included in this book everything that anyone starting out on their journey with yoga could possibly need. We trust that you're more than happy with the information you've been given, and ask that you take it with you into your practice of yoga. Furthermore, if you have friends, relatives and other people in your life who you know would benefit from yoga, then please share this book with them. We want to enrich the lives of as many people as possible through encouraging and teaching about the practice of yoga.

There's just one last thing you need to do before you go out and begin your practice of the ancient art of yoga. Think about what it is that you really want to get out of this practice. It may be that you just want to relieve stress, lose weight or build your self esteem. You may want to do all three. You may, however, want to get something more or something different out of



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your practice of yoga. Perhaps you want to get fitter and increase your core strength, or maybe you're using yoga for rehabilitative purposes. Whatever your reasons for wanting to begin the practice of yoga, make sure you look online and get all the help you need. We can assure you that your life will be enriched and that you'll see amazing, positive results far sooner than you might expect.