

Slim⁴life



MODULE 1

STRETCH

AN ILLUSTRATED STEP-BY-STEP GUIDE TO
90 SLIMMING YOGA POSTURES



COLLECTION OF VARIOUS
→ HINDUISM SCRIPTURES
→ HINDU COMICS
→ AYURVEDA
→ MAGZINES

FIND ALL AT [HTTPS://DSC.GG/DHARMA](https://dsc.gg/dharma)

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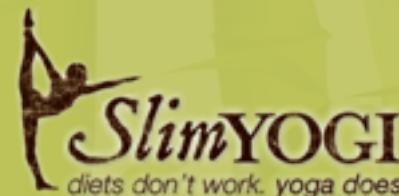
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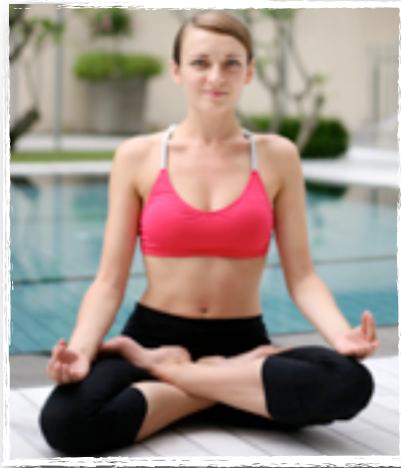




How To Use This Book



How To Use This Book



Yoga poses (also called **Asanas**) are physical postures that exercise your entire body, stretch and tone the muscles and joints, the spine and entire skeletal system. They have a beneficial effect not only on the body frame, but also on the internal organs, glands and nerves, keeping all systems healthy. **Asanas reduce stress, enhance relaxation and revitalize body, mind and spirit.**

In this book I'll guide you through the most important postures from traditional Hatha Yoga that aid in enhancing weight loss. All of these Asanas are included in the [video series title] and this book should be a reference guide for you, whenever you want to better understand or deepen your knowledge on specific postures.

Stretch! An Illustrated Step-By-Step Guide To 90 Slimming Yoga Postures includes:

- ❖ **A Short Guide For A Successful Yoga Practice** - this guide answers a variety of common questions, such as where and when to practice, what to wear and how to practice for optimal results
- ❖ Detailed descriptions of **90 Slimming Yoga Poses** with over 170 pictures
- ❖ Every pose is illustrated with professional pictures and includes **step-by-step instructions on how to assume the pose as well as its benefits and precautions**
- ❖ To make your studying easier, all poses are organized in the same groups as the videos: Sun Salutation, Standing Poses, Balancing Poses, Sitting Poses, etc.

Bear in mind that I have intentionally kept the instructions in the videos very short, to help you to concentrate on your body and not on my talking. Remember, Yoga is about progress, not perfection. Keep practicing and you will slowly perfect your postures, and this book will be your best friend along the way.

To A Slimmer & Healthier You,

Nika Florek



A Short Guide For A Successful Yoga Practice



Before You Start..



If you have a medical condition you should **consult your medical or health specialist before embarking on this Slimming Yoga program.** It also applies to pregnant women and children below 12 years old.

The information provided within this book is believed to be accurate based on the personal experience of the authors but the reader is responsible for consulting with their own health professional before changing the diet or starting an exercise program; it is not a substitute for proper medical advice.

If in doubt, please consult your doctor or licensed medical practitioner. The Slim Yogi is not responsible or liable for any diagnosis made by a user based on the content of this book.

When To Practice



Put aside a specific time in your day to enjoy your Yoga practice. Dawn and dusk are considered the best times of the day to practice Yoga, as the rising and setting of the sun charge our body with special energy. However, if these times are impossible for you, find another time of the day that works best for you and practice consistently.

Practice in the **morning** if you want to prepare your mind and body for the day, and charge your body with positive energy. Keep in mind that in the morning or in cold weather your muscles will be stiffer, so ease carefully into the postures at first.

Practice in the **evening** if you want to relax after a stressful day, unwind and centre. In the evenings your body will be more flexible, so you'll be able to go deeper into postures.

Where To Practice



Find a place where you are least likely to be disturbed. It can be your room, garden or beach - indoors or outdoors, wherever there is an even, flat surface.

If you are practicing indoors, make sure that the room is ventilated and with comfortable temperature. Air conditioned rooms are not advisable - when the environment is cold your body is stiff, and muscles stretch slowly. A clean environment and fresh air adds additional benefits to the breathing practice.

Make sure that you have enough space to allow you to move around, and extend the arms and legs freely. Turn your phone off and hang a note on your door to say that you are having time to yourself. **This is YOUR time.**

Eating and Drinking



Never practice directly after eating. **Yoga should be done on empty stomach.** Therefore allow at least 1 hour after a snack and 2 - 3 hours after a heavy meal before you begin your practice.

It is best to drink before or after your Yoga session, to avoid becoming dehydrated. Try to avoid drinking water during the practice, to avoid losing your concentration on Yoga postures and breathing.

However if you are practicing in the morning, have at least a glass of warm water before your practice, or a light snack (fruit or yoghurt). When you finish your practice eat a proper breakfast.

What to Wear



Wear comfortable, light, loose clothing, preferably made of natural fibers. **Your clothes should not restrict your movements.** Remove your jewelry, watch and spectacles if possible.

Yoga is practiced with bare feet.

What You Need



Get a special **Yoga mat** for yourself. It provides padding as well as a non-slip surface to practice on, and makes your practice easier and safer. You can find one in any sports shop.

No one else should use your mat. This is not only for hygiene reasons, but also because you will eventually build up energy on your mat that will support you throughout the Yoga practice.

You can also get a **cushion** to make your meditation more comfortable and a **blanket** if you wish to cover yourself while relaxing in the Corpse Pose at the end of the session.

If you want, you can play relaxing, soothing **music** in the background - just make sure it's not too loud.

How To Practice



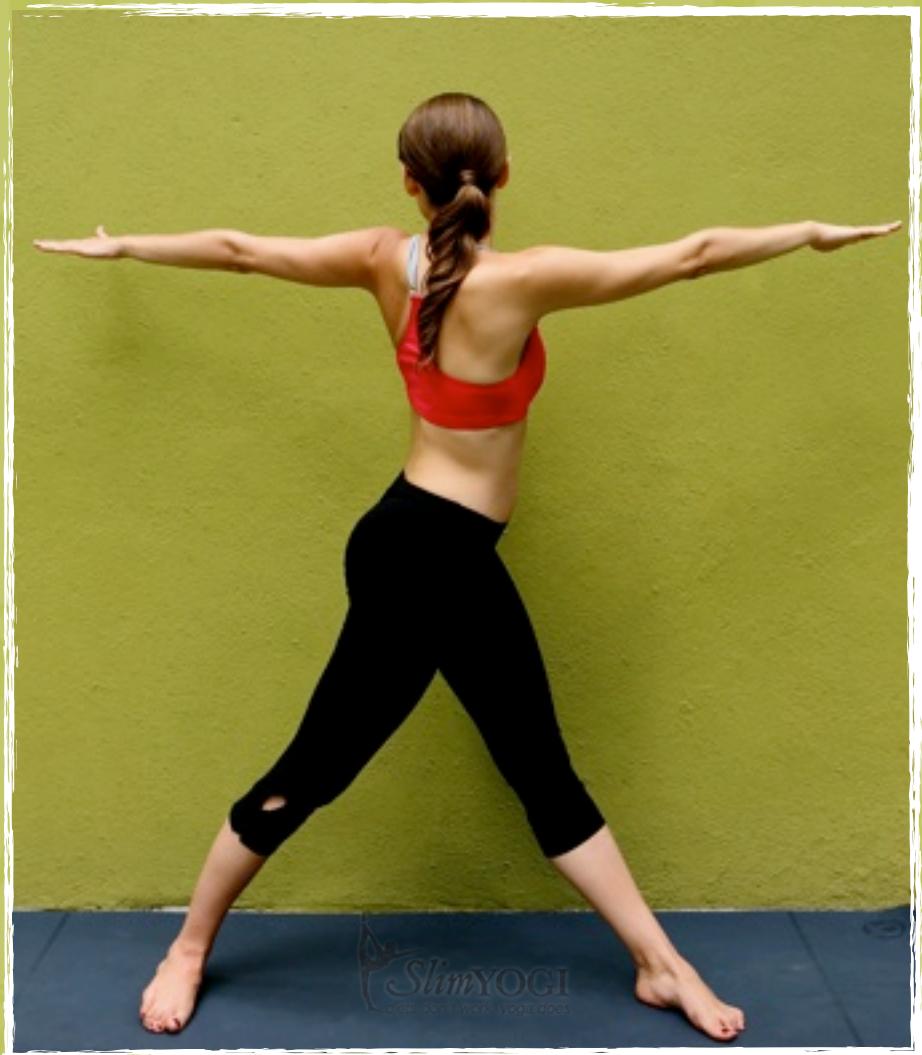
- ❖ Perform all the postures **slowly and with control**. You are not in competition with anyone, not even yourself. You'll progress faster when you take things slowly.
- ❖ **Concentrate on your breathing**, feel the air slowly flowing through your body, relaxing and energizing it.
- ❖ **Relax**. Let go of any unnecessary tension, stress or negative thoughts.
- ❖ Start every session with the **warm-up**. It's essential to avoid injuries.
- ❖ **Modify the postures for your body**. The instructions and pictures of the yoga postures in this book are the final goal - the direction you are going towards, not where you need to be after your first few sessions. Experiment and explore different positions and alignments to make the posture work for your body.
- ❖ **Don't expect instant results**. Yoga is not a quick fix for your weight problems. Patience is a key to unlocking the long-term slimming benefits of Yoga.
- ❖ **Have Fun!** The best way to get results with your Yoga practice is to enjoy it. Feeling happy while practicing Yoga puts the mind and body into a positive state.
- ❖ Most Importantly, listen to and respect your body. Never force any movement. **Let your body lead you, it is your greatest teacher!**



Warm-Up Poses



Upper Body Twist



Instructions:

- ❖ stand straight with your legs apart
- ❖ inhale raise the hands up from the sides on the shoulder level
- ❖ exhale and turn to the left in the waist keeping both the arms and shoulders straight
- ❖ turn as far as possible
- ❖ inhale and twist back to the front
- ❖ exhale and twist to the right side
- ❖ this is one round
- ❖ repeat one more time

Forward/Backward Bend



Instructions:

- ❖ stand straight with your legs apart
- ❖ inhale bring your hands on the waist
- ❖ exhale and bend forward from the waist keeping the knees straight
- ❖ bend down as much as possible
- ❖ inhale and come back to initial position
- ❖ exhale and bend backward
- ❖ inhale come back to initial position
- ❖ this is one round
- ❖ repeat one more time

Side Bends



Instructions:

- ❖ stand straight with your legs apart
- ❖ inhale bring your hands on the waist
- ❖ exhale and bend the body in the waist to the left side
- ❖ keep the knees straight
- ❖ inhale and come back to initial position
- ❖ exhale and bend the body in the waist to the right side
- ❖ inhale and come back to initial pose
- ❖ this is one round
- ❖ repeat one more time



Upper Body Rotation



1



2



3



4



5



6

Instructions:

- ❖ stand straight with your legs apart
- ❖ inhale bring your hands together above the head
- ❖ exhale and bend forward from the waist keeping the knees straight
- ❖ inhale rotate your upper body to the left
- ❖ continue inhaling and bend to the back
- ❖ exhale and bend to the right
- ❖ continue exhaling and bend forward
- ❖ inhale and go back, rotate to the right
- ❖ keep inhaling and rotate to the back
- ❖ exhale and rotate to the left
- ❖ keep exhaling and rotate to the front
- ❖ get back to initial standing pose
- ❖ this is one round
- ❖ repeat one more time

Shoulder Rotation



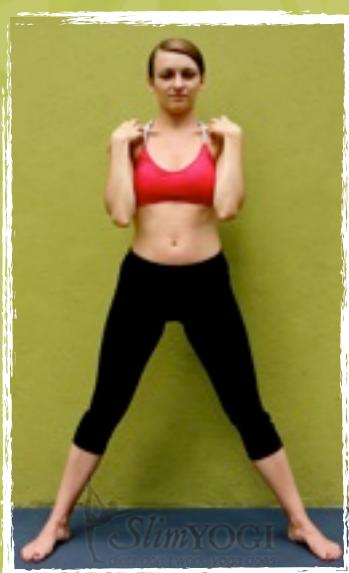
1



2



3



4

Instructions:

- ❖ stand straight with your legs apart
- ❖ your hands on the shoulders
- ❖ breathe normally
- ❖ start rotating your arms in big circles to the back - 5 circles
- ❖ repeat rotation to the front - 5 circles
- ❖ release the hands and get back to initial standing pose

Wrists Rotation



Instructions:

- ❖ stand straight with your legs apart
- ❖ bring your hands in front on the shoulder level
- ❖ start rotating your both wrists
- ❖ rotate 5 circles to the outer side, then 5 circles in the opposite direction
- ❖ release the hands and get back to initial standing pose

Head Rotation



1



2



3



4

Instructions:

- ❖ stand straight with your legs apart
- ❖ bring your hands on the waist
- ❖ bend the neck forward and start rotating to the left, to the back, to the right and front
- ❖ rotate back to the right, back, left and front
- ❖ repeat one more time
- ❖ straighten the neck and release the hands, come back to the initial standing pose

Swinging While Standing Pose



1



2



3



4

Instructions:

- ❖ stand straight with your legs apart
- ❖ raise the arms over the head, keeping the elbows straight
- ❖ bend forward and swing the trunk down from the hips
- ❖ allow the arms and head to swing through the legs
- ❖ be tension free like a rag doll
- ❖ return smoothly to the upright position with the arms raised
- ❖ inhale forcefully through the nose while raising the arms up and exhale forcefully while swinging downwards
- ❖ repeat 10 times



Sun Salutations

(Surya Namaskara)

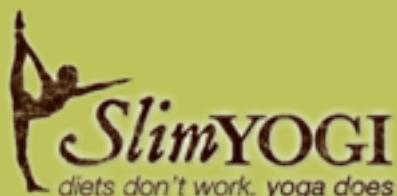
Sun Salutations

General benefits

- ❖ strengthening the back and balancing the metabolism
- ❖ stimulating and balancing all the systems of the body, including the digestive system
- ❖ practiced in a fast pace helps to burn fat and lose weight

General precautions

- ❖ the practice should be immediately discontinued if a fever, acute inflammation, boils or rashes occur due to excess toxins in the body. When the toxins have been eliminated, the practice may be resumed
- ❖ it shouldn't be practiced by people with high blood pressure, coronary artery disorders, or by those who have had a stroke, as it may overstimulate or damage a weak heart or blood vessel system
- ❖ it should be avoided in case of hernia and intestinal tuberculosis
- ❖ people with back conditions such as slipped disc and sciatica should consult a doctor before the practice
- ❖ women should avoid it during the onset of menstruation, practice can be resumed towards the end of the period



Sun Salutations



1



2



3



4



5



6



7



8



9



10



11



12



13

Prayer Pose



Instructions:

- ❖ stand straight, bring your feet together and your palms together on your chest
- ❖ breathe normally

Standing Back Arch



Instructions:

- ❖ inhale and raise your both arms up above the head, bend the head, arms and upper trunk slightly backward, look up

Forward Bend



Instructions:

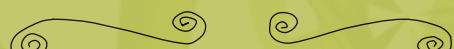
- ❖ exhale and bend forward from the hips
- ❖ touch the floor with your fingers or palms
- ❖ bring the forehead as close to the knees as is comfortable
- ❖ do not strain, keep the knees straight

Half Cobra Pose



Instructions:

- ❖ place your palms on the floor beside the feet, keep the arms straight
- ❖ inhale and bring your left leg back, drop your left knee on the floor and bend your right knee
- ❖ in the final posture, the left foot, both hands, left knee and toes support the body.
- ❖ the back is slightly arched and the head faces forward, look upwards



Plank Pose



Instructions:

- ❖ hold the breath and from Half Cobra Pose bring your right leg back, straighten your knees and hands
- ❖ drop the hips until the body forms a straight line from the top of your head to your heels
- ❖ focus the gaze on the fixed point in front



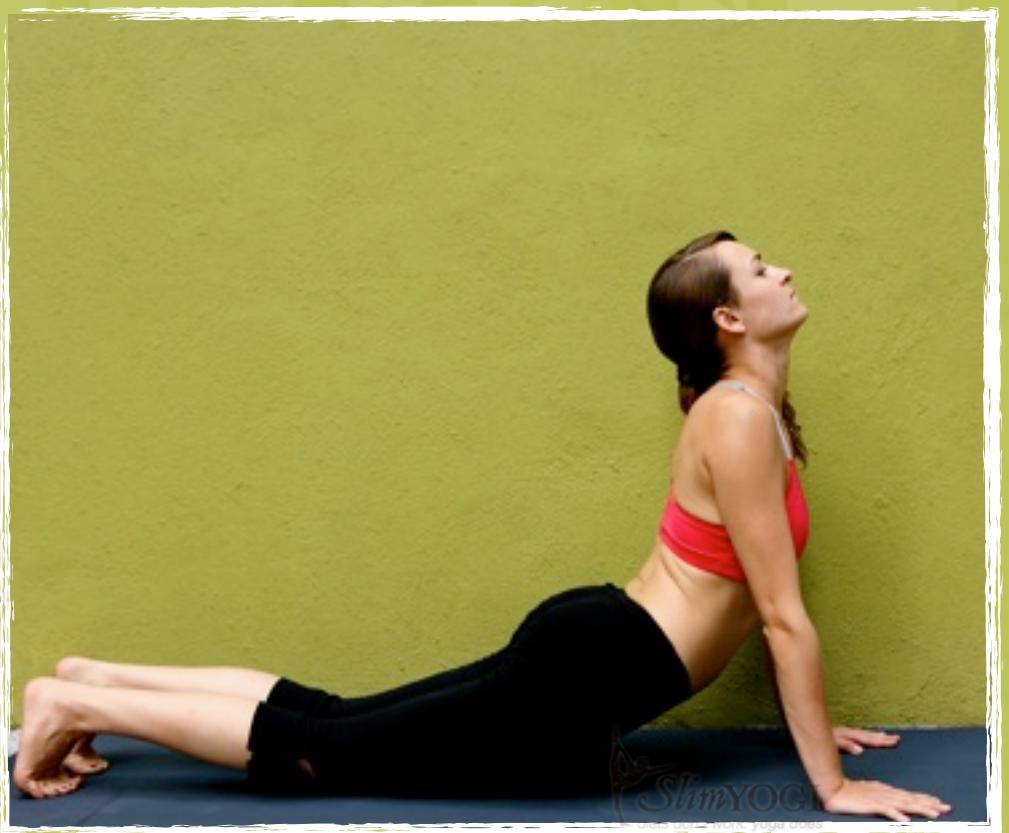
Ashtanga Pose



Instructions:

- ❖ exhale and from Plank Pose lower your knees, chest and chin on the floor; the feet will come up on to the toes
- ❖ in the final position only the toes, knees, chest, hands and chin (8 parts of the body) should touch the floor
- ❖ the buttocks, hips and abdomen should be raised

Cobra Pose



Instructions:

- ❖ inhale, keep your hands beside your chest and slide the chest forward and raise first the head, the shoulders, then, straightening the elbows
- ❖ arch the back into the Cobra Pose
- ❖ this will lower the hips and the buttocks to the floor
- ❖ bend the head back and look upward

Downward Facing Dog Pose



Instructions:

- ❖ hold the breath, raise your hips up and lower the head between the arms so that the back and legs form two sides of a triangle
- ❖ keep the knees and hands straight
- ❖ push the heels and head towards the floor

Half Cobra Pose



Instructions:

- ❖ hold the breath and from Downward Facing Dog lean forward and bring your left leg forward
- ❖ place your palms on the floor beside the left foot, keep the arms straight
- ❖ drop your right knee on the floor and bend your left knee
- ❖ the back is slightly arched and the head faces forward, look upwards

Forward Bend



Instructions:

- ❖ exhale and from Half Cobra Pose bring your right leg forward
- ❖ bend forward from the hips
- ❖ touch the floor with your fingers or palms
- ❖ bring the forehead as close to the knees as is comfortable
- ❖ do not strain, keep the knees straight

Standing Back Arch



Instructions:

- ❖ inhale and raise your both arms up above the head, bend the head, arms and upper trunk slightly backward, look up



Prayer Pose



Instructions:

- ❖ exhale and release your hands, bring the palms together on the chest
- ❖ stand straight with your feet together
- ❖ this is one full round of Sun Salutation



Standing Poses



One Leg Forward Bend



Instructions:

- ❖ stand straight with legs together
- ❖ step forward with your left leg, turn your right foot to 45 degrees
- ❖ bring your both palms together behind your back, interlock the fingers and place your palms on your lower back
- ❖ inhale raise your head up, expand your chest and look up
- ❖ exhale bend forward, bringing your forehead to the knee, while keeping both legs straight
- ❖ stay in this pose for 5 breaths and with inhale raise your head up back to the starting pose
- ❖ repeat on the right side

Precautions:

People with weak heart and lower back problems should not practice this posture

Benefits:

- ❖ opening hip and shoulders joints
- ❖ stretching the lower back
- ❖ contracting abdominal muscles, helping to burn the fat in this area
- ❖ strengthening the legs

Triangle Pose



Instructions:

- ❖ stand straight with legs together
- ❖ step forward with your left leg, turn your right foot to 45 degrees
- ❖ inhale, stretch the arms sideways on the shoulder level so that they are in one straight line
- ❖ exhale, bend to the left, bringing left hand down to the left foot and right hand up
- ❖ keep your knees straight and arms in straight line
- ❖ look up at the left hand in the final position and hold the position for 5 breaths
- ❖ inhale, return to the upright position with the arms in a straight line
- ❖ exhale, release the hands on the sides of your body
- ❖ repeat on the right side

Precautions:

None

Benefits:

- ❖ toning the muscles on the side of the trunk, the waist and the back of the legs
- ❖ improving digestion
- ❖ helping to reduce waistline fat

One Hand Backbend



Instructions:

- ❖ stand straight with legs together
- ❖ step forward with your left leg, turn your right foot to 45 degrees
- ❖ inhale, stretch the arms sideways on the shoulder level so that they are in one straight line
- ❖ exhale, tilt your upper body to the back, bringing left hand up, right hand stays on the thigh
- ❖ keep your knees straight
- ❖ look up at the left hand in the final position and hold the position for 5 breaths
- ❖ inhale, return to the starting position with the arms in a straight line
- ❖ exhale, release the hands on the sides of your body
- ❖ repeat on the right side

Precautions:

Make sure that you are tilting to the back and releasing the pose very slowly, otherwise you might feel dizzy

Benefits:

- ❖ toning the muscles on the side of the trunk, the waist and the back of the legs
- ❖ improving digestion
- ❖ helping to reduce waistline fat

Revolved Triangle Pose



Instructions:

- ❖ stand straight with the feet more than shoulder width apart
- ❖ turn the left foot to the left side
- ❖ inhale, raise the arms sideways to the shoulder level
- ❖ exhale, twist the trunk to the left, bend forward and bring your right hand on the outer side of the left foot and the left hand up, stretched vertically so that both arms are forming a straight line
- ❖ look up at the left hand, keep your knees straight
- ❖ hold the final position for 5 breaths, balancing the body and feeling the twist and stretch of the back
- ❖ inhale, raise your hands up to shoulder level
- ❖ exhale, return to the center forward position
- ❖ repeat on the other side

Option:

If you can't place your hand on the outer side of the foot, you can place your palm on your ankle or calf - the most important is to keep the knees straight

Precautions:

People suffering from back conditions shouldn't practice this posture

Benefits:

- ❖ toning up the thigh, calf, hip and hamstring muscles
- ❖ reducing fat around the waist and hips
- ❖ strengthening and toning the arms

Side Angle Stretch



Instructions:

- ❖ stand erect with the feet more than shoulder width apart
- ❖ turn the left foot to the left side
- ❖ inhale, bend your left knee and place your left elbow on the thigh, lean forward, so that your left thigh is parallel to the floor
- ❖ exhale, extend your right arm over the ear until you form a straight line from the tips of your fingers to the toes
- ❖ look to your right side and hold the posture for 5 breaths
- ❖ inhale, release the right hand to the back
- ❖ exhale, return to the starting position
- ❖ repeat on the other side

Precautions:

People with weak heart and lower back problems should not practice this posture

Benefits:

- ❖ toning up ankles, knees and thighs
- ❖ reducing fat around the waist and hips
- ❖ toning the legs

Revolved Side Angle Stretch



Instructions:

- ❖ stand erect with the feet widely spread apart
- ❖ inhale, turn the left foot to the left side
- ❖ exhale, bend your left knee, bend forward, rotate your trunk, bring your palms together and place your right elbow on the outer side of your left knee
- ❖ expand your chest up
- ❖ hold this pose for 5 breaths
- ❖ inhale, release the hands to the front
- ❖ exhale, return to the starting position
- ❖ repeat on the other side

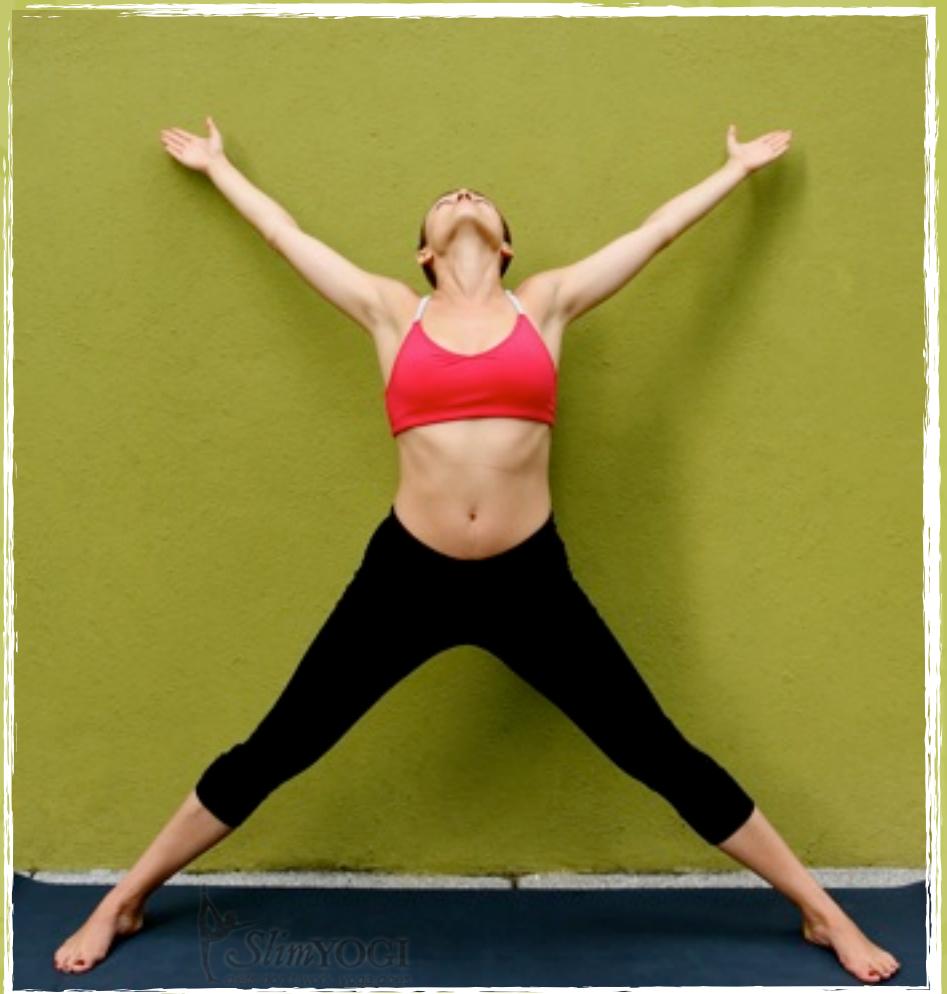
Precautions:

People suffering from serious back conditions and weak knees shouldn't practice this posture

Benefits:

- ❖ improving digestion by contracting abdominal organs
- ❖ the blood is circulating well round the abdominal organs and the spinal column and they are thus rejuvenated
- ❖ helping to remove waste matter from the colon without strain

Chest Expand



Instructions:

- ❖ stand erect with the feet widely spread apart
- ❖ inhale, raise your both hands up and tilt to the back
- ❖ expand the chest and hold it for few seconds
- ❖ exhale, release the hands and return to the starting position

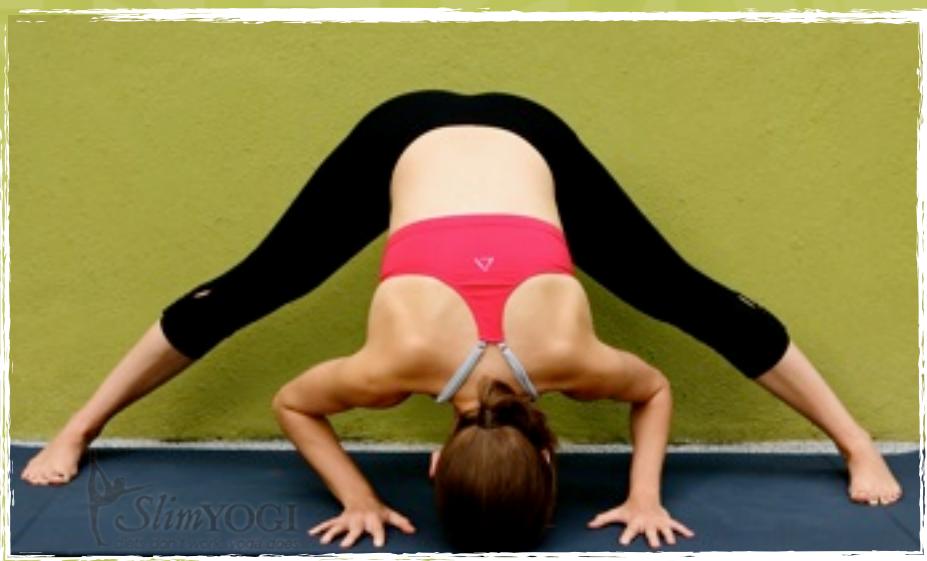
Precautions:

People with weak heart and lower back problems should not practice this posture

Benefits:

- ❖ stretching arms and spine
- ❖ helping in deep breathing
- ❖ toning abdominal muscles
- ❖ strengthening the lower back, calves and buttocks

Wide Leg Forward Bend I



Instructions:

- ❖ stand erect with the feet widely spread apart
- ❖ inhale, raise your both hands up, tilt to the back and expand the chest
- ❖ exhale, bend forward, place your palms on the floor and push your head towards the floor
- ❖ hold the posture for 5 breaths
- ❖ inhale, slowly raise your head and hands up
- ❖ exhale, release the hands and return to the starting position

Option:

If you can't touch your head to the floor, just bring your hands on the floor - don't strain, go only as far as your body allows you

Precautions:

People with serious neck/arm/shoulder problems should not practice this posture

Benefits:

- ❖ strengthening and slimming the arms and upper back
- ❖ stretching the hamstrings

Wide Leg Forward Bend II



Instructions:

- ❖ stand erect with the feet widely spread apart
- ❖ inhale, bring the hands to the back, interlock the fingers
- ❖ exhale, bend forward, raise your hands up, so that the shoulder blades are coming closer
- ❖ hold the posture for 5 breaths
- ❖ inhale, slowly drop your hands on the lower back and raise your head up
- ❖ exhale, release the hands and return to the starting position

Precautions:

People with serious neck/arm/shoulder problems should not practice this posture

Benefits:

- ❖ strengthening and relieving stiffness in shoulders, arms and upper back
- ❖ stretching the hamstrings

Wide Leg Forward Twist



Instructions:

- ❖ from the Wide Leg Forward Bend I leave your left hand in the center on the floor and with inhale twist your trunk and raise your right hand up
- ❖ both hands should form a straight line, look up
- ❖ hold the posture for 5 breaths
- ❖ exhale, bring your left hand back on the floor
- ❖ repeat on the right side

Precautions:

People with serious neck/arm/shoulder problems should not practice this posture

Benefits:

- ❖ strengthening the arms, shoulders, chest and upper back
- ❖ toning the abdominal muscles and lower back



Warrior Pose I



Instructions:

- ❖ stand straight with legs together
- ❖ step forward with your left leg, turn your right foot to 45 degrees
- ❖ bring your both palms together on your knee, bend your knee so that thigh is parallel to the floor
- ❖ inhale, raise your both hands up, stretch the spine and gaze forward
- ❖ the bent knee should not extend beyond the ankle but should be in line with heel
- ❖ hold the pose for 5 long breaths
- ❖ exhale and release your hands down, go back to the starting pose
- ❖ repeat on the right side

Precautions:

People with weak heart and lower back problems should not practice this posture

Benefits:

- ❖ it relieves stiffness in shoulders and back, tones up the ankles and knees and cures stiffness of the neck
- ❖ it reduces fat around the hips
- ❖ it helps in deep breathing

Warrior Pose II



Instructions:

- ❖ stand straight with legs together
- ❖ step forward with your left leg, turn your right foot to 45 degrees
- ❖ bend your left knee so that thigh is parallel to the floor
- ❖ inhale, stretch your hands sideways on the shoulder level and gaze at your left palm
- ❖ your right knee remains straight
- ❖ the left knee should not extend beyond the ankle but should be in line with heel
- ❖ hold the pose for 5 long breaths
- ❖ exhale and release your hands down, go back to the starting pose
- ❖ repeat on the right side

Precautions:

People with weak heart and lower back problems should not practice this posture

Benefits:

- ❖ legs muscles become shapely and stronger
- ❖ bringing elasticity to the legs and back muscles and also toning the abdominal organs
- ❖ strengthening the arms

Easy Warrior Pose III



Instructions:

- ❖ from Warrior Pose I, exhale lower your left knee and bend the trunk forward
- ❖ rest the chest on the thigh and bring your hands forward
- ❖ keep the arms straight and the palms together
- ❖ hold this position for 5 long breaths
- ❖ exhale, lower your hands to the knee and raise up while straightening your both legs
- ❖ go back to starting position
- ❖ repeat on the right side

Precautions:

People with weak heart and lower back problems should not practice this posture

Benefits:

- ❖ contracting and toning abdominal organs and making the leg muscles more shapely and sturdy
- ❖ helping to get rid of fat in abdominal area and hips
- ❖ strengthening the thighs

Easy Half Moon Pose



Instructions:

- ❖ from Easy Warrior Pose III place your palms on the floor beside the feet, keep the arms straight
- ❖ inhale, raise your right leg up, hold it parallel to the floor and straighten your left knee
- ❖ look down on the floor
- ❖ hold the posture for 5 breaths
- ❖ exhale, drop your right leg on the floor and go back to the starting pose
- ❖ repeat on the other side

Precautions:

People with lower back problems should not practice this posture.

Benefits:

- ❖ reducing fat around the hips
- ❖ stretching the hamstrings, calves and thighs muscles
- ❖ toning the buttocks



Balancing Poses

Tree Pose



Instructions:

- ❖ stand with the feet together and the arms by the sides
- ❖ steady the body and distribute the weight equally on both feet
- ❖ raise your left leg, bend the knee and place the sole on the inner side of your right thigh
- ❖ fix the eyes at one point and find the balance
- ❖ inhale, raise the arms over the head, bring the palms together and stretch the arms, shoulders and chest upward
- ❖ stretch the whole body from top to bottom, without losing balance or moving the feet
- ❖ hold the position for 5 breaths
- ❖ exhale slowly release the arms and left leg down to the starting position
- ❖ repeat on the other side

Precautions:

Be careful with the ankles, warm it up before the practice

Benefits:

- ❖ developing physical and mental balance
- ❖ stretching the abdominal muscles and the intestines, helping to keep the abdominal muscles and nerves toned
- ❖ improving the posture

Standing Half Bow Balance



Instructions:

- ❖ stand with the feet together and focus on a fixed point
- ❖ inhale, bend the left knee and grasp the ankle with the left hand behind the body, raise the right hand up
- ❖ keep both knees together and maintain the balance
- ❖ exhale, slowly raise and stretch the right leg backward as high as comfortable
- ❖ reach upward and forward with the right arm
- ❖ focus the gaze on a right hand
- ❖ hold the position for 5 breaths
- ❖ inhale, lower the right arm to the side, lower the left leg, bringing the knees together
- ❖ exhale, release the left ankle and lower the foot to the floor, lower the right arm to the side.
- ❖ repeat on the other side

Precautions:

People who suffer from a weak heart, high blood pressure, back problems, hernia, colitis, peptic or duodenal ulcers or vertigo should not practice it

Benefits:

- ❖ strengthening the back, shoulders, arms, hips and legs
- ❖ developing a sense of balance and coordination and improving concentration

Standing Knee To Chest Balance



Instructions:

- ❖ stand with the feet together and the arms by the sides
- ❖ inhale, raise your left leg, grab hold of the shin and bring the knee close to the chest with toes pointing down
- ❖ stretch the whole body from top to bottom, without losing balance or moving the feet
- ❖ fix the eyes at one point and find the balance
- ❖ hold the position for 5 breaths
- ❖ exhale slowly release the arms and left leg down to the starting position
- ❖ repeat on the other side

Precautions:

Be careful with the ankles, warm it up before the practice.

Benefits:

- ❖ developing physical and mental balance
- ❖ stretching the abdominal muscles and the intestines, helping to keep the abdominal muscles and nerves toned
- ❖ improving the posture and strengthening the arms
- ❖ stimulating digestion

Standing Knee Side Balance



Instructions:

- ❖ from the Standing Knee To Chest Balance inhale and bring your bent knee to the left side and your right hand to the right side on the shoulder level
- ❖ stretch the whole body from top to bottom, without losing balance or moving the feet
- ❖ fix the eyes at one point and find the balance
- ❖ hold the position for 5 breaths
- ❖ exhale, slowly release the left leg to the front and drop the foot on the floor
- ❖ bring the right hand back to the side
- ❖ repeat on the other side

Precautions:

Be careful with the ankles, warm it up before the practice.

Benefits:

- ❖ developing physical and mental balance
- ❖ stretching the abdominal muscles and the intestines, helping to keep the abdominal muscles and nerves toned
- ❖ improving the posture
- ❖ strengthening the arms and lower back

Eagle Pose



Instructions:

- ❖ stand with the feet together and the arms by the sides
- ❖ hold the left leg straight, bend the right leg and twist it around the left leg
- ❖ the right thigh should be in front of the left thigh and the top of the right foot should rest on the calf of the left leg
- ❖ bend the elbows and bring them in front of the chest
- ❖ inhale, twist the forearms around each other with the left elbow remaining below
- ❖ place the palms together to resemble an eagle's beak
- ❖ balance in this position, then exhale, slowly bend the left knee and lower the body, keeping the back straight
- ❖ keep the eyes focused on the fixed point
- ❖ hold the final position for 5 breaths, then raise the body, and release the legs and arms
- ❖ repeat on the other side

Precautions:

People with tight knees should be careful with this posture

Benefits:

- ❖ strengthening the muscles and loosening the joints of the shoulders, arms and legs
- ❖ it's good for stretching upper back
- ❖ improving concentration

Chair Pose



Instructions:

- ❖ stand with the feet together and the arms by the sides
- ❖ inhale, raise the arms over the head
- ❖ exhale, bend the knees and lower the trunk
- ❖ do not stoop forward, but keep the chest as far back as possible and breathe normally
- ❖ keep your back straight and hold the pose for 5 breaths
- ❖ inhale, straighten the legs,
- ❖ exhale, lower the arms and come back to standing pose

Precautions:

People suffering from serious back conditions should avoid this posture

Benefits:

- ❖ removing stiffness in the shoulders
- ❖ the ankles become strong and the leg muscles develop evenly
- ❖ the diaphragm is lifted up and this gives a gentle massage to the heart
- ❖ the abdominal organs and the back are toned and the chest is developed by being fully expanded

Tiptoe Pose



Instructions:

- ❖ stand with the feet together and the arms by the sides
- ❖ inhale, raise up on the toes and bring your hands up on the shoulder level
- ❖ exhale, squat with the gaze focused on a fixed point
- ❖ raise the heels and balance on the tiptoes
- ❖ allow the knees to come forward slightly so that the thighs are parallel to the floor
- ❖ place your palms on the thighs, straighten your back and balance the whole body
- ❖ stay in this position for 5 breaths
- ❖ release the pose, drop your knees on the floor and sit between your feet to relax

Precautions:

People with sciatica, slipped disc, ankle or knee problems should not practice this asana

Benefits:

- ❖ strengthening the toes, ankles, lower back and thighs
- ❖ improving balance and concentration



Sitting Poses

Easy Meditation Pose



Instructions:

- ❖ sit with legs straight in front of the body
- ❖ bend both legs and cross it in front of your body
- ❖ place the hands on the knees
- ❖ close your eyes
- ❖ keep the head, neck and back upright and straight
- ❖ relax the whole body
- ❖ arms should be relaxed and not held straight

Precautions:

People with severe knee problems should not be sitting in this posture for too long

Benefits:

- ❖ this is the easiest and most comfortable meditative pose
- ❖ it facilitates mental and physical balance without strain or pain

Half Lotus Pose



Instructions:

- ❖ sit with legs straight in front of the body
- ❖ bend one leg and place the sole of the foot on the inside of the opposite thigh
- ❖ bend the other leg and place the foot on top of the opposite thigh
- ❖ without any strain, try to place the upper heel as near as possible to the abdomen
- ❖ adjust the position so that it is comfortable
- ❖ place the hands on the knees and close your eyes
- ❖ keep the head, neck and back upright and straight
- ❖ relax the whole body
- ❖ arms should be relaxed and not held straight

Precautions:

People suffering from sciatica or weak or injured knees should not perform this posture

Benefits:

- ❖ allowing the body to be held completely steady for long periods of time, holding the trunk and head like a pillar with the legs as a firm foundation
- ❖ applying pressure to the lower spine, which has a relaxing effect on the nervous system
- ❖ the breath becomes slow, muscular tension is decreased and blood pressure is reduced
- ❖ the normally large blood flow of the legs is redirected to the abdominal region stimulating digestive process

Lotus Pose



Instructions:

- ❖ sit with legs straight in front of the body
- ❖ bend the left knee and place the left foot on the right thigh
- ❖ bend the right knee and place the right foot on the left thigh
- ❖ adjust the pose so that it is comfortable, the knees should be firmly on the floor
- ❖ place the hands on the knees and close your eyes
- ❖ keep the head, neck and back upright and straight
- ❖ relax the whole body
- ❖ arms should be relaxed and not held straight

Precautions:

People with sciatica or sacral infections should not perform this posture

Benefits:

- ❖ it's a healthy position to sit in, especially for those suffering from varicose veins, tired and aching muscles or fluid retention in the legs
- ❖ it increases the efficiency of the entire digestive system, relieving stomach ailments such as hyperacidity and peptic ulcer
- ❖ you can practice Vajrasana directly after meals, for at least 5 minutes to enhance the digestive function.

Thunderbolt Pose I



Instructions:

- ❖ kneel on the floor with the knees close together
- ❖ bring the big toes together and separate the heels
- ❖ lower the buttocks onto the inside surface of the feet with the heels touching the sides of the hips.
- ❖ place the hands on the thighs, palms down
- ❖ the back and head should be straight but not tense
- ❖ close the eyes, relax the arms and the whole body

Option:

If there is a pain in the thighs or ankles, the knees may be separated slightly while maintaining the posture. You can also put the pillow below your buttocks and sit on it.

Precautions:

Be careful with your ankles and knees

Benefits:

- ❖ altering the flow of blood and nervous impulses into pelvic region and strengthening the pelvic muscles
- ❖ increasing the efficiency of the entire digestive system, relieving stomach ailments such as hyperacidity and peptic ulcer
- ❖ this is the only posture that you can practice directly after meals, for at least 5 minutes to enhance the digestive function.

Thunderbolt Pose II



Instructions:

- ❖ from the Thunderbolt Pose I bring your hands to the back, interlock the fingers
- ❖ inhale, raise your head up and expand the chest
- ❖ exhale, bend forward and rest the chest on the thighs and forehead on the floor
- ❖ raise the hands up, so that the shoulder blades will come close to each other
- ❖ hold the pose for 5 breaths
- ❖ inhale drop the hands on your lower back and slowly raise the head and upper body up
- ❖ exhale, go back to the starting pose - place the hands on the thighs, palms down and look forward

Option:

If you have tight shoulders, you can just rest your hands on the lower back without raising it up

Precautions:

Be careful with your ankles, knees and shoulders

Benefits:

- ❖ increasing the efficiency of the entire digestive system, relieving stomach ailments such as hyperacidity and peptic ulcer
- ❖ stretching and strengthening the shoulders and arms

Thunderbolt Pose III



Instructions:

- ❖ from the Thunderbolt Pose I bring your left palm below the belly button, put the right palm on top of the left palm
- ❖ inhale, raise your head up and expand the chest
- ❖ exhale, bend forward and rest the chest on the thighs and forehead on the floor
- ❖ your palms are pressing the stomach
- ❖ hold the pose for 5 breaths
- ❖ inhale, slowly raise the head and upper body up
- ❖ exhale, go back to the starting pose - place the hands on the thighs, palms down and look forward

Precautions:

Be careful with your ankles and knees. It shouldn't be performed by people with gastric problems

Benefits:

- ❖ speeding up digestion due to the pressure on the stomach
- ❖ getting rid of excess wind or gas in your belly
- ❖ adding strength to the calf and thigh muscles.

One Leg Forward Bend I



Instructions:

- ❖ sit down on the floor with your legs outstretched and spread apart as far as possible
- ❖ inhale, raise your both hands up above the head
- ❖ exhale, twist the trunk and bend forward to the left leg
- ❖ grab hold of your left toe (calf)
- ❖ bring the forehead to the knee, keep the knee straight
- ❖ hold the pose for 5 breaths
- ❖ inhale, raise your both hands up above the head
- ❖ exhale, twist to the right side and repeat the movement on the right side

Precautions:

People suffering from slipped disc, sciatica or hernia should not practice this posture

Benefits:

- ❖ stretching hamstring muscles and increasing flexibility in the hip joints
- ❖ toning and massaging the entire abdominal and pelvic region
- ❖ removing excess weight in the abdominal area and stimulating circulation to the nerves and muscles of the spine

One Leg Forward Bend II



Instructions:

- ❖ sit down on the floor with your legs outstretched and spread apart as far as possible
- ❖ bring your left hand up and rest your right hand on the back
- ❖ twist your trunk and bend forward to your right leg, grab hold of your right toe (calf) with your left hand
- ❖ inhale, raise your head up, look up
- ❖ exhale, bend forward and bring the forehead as close as possible to the knee
- ❖ keep both knees straight
- ❖ hold the pose for 5 breaths
- ❖ inhale, raise your head and left hand up, bring your left hand to the back and right hand up, twist to the left side and repeat the movement on the left side

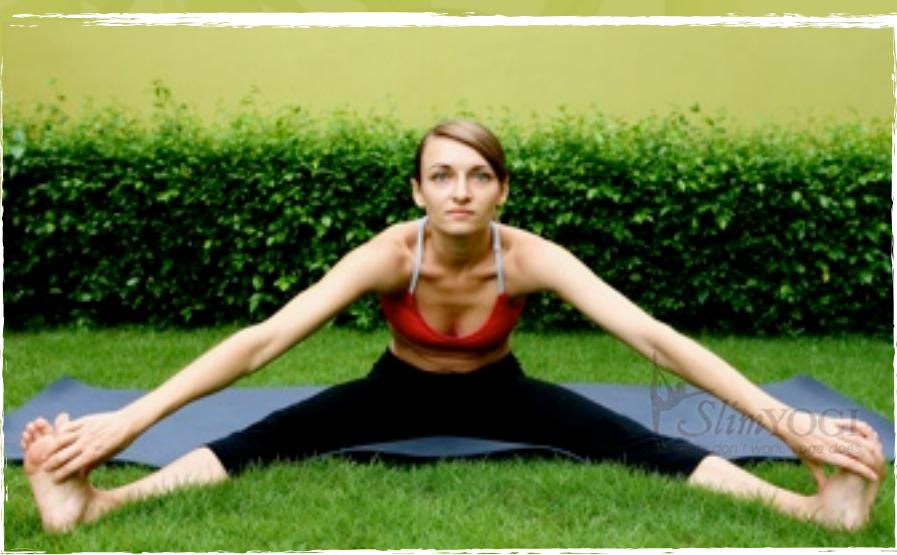
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Benefits:

- ❖ stretching hamstring muscles and increasing flexibility in the hip joints
- ❖ toning and massaging the entire abdominal and pelvic region
- ❖ removing excess weight in abdominal area and stimulating circulation to the nerves and muscles of the spine

Two Legs Forward Bend I



Instructions:

- ❖ sit down on the floor with your legs outstretched and spread apart as far as possible
- ❖ inhale, raise the both hands up above the head
- ❖ exhale, bend forward and grab hold of your left toe with your left hand and right toe with your right hand
- ❖ try to bring your forehead to the floor in between the knees, keep both knees straight
- ❖ hold the pose for 5 breaths
- ❖ inhale, raise your both hands and head up
- ❖ exhale, release both hands on the floor next to the thighs

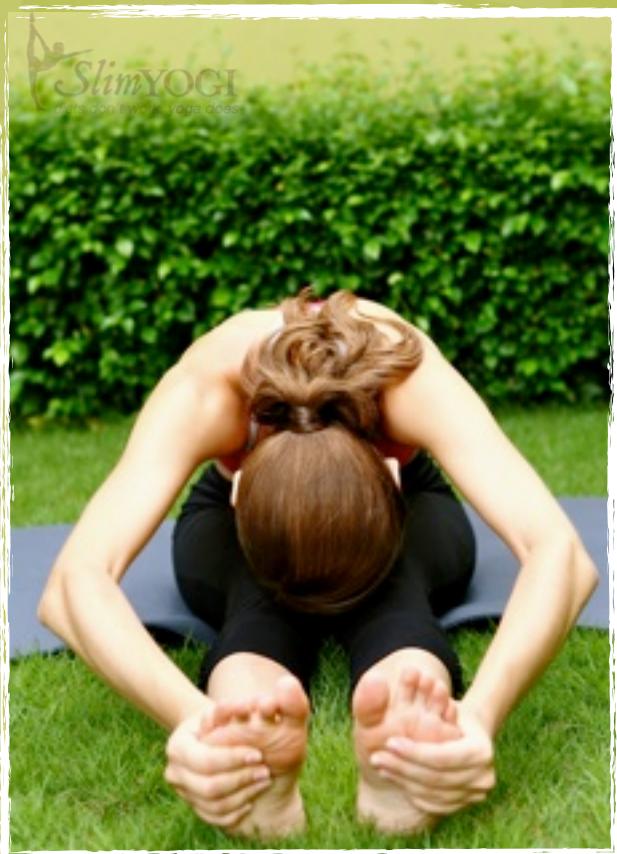
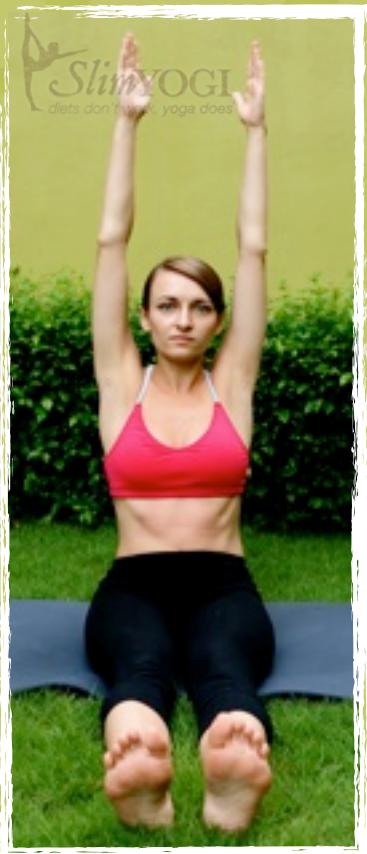
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Benefits:

- ❖ stretching hamstring muscles and increasing flexibility in the hip joints and spine
- ❖ toning and massaging the entire abdominal and pelvic region
- ❖ removing excess weight in abdominal area and stimulating circulation to the nerves and muscles of the spine

Two Legs Forward Bend II



Instructions:

- ❖ sit down on the floor with your legs outstretched, feet together
- ❖ inhale, raise your both hands up above the head
- ❖ exhale bend forward, slide the hands down the legs and grab hold of your feet (alternative: ankles, calves)
- ❖ bring your head as close as possible to the knees, keeping your knees straight
- ❖ hold the pose for 5 breaths
- ❖ inhale, raise both hands up
- ❖ exhale, release both hands on the floor next to the thighs

Precautions:

People suffering from slipped disc, sciatica or hernia should not practice this asana

Benefits:

- ❖ stretching hamstring muscles and increasing flexibility in the hip joints and spine
- ❖ toning and massaging the entire abdominal and pelvic region
- ❖ removing excess weight in abdominal area and stimulating circulation to the nerves and muscles of the spine

Twisted Pose I



Instructions:

- ❖ sit down on the floor with your legs outstretched, feet together
- ❖ bend the left knee and place the foot on the floor
- ❖ inhale, raise your both hands up above the head
- ❖ exhale, turn the trunk to the right side and place the right palm behind the right buttock, and the left palm next to right thigh, with the fingers pointing to each other
- ❖ twist the head and trunk as far to the right as is comfortable, using the arms as levers, while keeping the spine upright and straight
- ❖ the buttocks should remain on the floor, the right elbow may bend a little, but try to keep it straight
- ❖ look over right shoulder as far as possible without straining, feel the twist in the lower back
- ❖ hold the final position for 5 breaths
- ❖ inhale, straighten your head and raise both hands up above the head, re-center the trunk
- ❖ exhale, release the hands, repeat on the other side

Precautions:

People with back complaints should be careful with this posture

Benefits:

- ❖ stretching the spine, loosening the vertebrae and toning the nerves
- ❖ alleviating backache, neck pain lumbago and mild forms of sciatica

Twisted Pose II



Instructions:

- ❖ sit down on the floor with your legs outstretched, feet together
- ❖ bend the right knee and place the foot on the floor
- ❖ inhale, raise your both hands up above the head
- ❖ exhale, turn the trunk to the right side and place the right palm behind the right buttock, and the left palm on the right shoulder, left elbow is pressing on the right knee
- ❖ twist the head and trunk as far to the right as is comfortable, using the arms as levers, while keeping the spine upright and straight
- ❖ the buttocks should remain on the floor
- ❖ look over right shoulder as far as possible without straining, feel the twist in the lower back
- ❖ hold the final position for 5 breaths
- ❖ inhale, straighten your head and raise both hands up above the head, re-center the trunk
- ❖ exhale, release the hands, repeat on the other side

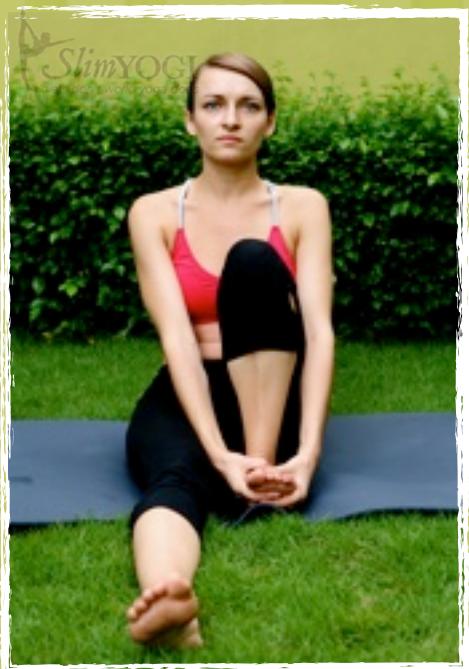
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Benefits:

- ❖ stretching the spine, loosening the vertebrae and toning the nerves
- ❖ alleviating backache, neck pain lumbago and mild forms of sciatica

Sitting Half Boat Pose



Instructions:

- ❖ sit down on the floor with your legs outstretched, feet together
- ❖ inhale, bend the left knee, grab hold of your left foot (alternative: ankle, heel, calf) and stretch the leg up
- ❖ keep the back and knee straight and try to bring your leg as close as possible to the forehead
- ❖ gaze at the big toe and hold the pose for 5 breaths
- ❖ exhale, slowly release the leg on the floor
- ❖ repeat on the other side

Precautions:

People with back complaints or a displaced coccyx should not practice this pose.

Benefits:

- ❖ rendering the hamstring muscles and improving flexibility of hip joints
- ❖ toning abdominal muscles
- ❖ strengthening arms and spine muscles

Twisted Forward Stretch



Instructions:

- ❖ from the Sitting Half Boat Pose inhale and grab hold the outer side of your left foot (option: ankle, heel, calf) with your right hand
- ❖ twist the trunk towards the left side, extend the left arm to the back at the shoulder level
- ❖ turn the head to the back and gaze over the left shoulder at your left palm
- ❖ keep your knees and back straight
- ❖ hold the pose for 5 breaths
- ❖ exhale, straighten your head and trunk, release your left hand and bring the left leg down on the floor
- ❖ repeat on the other side

Precautions:

People with back complaints or a displaced coccyx should not practice this asana

Benefits:

- ❖ rendering the hamstring muscles and improving flexibility of hip joints
- ❖ toning abdominal muscles
- ❖ strengthening arms and spine muscles
- ❖ gentle twist of the lower back is strengthening lower back muscles

Hip Rocking Pose



Instructions:

- ❖ sit down on the floor with the legs outstretched, feet together
- ❖ inhale, bend the left knee, grab hold of the left knee and ankle and bring the hip to the side
- ❖ straighten your back, and start rocking the hip to the left and right (movement reminds rocking the baby)
- ❖ rock the leg for 5 breaths
- ❖ slowly release the leg on the floor
- ❖ repeat on the other side

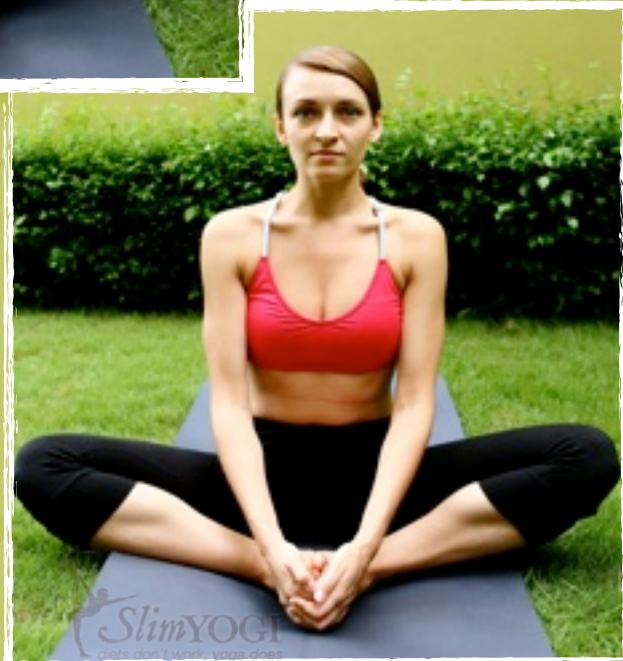
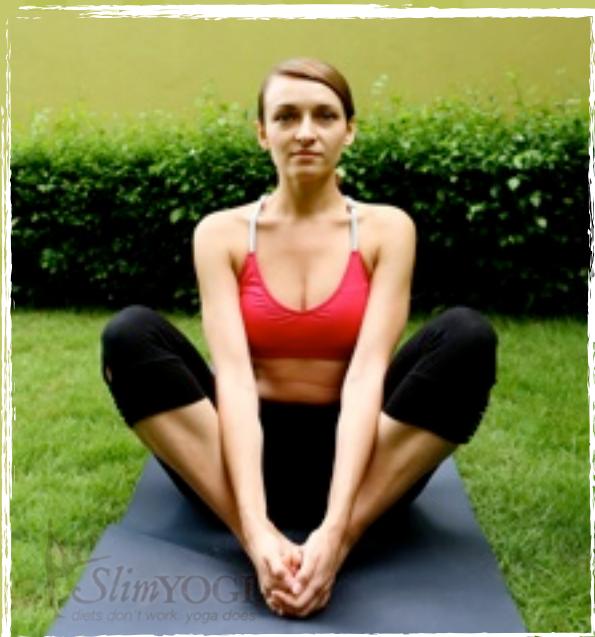
Precautions:

People with back complaints or a displaced coccyx should not practice this pose.

Benefits:

- ❖ opening and releasing tension in the hip
- ❖ improving flexibility of the hip joints
- ❖ toning abdominal muscles
- ❖ strengthening the spine

Butterfly Pose



Instructions:

- ❖ sit down on the floor with the legs outstretched, feet together
- ❖ inhale, pull in your feet and place the soles of the feet together, as close as possible to your pelvis, let the knees fall out to the sides.
- ❖ bounce the knees gently (like a butterfly flapping its wings)
- ❖ breath normally and keep bouncing the knees for the duration of 5 breaths
- ❖ release the legs and go back to the starting position

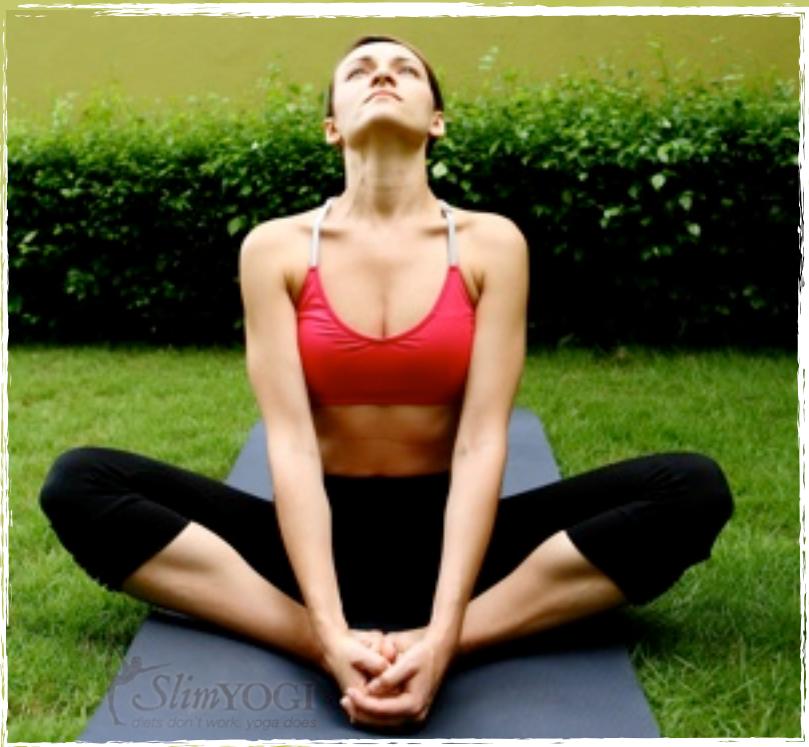
Precautions:

People with sciatica or knee problems should not practice this pose.

Benefits:

- ❖ improving the flexibility in the groin and hips region
- ❖ relieving the inner thigh muscles tension
- ❖ removing tiredness from long hours of walking or standing
- ❖ preparing the legs for other meditative postures

Cobbler's Pose



Instructions:

- ❖ sit down on the floor with the legs outstretched, feet together
- ❖ inhale, pull in your feet and place the soles of the feet together, as close as possible to your pelvis, let the knees fall out to the sides. Keep the spinal chord and the neck straight.
- ❖ inhale, grasp your feet, raise your head up and bend to the back
- ❖ exhale, bend forward, bringing your forehead all the way down to the big toes
- ❖ press the elbows against the thighs, bringing them closer to the floor
- ❖ hold the pose for 5 breaths
- ❖ inhale, raise the head and trunk up
- ❖ exhale, return to the starting pose

Precautions:

People with sciatica or knee problems should not practice this pose.

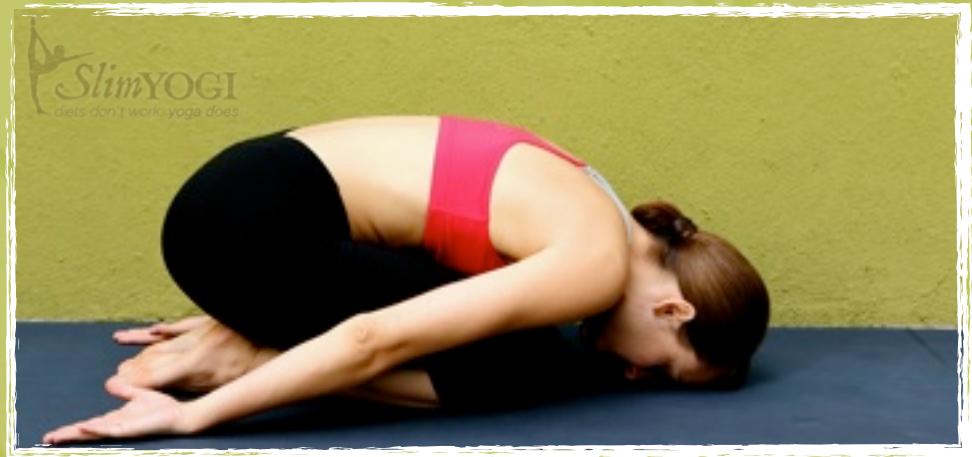
Benefits:

- ❖ improving the flexibility in the groin and hips region
- ❖ relieving the inner thigh muscles tension
- ❖ soothing the lower abdominal organs and helping the excretory system remove waste from the body.



Knees Poses

Child's Pose



Instructions:

- ❖ kneel on the floor, touch your big toes together and sit in between your heels, (you can separate the knees)
- ❖ inhale, look up and stretch the back
- ❖ exhale, bend forward bringing the chest to the thighs and forehead on the floor
- ❖ bring your hands to the back and lay them down on the floor next to the hips (option: you can bring the hands in the front of the body as far as you can reach)
- ❖ hold this position for 5 long breaths, relax
- ❖ inhale, raise your head and trunk up
- ❖ exhale, release the pose

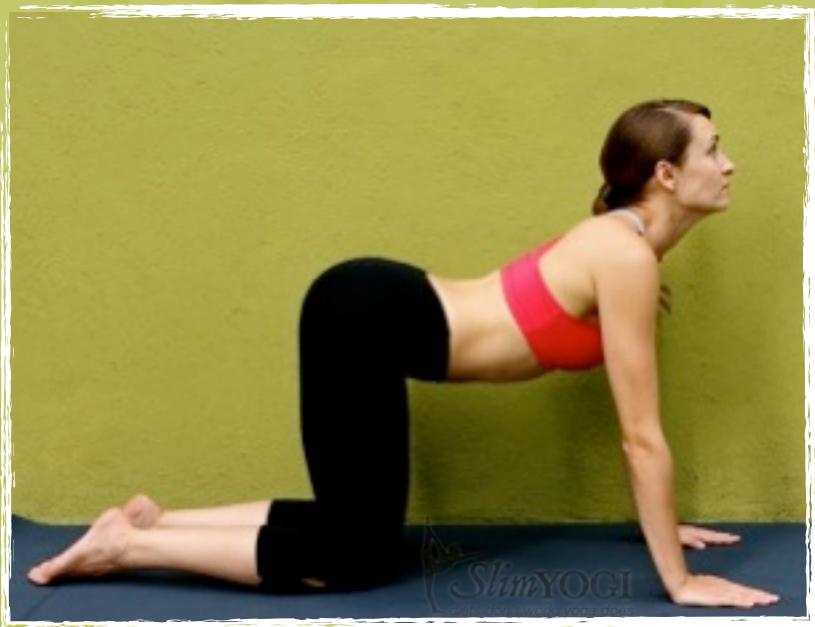
Precautions:

People having diarrhea or knee injury should avoid this pose.

Benefits:

- ❖ gently stretching the hips, thighs and ankles
- ❖ it's a restorative posture, it helps you relax, calm down, relieve stress and fatigue
- ❖ restoring balance in the body and releasing tension in the back, shoulders, and chest
- ❖ practice it after Sun Salutations and in between sequences

Cat Stretch



Instructions:

- ❖ sit down in Thunderbolt Pose, raise the buttocks and stand on the knees
- ❖ lean forward and place the hands flat on the floor beneath the shoulders with the fingers facing forward
- ❖ the hands should be in line with the knees; the arms and thighs should be perpendicular to the floor
- ❖ do not bend the arms at the elbows, keep the arms and thighs vertical throughout
- ❖ inhale, raise the head and depress the spine
- ❖ exhale, arch your back, bring the chin to the chest
- ❖ repeat this movement for 10 times

Precautions:

Be careful with your knees and neck

Benefits:

- ❖ improving the flexibility of the neck, shoulders and spine
- ❖ toning the digestive system muscles
- ❖ massaging to the spine and abdominal organs

Alternate Leg-Hand Balance



Instructions:

- ❖ sit down in Thunderbolt Pose, raise the buttocks and stand on the knees
- ❖ lean forward and place the hands flat on the floor beneath the shoulders with the fingers facing forward
- ❖ the hands should be in line with the knees; the arms and thighs should be perpendicular to the floor
- ❖ inhale, raise the left hand and right leg up, parallel to the floor
- ❖ balance the body, look forward
- ❖ hold the pose for 5 breaths
- ❖ exhale, release the left hand and right leg
- ❖ repeat on the other side

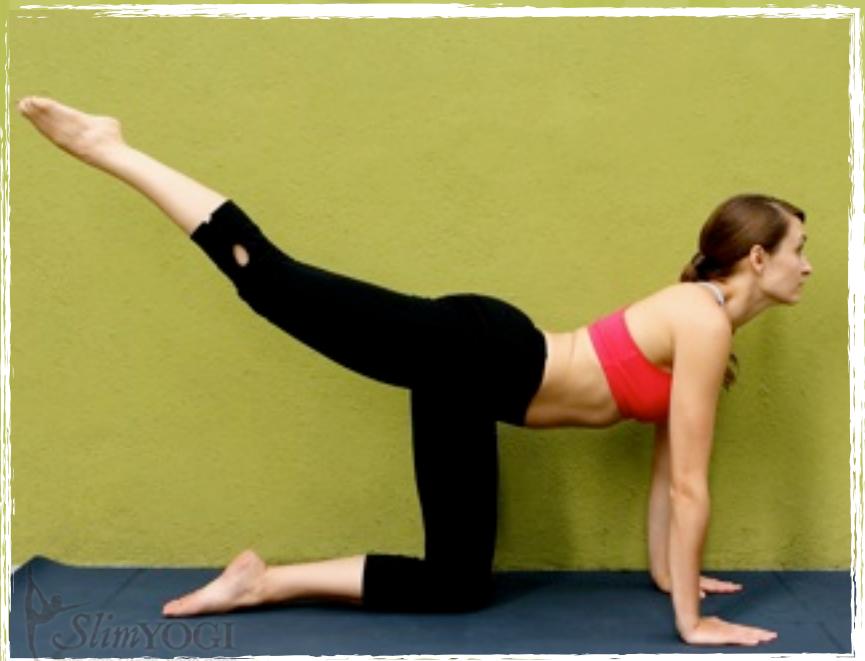
Precautions:

People with knees or lower back problems should avoid this practice.

Benefits:

- ❖ improving the flexibility of the spine and lower back
- ❖ toning and shaping the abdominal muscles
- ❖ slimming effect on thighs, buttocks and arms

Tiger Pose



Instructions:

- ❖ assume the starting position for Cat Stretch and look forward
- ❖ inhale, depress the back, straighten the left leg, stretch it up to the back and look upwards
- ❖ exhale, bend the left knee and swing the leg forward, bring the knee as close as possible to the forehead
- ❖ repeat the movement 5 times
- ❖ practice on the other side

Precautions:

People with recent or chronic injuries of the back, hips or knees should avoid this posture

Benefits:

- ❖ exercising and loosening the back by bending it alternately in both directions, toning the spinal nerves
- ❖ relieving sciatica and loosening up the legs and hip joints
- ❖ stretching the abdominal muscles,
- ❖ promoting digestion and stimulating blood circulation
- ❖ reducing weight from the hips and thighs

Downward Facing Dog



Instructions:

- ❖ assume the starting position for Cat Stretch and look forward
- ❖ inhale, raise your hips up and lower the head between the arms so that the back and legs form two sides of a triangle
- ❖ keep the knees and hands straight, gaze on the floor
- ❖ push the heels and head towards the floor
- ❖ hold the pose for 5 breaths
- ❖ release the pose, relax in the Child's Pose

Precautions:

People with diarrhea, headache, high blood pressure or carpal tunnel syndrome should not practice this posture

Benefits:

- ❖ calming the brain and relieving stress
- ❖ energizing the body
- ❖ stretching the arms, shoulders, hamstrings and calves
- ❖ slimming effect on arms and legs
- ❖ improving digestion, relieving headache, insomnia, back pain and fatigue

Raised Leg Downward Facing Dog



Instructions:

- ❖ from the Downward Facing Dog inhale, raise your left leg up, as high as possible, keep it straight
- ❖ press the palms evenly into the floor, keep the elbows straight and move the chest towards the right thigh
- ❖ push the right heel towards the floor, look down
- ❖ hold the posture for 5 breaths
- ❖ exhale, release the left leg to Downward Facing Dog and repeat on the other side

Precautions:

People with high blood pressure, diarrhea, headache or back condition especially slipped disc should not practice this asana.

Benefits:

- ❖ strengthening the nerves and muscles in the limbs and back
- ❖ stretching, toning and shaping leg muscles and ligaments
- ❖ slimming effect on arms and legs
- ❖ improving digestion, relieving headache, insomnia, back pain and fatigue



Prone Poses



Cobra Pose I



Instructions:

- ❖ lie flat on the stomach with the chin resting on the floor, the legs straight, feet together, and the soles of the feet uppermost
- ❖ place the palms next to your **ears**
- ❖ inhale, slide the chest forward and raise first the head, the shoulders, then, straightening the elbows, arch the back
- ❖ this will lower the hips and the buttocks to the floor
- ❖ bend the head to the back and look upward
- ❖ hold the pose for 5 breaths
- ❖ exhale, slowly bend the elbows, lower the chest and chin on the floor

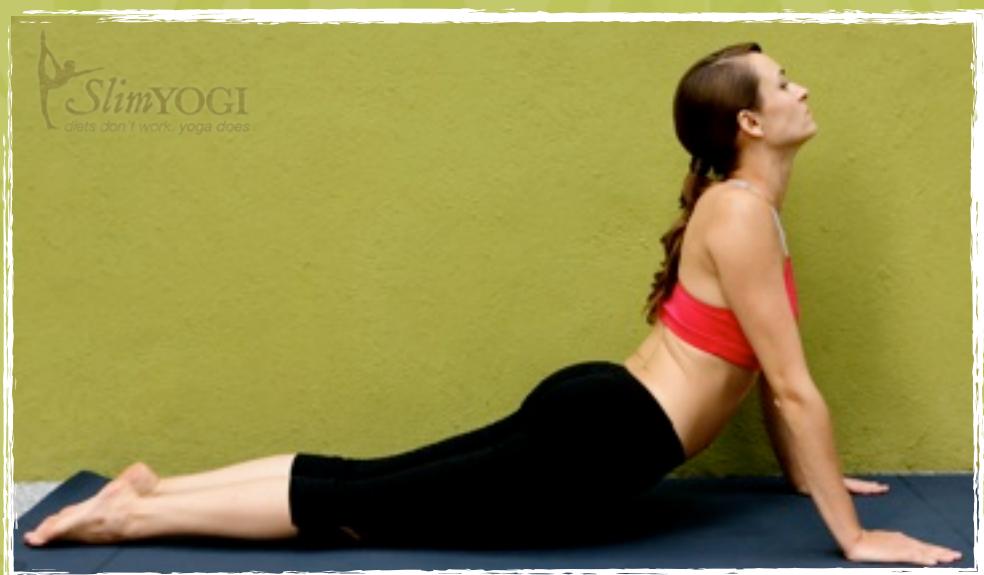
Precautions:

People suffering from peptic ulcer, hernia, intestinal tuberculosis or hyperthyroidism should not practice this asana without consulting it with a doctor

Benefits:

- ❖ removing backache, keeping the spine flexible
- ❖ alleviating constipation and is beneficial for all abdominal organs, especially the liver and kidneys
- ❖ strengthening the spine, chest, abdomen, shoulders
- ❖ firming the buttocks
- ❖ opening heart and lungs

Cobra Pose II



Instructions:

- ❖ lie flat on the stomach with the chin resting on the floor, the legs straight, feet together, and the soles of the feet uppermost
- ❖ place the palms next to your **chest**
- ❖ inhale, slide the chest forward and raise first the head, the shoulders, then, straightening the elbows, arch the back
- ❖ this will lower the thighs to the floor
- ❖ bend the head to the back and look upward
- ❖ hold the pose for 5 breaths
- ❖ exhale, slowly bend the elbows, lower the thighs, chest and chin on the floor

Precautions:

People suffering from peptic ulcer, hernia, intestinal tuberculosis or hyperthyroidism should not practice this asana without consulting it with a doctor

Benefits:

- ❖ removing backache, keeping the spine flexible
- ❖ alleviating constipation and is beneficial for all abdominal organs, especially the liver and kidneys
- ❖ strengthening the spine, chest, abdomen, shoulders
- ❖ firming the buttocks
- ❖ opening heart and lungs

Cobra Pose III



Instructions:

- ❖ lie flat on the stomach with the chin resting on the floor, the legs straight, feet together, and the soles of the feet uppermost
- ❖ place the palms next to your **waist**
- ❖ inhale, slide the chest forward and raise first the head, the shoulders, then, straightening the elbows, arch the back
- ❖ this will raise your hips and buttocks off the floor
- ❖ weight of the body will be shifted to your arms
- ❖ bend the head to the back and look upward
- ❖ hold the pose for 5 breaths
- ❖ exhale, slowly bend the elbows, lower the thighs, chest and chin on the floor

Precautions:

People suffering from peptic ulcer, hernia, intestinal tuberculosis or hyperthyroidism should not practice this asana without consulting it with a doctor

Benefits:

- ❖ removing backache, keeping the spine flexible
- ❖ alleviating constipation and is beneficial for all abdominal organs, especially the liver and kidneys
- ❖ strengthening the spine, chest, abdomen, shoulders
- ❖ firming the buttocks
- ❖ opening heart and lungs

Half Boat Pose



Instructions:

- ❖ lie flat on the stomach with the legs and feet together and the soles of the feet uppermost
- ❖ place the arms in front of your body, with the palms facing downward
- ❖ inhale, using the back muscles raise your straight hands as high as possible without straining (option: raise only one hand and then change the sides)
- ❖ keep the soles on the floor, don't raise it up
- ❖ hold the pose for 5 breaths
- ❖ exhale, slowly lower the legs and hands to the floor
- ❖ return to the starting position and relax the body with the head turned to the side

Precautions:

People with weak heart, coronary thrombosis, serious back problems, high blood pressure, peptic ulcer, hernia, intestinal tuberculosis and other such conditions should not practice this pose

Benefits:

- ❖ toning and balancing the functioning of the liver, stomach, bowels, and other abdominal organs
- ❖ tightening the muscles of the buttocks
- ❖ strengthening the lower and upper back

Boat Pose



Instructions:

- ❖ lie flat on the stomach with the the legs and feet together and the soles of the feet uppermost
- ❖ place the arms in front of your body, with the palms facing downward
- ❖ inhale, using the back muscles raise your both legs and both hands as high as possible without straining, keeping hands and knees straight, legs together
- ❖ do not tilt or twist the pelvis
- ❖ hold the pose for 5 breaths
- ❖ exhale, slowly lower the legs and hands to the floor
- ❖ return to the starting position and relax the body with the head turned to the side

Precautions:

People with weak heart, coronary thrombosis, serious back problems, high blood pressure, peptic ulcer, hernia, intestinal tuberculosis and other such conditions should not practice this pose

Benefits:

- ❖ toning and balancing the functioning of the liver, stomach, bowels, and other abdominal organs
- ❖ tightening the muscles of the buttocks
- ❖ strengthening the lower and upper back

Half Locust Pose



Instructions:

- ❖ lie flat on the stomach with the legs straight, hands beside the thighs and chin on the floor
- ❖ inhale, using the back muscles raise the left leg as high as possible, keeping the other leg straight on the floor
- ❖ do not tilt or twist the pelvis, don't raise the chin up
- ❖ hold the pose for 5 breaths
- ❖ exhale, slowly lower the left leg to the floor
- ❖ repeat it on the other side

Precautions:

People with weak heart, coronary thrombosis, serious back or neck problems, high blood pressure, peptic ulcer, hernia, intestinal tuberculosis and other such conditions should not practice this pose

Benefits:

- ❖ toning and balancing the functioning of the liver, stomach, bowels, and other abdominal organs
- ❖ tightening the muscles of the buttocks
- ❖ strengthening the lower back
- ❖ improving posture
- ❖ relieving stress

Locust Pose



Instructions:

- ❖ lie flat on the stomach with the legs straight and chin on the floor
- ❖ bring the palms under your thighs
- ❖ inhale, using the back muscles raise your both legs as high as possible, keeping the knees straight
- ❖ do not tilt or twist the pelvis, don't raise the chin up
- ❖ hold the pose for 5 breaths
- ❖ exhale, slowly lower the legs to the floor
- ❖ return to the starting position and relax the body with the head turned to the side

Precautions:

People with weak heart, coronary thrombosis, serious back or neck problems, high blood pressure, peptic ulcer, hernia, intestinal tuberculosis and other such conditions should not practice this pose

Benefits:

- ❖ toning and balancing the functioning of the liver, stomach, bowels, and other abdominal organs
- ❖ tightening the muscles of the buttocks
- ❖ strengthening the lower back
- ❖ improving posture
- ❖ relieving stress

Bow Pose



Instructions:

- ❖ lie flat on the stomach with the legs 1 foot apart and chin on the floor, bend the knees, grab hold of your ankles and bring the heels close to the buttocks
- ❖ inhale, tense the leg muscles and push the feet away from the body
- ❖ arch the back, lifting the thighs, chest and head together, keep the arms straight
- ❖ in the final position the abdomen supports the entire body on the floor
- ❖ hold the pose for 5 breaths
- ❖ exhale, slowly release the pose, relax the leg muscles, lower the legs, chest and chin to the starting position

Precautions:

People with weak heart, high blood pressure, hernia, colitis, peptic or duodenal ulcers shouldn't practice this pose. It shouldn't be practiced until at least 3-4 hours after a meal and before sleep as it stimulates the adrenal glands and the sympathetic nervous system.

Benefits:

- ❖ this is the best yoga pose to burn belly fat
- ❖ toning and stretching the entire front of the body, ankles, abdomen, thighs, chest and throat, spine
- ❖ improving the functioning of the digestive organs
- ❖ strengthening leg muscles, especially thighs

Crocodile Pose



Instructions:

- ❖ lie down flat on the stomach
- ❖ spread your legs slightly with your feet pointing outwards
- ❖ bring your hands to the front of your body and fold your arms
- ❖ tilt your head to the side and lie down in this pose to relax your back

Precautions:

People with back conditions such as exaggerated lumbar curve, should not practice this posture if any pain is experienced

Benefits:

- ❖ it's very effective for people suffering from slipped disc, sciatica and certain types of lower back pain
- ❖ remaining in this asana for extended periods of time encourages the vertebral column to resume its normal shape and releases compression of the spinal nerves



Supine Poses

Corpse Pose



Instructions:

- ❖ lie down on your back with the hands 15 cm away from the body, palms facing upwards
- ❖ let the fingers curl up slightly, don't keep them straight forcefully
- ❖ spread your legs slightly apart and close your eyes
- ❖ your head and spine should be in straight line, make sure your head won't fall to the side

Precautions:

None

Benefits:

- ❖ relaxing the whole psycho-physiological system
- ❖ it can be practiced before the sleep, before, during and after postures practice, especially after Sun Salutations

One Leg Raised Pose



Instructions:

- ❖ lie down on your back with your hands beside the hips, palms facing downwards
- ❖ inhale, raise your left leg up to 90 degrees
- ❖ keep your legs straight, toes relaxed, don't bend the knee
- ❖ gaze up at your toes
- ❖ your right leg should remain straight on the floor
- ❖ hold the posture for 5 breaths
- ❖ exhale, slowly lower your leg down on the floor, keeping the knee straight
- ❖ repeat on the other side

Option:

If your back is weak, the right leg can be bent with your knee up and foot on the floor

Precautions:

People with high blood pressure or serious back problems like sciatica or slipped disc should not perform this posture

Benefits:

- ❖ strengthening the abdominal muscles, digestive system and lower back
- ❖ massaging the abdominal organs

Both Legs Raised Pose



Instructions:

- ❖ lie down on your back with your hands beside the hips, palms facing downwards
- ❖ inhale, raise your both legs up to 90 degrees
- ❖ keep your legs straight, toes relaxed, don't bend your knees, don't lift your buttocks off the floor
- ❖ gaze up at your toes
- ❖ hold the posture for 5 breaths
- ❖ exhale, slowly lower your both legs down on the floor

Option:

If your back is weak, you can bend your knees while raising your both legs up and straighten your legs once they are up in 90 degrees

Precautions:

People with high blood pressure or serious back problems like sciatica or slipped disc should not perform this posture

Benefits:

- ❖ strengthening the abdominal muscles, digestive system and lower back
- ❖ massaging the abdominal organs

Easy Half Gas Release Pose



Instructions:

- ❖ lie down on your back with your hands beside the hips, palms facing downwards
- ❖ inhale, raise the left leg up to 90 degrees
- ❖ exhale, grab hold of your left knee or shin, interlock your fingers, bend the knee and bring it to the chest
- ❖ keep the right leg straight on the floor
- ❖ hold the pose for 5 breaths
- ❖ inhale, straighten the knee and raise the left leg up to 90 degrees
- ❖ exhale, release the left leg down on the floor
- ❖ repeat on the other side

Precautions:

People with high blood pressure or serious back problems like sciatica, piles, hernia or slipped disc or those after recent abdominal surgery should not practice this posture

Benefits:

- ❖ loosening and relaxing the spinal vertebrae
- ❖ massaging the abdomen and the digestive organs - a perfect pose for removing wind and constipation
- ❖ increasing blood circulation in abdominal organs
- ❖ improving digestion

Half Gas Release Pose



Instructions:

- ❖ lie down on your back with your hands beside the hips, palms facing downwards
- ❖ inhale, raise the left leg up to 90 degrees
- ❖ exhale, grab hold of your knee or shin, interlock your fingers, bend the knee and bring it to the chest,
- ❖ inhale, raise your head up and touch the nose or forehead to the knee
- ❖ keep the right leg straight on the floor
- ❖ hold the pose for 5 breaths
- ❖ exhale, release the head on the floor
- ❖ inhale, straighten the knee and raise the left leg up to 90 degrees
- ❖ exhale, release the left leg down on the floor
- ❖ repeat on the other side

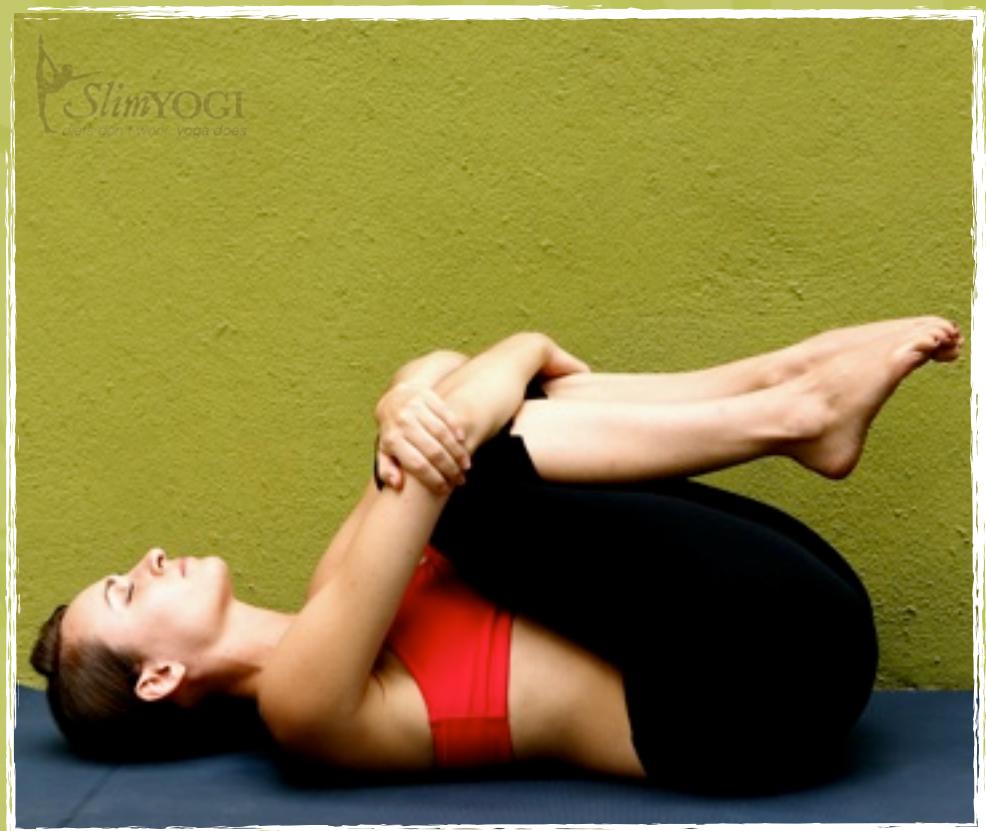
Precautions:

People with high blood pressure or serious back problems like sciatica, piles, hernia or slipped disc or those after recent abdominal surgery should not practice this posture

Benefits:

- ❖ strengthening the neck and lower back, loosening spinal vertebrae
- ❖ massaging the abdomen and the digestive organs - a perfect pose for removing wind and constipation
- ❖ increasing blood circulation in abdominal organs
- ❖ improving digestion

Easy Gas Release Pose



Instructions:

- ❖ lie down on your back with your hands beside the hips, palms facing downwards
- ❖ inhale, raise your both legs up to 90 degrees
- ❖ exhale, drop your both knees on the chest
- ❖ grab hold of the knees
- ❖ relax the spine and hold the pose for 5 breaths
- ❖ inhale, straighten the knees and raise both legs up to 90 degrees
- ❖ exhale, release the legs down on the floor

Precautions:

People with high blood pressure or serious back problems like sciatica, piles, hernia or slipped disc or those after recent abdominal surgery should not practice this posture

Benefits:

- ❖ loosening and relaxing the lower back
- ❖ massaging the abdomen and the digestive organs - it's a perfect pose for removing wind and constipation
- ❖ increasing blood circulation in abdominal organs
- ❖ improving digestion

Gas Release Pose



Instructions:

- ❖ lie down on your back with your hands beside the hips, palms facing downwards
- ❖ inhale, raise both legs up to 90 degrees
- ❖ exhale, drop your both knees on the chest, grab hold of the knees
- ❖ inhale, raise your head up and place your chin in between your knees
- ❖ hold the pose for 5 breaths
- ❖ exhale, release the head on the floor
- ❖ inhale, straighten the knees and raise it up to 90 degrees
- ❖ exhale, release both legs down on the floor

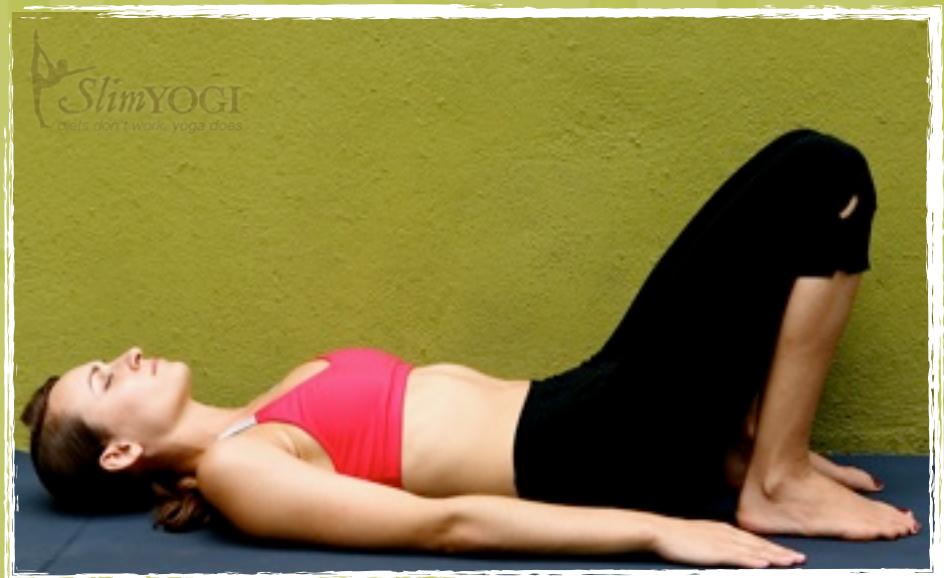
Precautions:

People with high blood pressure or serious back problems like sciatica, piles, hernia or slipped disc or those after recent abdominal surgery should not practice this posture

Benefits:

- ❖ strengthening the neck and lower back, loosening spinal vertebrae
- ❖ massaging the abdomen and the digestive organs - a perfect pose for removing wind and constipation
- ❖ increasing blood circulation in abdominal organs
- ❖ improving digestion

Easy Bridge Pose I



Instructions:

- ❖ lie down on your back with your hands beside the hips, palms facing downwards
- ❖ bend the knees, placing the soles of the feet flat on the floor, the feet and knees may be hip width apart
- ❖ inhale, raise the buttocks and arch the back upward
- ❖ raise the chest and navel and high as possible without straining, pushing the chest up towards the chin and head
- ❖ in the final position, the body is supported by the head, neck, shoulders, arms and feet
- ❖ hold the pose for 5 breaths
- ❖ exhale, lower the body to the starting position

Precautions:

People suffering from peptic or duodenal ulcers, abdominal hernia or neck injuries should not practice this pose

Benefits:

- ❖ relieving stress, backache, headache and fatigue
- ❖ stimulating abdominal organs, colon, lungs and thyroid glands, improving digestion
- ❖ rejuvenating tired legs
- ❖ slimming effect on thighs and buttocks

Easy Bridge Pose II



Instructions:

- ❖ lie down on your back with your hands beside the hips, palms facing downwards
- ❖ bend the knees, placing the soles of the feet flat on the floor, the feet and knees may be hip width apart
- ❖ inhale, raise the buttocks and the toes up, arch the back upward
- ❖ raise the chest and navel and high as possible without straining, pushing the chest up towards the chin and head
- ❖ in the final position, the body is supported by the head, neck, shoulders, arms and toes
- ❖ hold the pose for 5 breaths
- ❖ exhale, lower the heels and the rest of the body to the starting position

Precautions:

People suffering from peptic or duodenal ulcers, abdominal hernia or neck injuries should not practice this pose

Benefits:

- ❖ relieving stress, backache, headache and fatigue
- ❖ stimulating abdominal organs, colon, lungs and thyroid glands, improving digestion
- ❖ rejuvenating tired legs
- ❖ slimming effect on thighs and buttocks

Easy Bridge Pose III



Instructions:

- ❖ lie down on your back with your hands beside the hips, palms facing downwards
- ❖ bend the knees, placing the soles of the feet flat on the floor, the feet and knees may be hip width apart
- ❖ inhale, raise the buttocks, toes and left leg up, arch the back upward
- ❖ raise the chest and navel and high as possible without straining, pushing the chest up towards the chin and head
- ❖ in the final position, the body is supported by the head, neck, shoulders, arms and toes of the right foot
- ❖ hold the pose for 5 breaths
- ❖ exhale, lower the left leg and the rest of the body to the starting position
- ❖ repeat on the other side

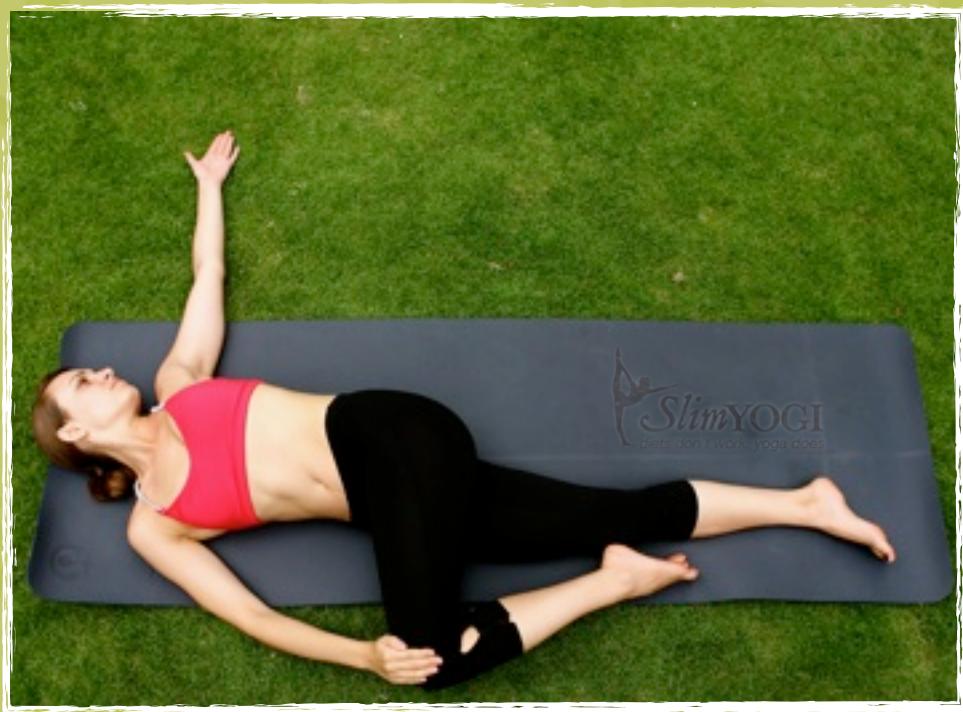
Precautions:

People suffering from peptic or duodenal ulcers, abdominal hernia or neck injuries should not practice this pose

Benefits:

- ❖ strengthening core and legs muscles
- ❖ slimming effect on thighs and buttocks
- ❖ stimulating abdominal organs, colon, lungs and thyroid glands, improving digestion
- ❖ rejuvenating tired legs

Easy Lower Back Twist



Instructions:

- ❖ lie down on your back with your hands beside the hips, palms facing downwards
- ❖ inhale, bend the left knee, grab hold of the knee with the right palm, stretch the left hand on the floor on the shoulder level
- ❖ exhale, bring the left bent knee to the right side, touch the knee to the floor, keep the right leg straight
- ❖ twist the head and look to the left side at your palm
- ❖ hold the pose for 5 breaths
- ❖ inhale, straighten the head and raise the knee
- ❖ exhale, release the left leg straight on the floor
- ❖ repeat on the other side

Precautions:

People with serious back problems like sciatica, piles, hernia or slipped disc should be careful with this posture

Benefits:

- ❖ loosening muscles and relaxing the spinal vertebrae
- ❖ twisting the lower back relieves the tension in this area
- ❖ lowering the blood pressure
- ❖ perfect pose to practice at the end of the Yoga session

Lower Back Twist



Instructions:

- ❖ lie down on your back with your hands beside the hips, palms facing downwards
- ❖ inhale, raise the left leg up to 90 degrees, stretch both hands to the sides on the shoulder level
- ❖ exhale, bring the left straight leg to the right side, touch the toes to the floor, keep the right leg straight
- ❖ twist the head and look to the left side at your palm
- ❖ hold the pose for 5 breaths
- ❖ inhale, straighten the head and raise the leg up to 90 degrees
- ❖ exhale, release the left leg straight on the floor
- ❖ repeat on the other side

Precautions:

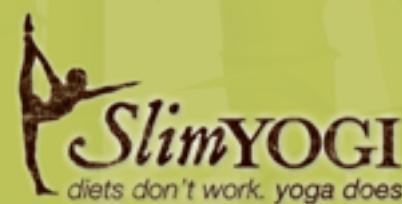
People with serious back problems like sciatica, piles, hernia or slipped disc should be careful with this posture

Benefits:

- ❖ loosening muscles and relaxing the spinal vertebrae
- ❖ twisting the lower back relieves the tension in this area
- ❖ lowering the blood pressure
- ❖ perfect pose to practice at the end of the Yoga session



Closing Poses & Mudras



Gyana Mudra



Instructions:

- ❖ place the tip of the thumb on the tip of the index finger while the other fingers are joined together and relaxed
- ❖ assume this mudra with both hands and place them on the knees or thighs thigh, relax

Benefits:

- ❖ enhancing mental capabilities, sharpening the memory, mental concentration
- ❖ beneficial for those suffering from insomnia, depression, anxiety
- ❖ increasing the smooth glow or blood supply and circulation in the brain to help energize the neurons for instant action
- ❖ it's an important psycho-neural finger lock which make meditation more powerful
- ❖ the palms and fingers have many nerve root endings which constantly emit energy; when the index finger touches the thumb, a circuit is formed which allows the energy that would normally dissipate into the environment to travel back through the body and up to the brain.

Mudra is the science of hand and finger postures. It can help to cure bodily ailments. It affects the body's energetic system and the flow of life energy within it.

Surya Mudra



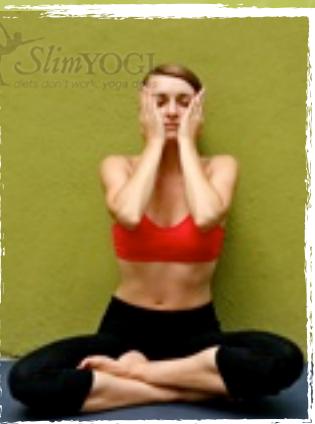
Instructions:

- ❖ place the tip of the ring finger on the base of the thumb
- ❖ bring gentle pressure of the thumb upon ring finger.
- ❖ this amounts to suppression of element earth (residing in the ring finger) by element fire (residing in the thumb)

Benefits:

- ❖ stimulating the thyroid gland improving metabolism
- ❖ helping to fight obesity, progressive weight-gain
- ❖ curing loss of appetite, indigestion and constipation
- ❖ increasing Fire element in the body responsible for burning fat
- ❖ it can also cure: low body-temperature, coldness of skin, body, limbs, hands, feet, etc.
- ❖ curing mental heaviness

Palming



Instructions:

- ❖ sit down in any meditative pose (Easy Meditation Pose, Half Lotus Pose or Lotus Pose)
- ❖ close your eyes, breathe normally, relax
- ❖ while keeping your eyes closed, bring your palms together and start rubbing the palms until they feel warm
- ❖ slowly palm your eyes, avoid applying pressure on the eye balls
- ❖ keep your eyes covered for few seconds
- ❖ release the hands, rub the palms one more time
- ❖ palm the cheeks, hold it for few seconds
- ❖ release the hands, rub the palms one more time
- ❖ palm the neck, hold it for few seconds
- ❖ release the hands, hold your eyes closed for few more seconds, then slowly open the eyes and release the meditative pose

Benefits:

- ❖ relaxing and revitalizing the eye, face and neck muscles
- ❖ stimulating the liquid that flows between the cornea and the lens of the eye
- ❖ aiding the correction of defective vision
- ❖ bringing relaxation to the entire body
- ❖ perfect practice for the beginning and end of a Yoga session

Mountain Pose



Instructions:

- ❖ sit down in any meditative pose (Easy Meditation Pose, Half Lotus Pose or Lotus Pose)
- ❖ inhale, raise your both hands up over the head, interlock the fingers, palms facing upwards
- ❖ stretch your whole body up
- ❖ look forward and hold the stretch for few seconds
- ❖ exhale, release the hands on the floor

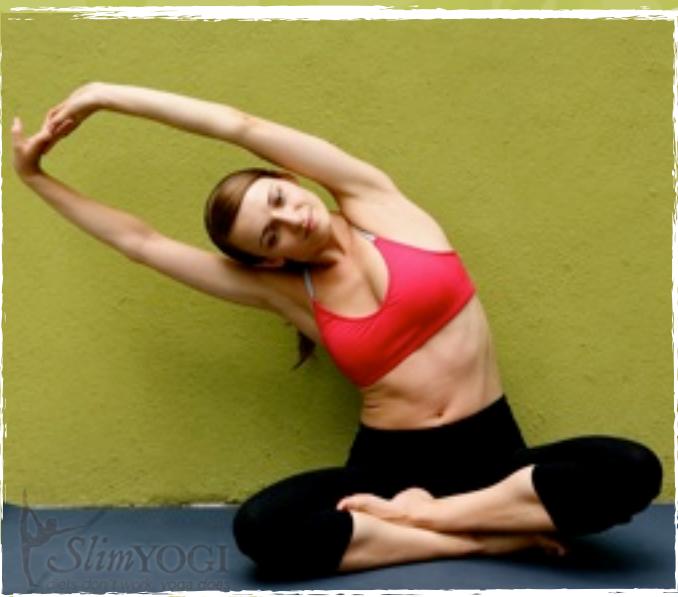
Precautions:

People suffering from sciatica or weak or injured knees should not perform this posture

Benefits:

- ❖ strengthening the abdominal muscles, digestive system and spine muscles
- ❖ relieving tension from the lower back
- ❖ relaxing the whole body

Side Mountain Pose



Instructions:

- ❖ sit down in any meditative pose (Easy Meditation Pose, Half Lotus Pose or Lotus Pose)
- ❖ inhale, raise your both hands up over the head, interlock the fingers, palms facing upwards
- ❖ stretch your whole body up
- ❖ exhale, bend the trunk and outstretched arms to the left side
- ❖ look to the right and up, hold the pose for few seconds
- ❖ inhale, center the hands and trunk and repeat on the other side

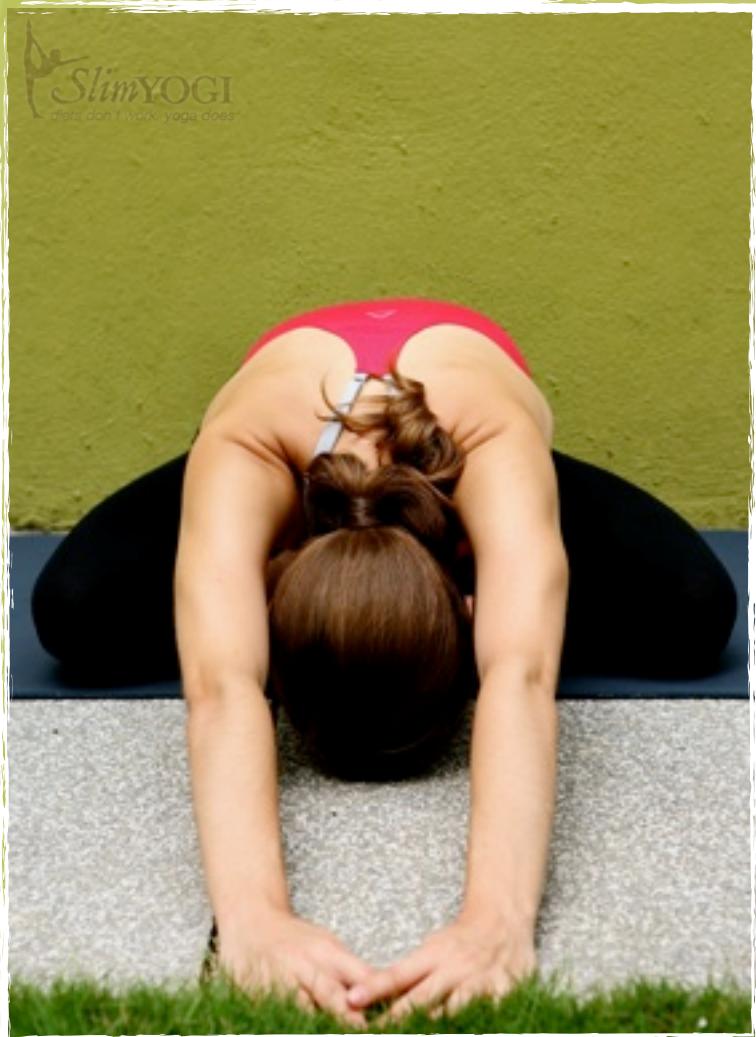
Precautions:

People suffering from sciatica, weak or injured knees or after recent abdominal surgery should not perform this posture.

Benefits:

- ❖ strengthening the abdominal muscles, digestive system and spine muscles
- ❖ gently stretching and trimming the waist
- ❖ relieving tension from the lower back
- ❖ relaxing the whole body

Surrender Pose



Instructions:

- ❖ sit down in any meditative pose (Easy Meditation Pose, Half Lotus Pose or Lotus Pose)
- ❖ inhale, raise your both hands up over the head, interlock the fingers, palms facing upwards
- ❖ stretch your whole body up
- ❖ exhale, bend your trunk forward and bring the outstretched hands in front on the floor
- ❖ try to touch the forehead to the floor and stretch the spine
- ❖ hold the pose for few seconds, breathe normally
- ❖ inhale, slowly raise the trunk and hands up, go back to the sitting pose
- ❖ exhale, release the hands and meditative pose

Precautions:

People suffering from sciatica or weak or injured knees should not perform this posture

Benefits:

- ❖ strengthening the abdominal muscles, digestive system and spine muscles
- ❖ pressure on the abdominal organs stimulates digestion
- ❖ relieving tension from the lower back and arms
- ❖ relaxing the whole body



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