

# Yoga Exercise App

DEBUG

"Yoga is a flame when you light it up, The glow never Fades."

ENG  
IN18:42  
28-02-2022

# Yoga Exercise App

DEBUG

## "Crow pose (Bakasana)"



"With your arms between your knees, plant your hands on the ground, shoulder-width apart, elbows pulled in near the sides of your body"

"Pull shoulders away from ears. Transition onto the balls of your feet, lifting your butt into the air"



# Yoga Exercise App



"Walk your feet in closer to your body, until you can fit your knees into the spaces created by your armpits. Shift your weight forward."

"Float your toes up into the air, keeping your gaze directed at the mat. Aim to hold the pose for a few seconds."



"Cobra Pose (Bujhanassana)"

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## "Cobra Pose (Bujhanassana)"



"Lie flat on your stomach keeping your legs straight, feet together, heels slightly touching each other and toes pointing."

"Rest your forehead on the floor and relax your body ,inhale and raise your forehead, neck and then shoulders"



"Look upward breathing normally. This is the final position,In the final position, with your pubic bones touching the floor."

# Yoga Exercise App

DEMO

"Hold this position for 20-25 seconds, To come back to starting position first exhale and then slowly lower your navel, chest, shoulders, neck, and forehead"

## "Tree Pose (Vrikshasana)"



"Stand erect and keep 1 foot distance between your leg"

"Raise your arms and join your palms in a namaste over the head"



"Raise your right leg and place it on left thigh."

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Preview



"Raise your arms and join your palms in a namaste over the head"



"Raise your right leg and place it on left thigh "

"Breath normally and keep the position as long as comfortable "

