



**Indian Institute of Information Technology  
Design and Manufacturing, Kancheepuram  
Chennai - 600127**

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Govt. of India)

**CELEBRATES**



**A HANDBOOK OF  
BASIC ASANAS**



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# 1. SURYA NAMASKAR – SALUTATION POSES



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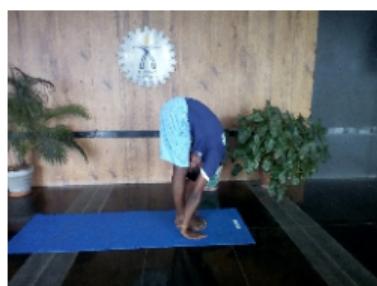
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## BENEFITS OF SURYANAMASKAR

Every step of Surya Namaskar has its own benefit,

- It promotes balance and digestion, strengthens the arms and the shoulder muscles, tones the spine, promotes flexibility in back and hips also.
- It helps in blood circulation, tones abdominal tracts, stretches back and leg muscles, stimulates spinal nerves, and stimulates lymphatic system.
- It gives strength to leg and arm muscles, increases the flexibility in neck and shoulders areas,
- Stretches arms, shoulder, neck and back muscles, exercises back muscles, releases tension in neck and shoulder.
- It also benefits the Endocrine system and enables the various endocrinal glands to function properly. These include the thyroid, parathyroid and pituitary glands as well as the adrenal gland, testes and ovaries.
- It is an excellent way to manage stress and depression. You will spend tremendous amount of energy as you move through the two sets of poses.

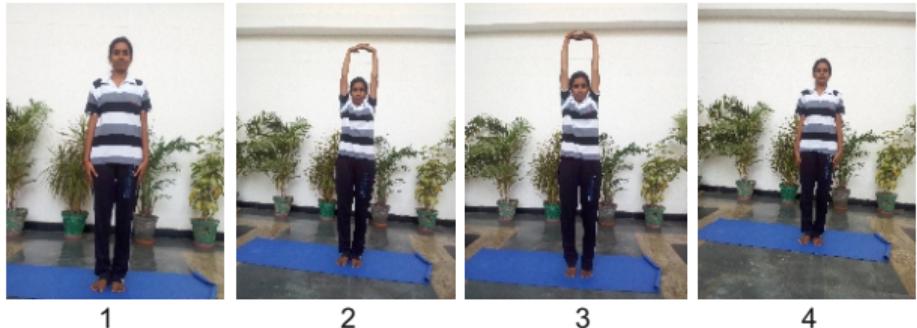
## **2. PADMASANA – LOTUS POSTURE**



### **BENEFITS OF PADMASANA**

- Padmasana is the most easy and suitable asana for contemplation and meditation.
- Padmasana is the highly preferred asana to increase the focus of mind and concentration.
- This Asana helps to preserve vital fluids in the body and prevents abdominal diseases
- This Asana helps to preserve vital fluids in the body and prevents abdominal diseases
- Doing this Asana gives your mind peace, solitude and longevity to the practitioner. It increases the hunger and helps to relax the body.
- It can also help in stretching the ankle and knees. This Asana is the base for all Asanas and it strengthens the hip and knee joints of the female and can get painless peaceful mind.
- You can reduce the unwanted fat of hip and the thigh. This is the simplest and easiest asana which can practice by all the age group of men and women.

### **3. TADASANA – PALM TREE POSTURE**



### **BENEFITS OF TADASANA**

- Due to deep breathing it provides strength and expansion to the lungs.
- This is the best exercise to increase the height and develops and activates the nerves of the entire body.
- It gives strength to vertebral column and heart. Also good for regulating the menstrual cycle in women and Cures the problems related to the indigestion.
- Give strength to arms and legs and It reduces the problem of flat feet.

#### **4. CHAKRASANA – WHEEL POSTURE**



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#### **BENEFITS OF CHAKRASANA**

- Strengthens liver, pancreas and kidneys.
- Good for infertility, asthma and osteoporosis.
- Strengthens arms, shoulders, hands, wrists and legs.
- Stretches the chest, lungs, arms, wrists, legs, buttocks, abdomen, and spine
- Stimulates the thyroid and pituitary glands.
- Increases energy and counters depression.

## 5. DHANURASANA – BOW POSTURE



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### BENEFITS OF DHANURASANA

- Dhanurasana strengthens the back and the abdomen at the same time.
- Helps us to be active and energetic.
- It helps improve upon stomach disorders.
- Bow Pose also helps in reducing fat around belly area.
- Helps regulate the pancreas and is recommended for people with diabetes
- Expands the thoracic region of the chest.

## **6. BHUJANGASANA – COBRA POSE**



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### **BENEFITS OF BHUJANGASANA**

- This Asana helps to stretch muscles in the shoulders, chest and abdomen.
- It decreases stiffness of the lower back, and it strengthens the arms and shoulders.
- It increases flexibility.
- Helps in stress, depression, anxiety management.
- Improves the blood circulation and oxygen in body, heart and throughout the spinal and pelvic region especially, and it's stimulates organs in the abdomen, like kidneys.
- Improves digestion, strengthens the spinal cord. It also helps to cure the symptoms of asthma.

## **7. HALASANA – PLOW POSTURE**



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## **BENEFITS OF HALASANA**

- Practicing this asana regularly can avoid disease like diabetes, obesity, constipation, stomach disorder, Blood pressure and menstrual disorders.
- It makes your back bone elastic and flexible.
- Halasana helps to reduce both belly and body fat.
- It improves memory power.

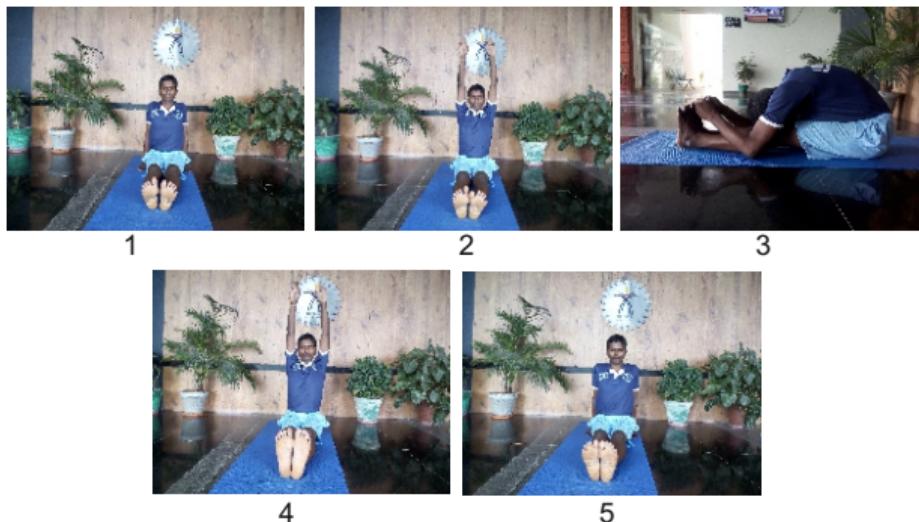
## **8. TRIKONASANA - TRIANGLE POSE**



### **BENEFITS OF TRIKONASANA**

- Helps in Stretches hips, back muscles, chest, shoulders and spine.
- Give Strength to the thighs, calves and buttocks.
- Stimulates the spinal nerves.
- It improves the flexibility of the spine, correct alignment of shoulders
- It relieves from backache, gastritis, indigestion, acidity, flatulence
- Assists treatment of neck sprains, reduces stiffness in the neck, shoulders and knees, strengthens the ankles and tones the ligaments of the arms and legs
- It also eases nervous depression. It stimulates the nervous system and manages stress.

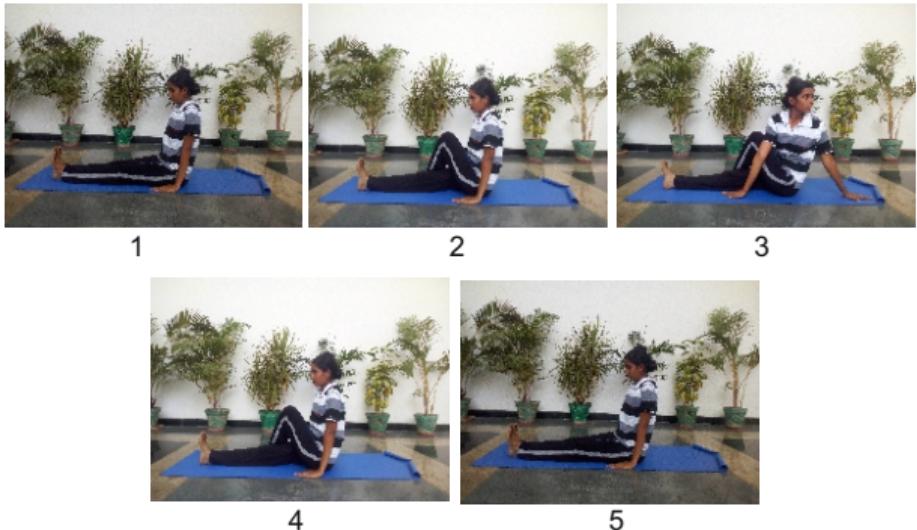
## **9. PASCHIMOTTANASANA – WAIST STRETCHED OUT POSTURE**



## **BENEFITS OF PASCHIMOTTANASANA**

- Stretches the whole spine specifically lower back, hamstring and hips.
- Massages and tones the abdominal and pelvic organs.
- Improves the circulation.
- Stretches and strengthens the calf and thigh muscles.
- Activates the spinal nerves
- Reduces abdomen fat

## 10. VAKRASANA – TWISTED POSTURE



### BENEFITS OF VAKRASANA

- Increases the elasticity of the spine and tones the spinal nerves.
- Stretches the muscles and helps to get relief in stiffness of vertebrae.
- Massages the abdominal organs and reduces belly fat.
- Regulates the secretion of digestive juices useful for different digestive disorders.
- Loosens the hip joints, relieves stiffness.
- Flab on the lateral side of the abdomen gets reduced.

## 11. SASANKASANA – RABBIT POSTURE



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### BENEFITS OF SASANKASANA

- Relaxing posture.
- Tones the pelvic muscles.
- Stimulates the abdomen organs.
- Massages the abdominal muscles.
- Gives a good relaxing stretch to the spine.

## **12. VAJRASANA – THUNDERBOLT OR DIAMOND POSTURE**



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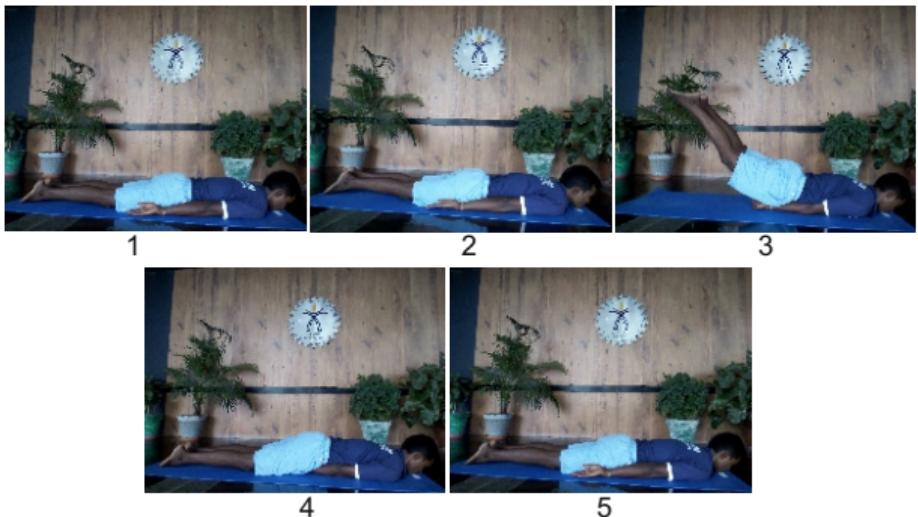


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### **BENEFITS OF VAJRASANA**

- It is a best Asana for meditation and concentration and helps in keeping the mind stable and calm.
- Cures indigestion, acidity, gas formation and constipation, increases digestion process.
- Those people who are suffering from gas problems can practice immediately after lunch or dinner.
- Helps in back pain. And very beneficial in stomach disorders.
- Beneficial in urinary problems.
- Helps to reduce obesity. Gives Strength to the thigh muscles.
- Useful for arthritis patients. Relieving pain in the knees.

## **13. SALABHASANA – LOCUST POSTURE**



### **BENEFITS OF SALABHASANA**

- It is beneficial in all the disorders at the lower end of the spine.
- Most helpful for backache and sciatica pain.
- Useful for removing unwanted fats around abdomen, waist, hips and thighs.
- Daily practice of this Asana can cure cervical spondylitis and spinal cord ailments.
- Strengthen wrists, hips, thighs, legs, buttocks, lower abdomen and diaphragm.
- Toughens back muscles.

## **14. SARVANGASANA – SHOULDER STAND POSTURE**



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### **BENEFITS OF SARVANGASANA YOGA POSE**

- Controls and cures the issues related to genital organs.
- Beneficial in constipation disorders.
- Cures varicose veins and hemorrhoids.
- Useful in problems related to Ears, nose and throat.
- Stimulate the circulatory, digestive and respiratory systems.
- Freshen the thyroid gland; because during pose lots of blood flows towards throat.
- Beneficial in Asthma, diabetes, liver and intestinal disorders.
- Controls shrinking of skins and wrinkles in face.

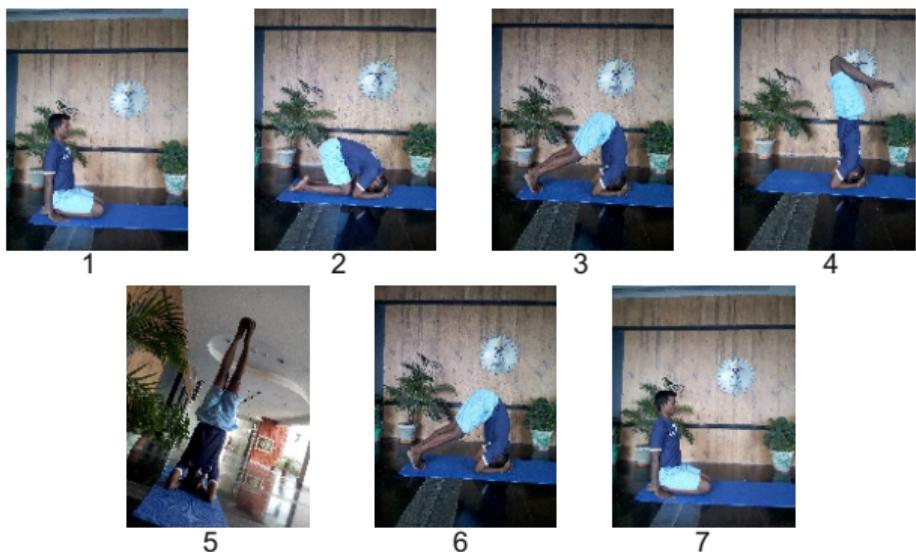
## **15. MAYURASANA – PEACOCK POSTURE**



### **BENEFITS OF MAYURASANA**

- Peacock Pose removes toxins and detoxifies your body.
- Improves the function of digestive system and makes abdomen stronger.
- Peacock Pose is beneficial in piles and diabetic conditions.
- Makes your elbows, wrist, spine and shoulders stronger.
- Mayurasana improves your posture.
- Reduces anxiety and stress and give calmness to mind.
- Increases your focusing power of mind.

## **16. SIRASASANA – HEAD STAND POSTURE (KING OF ALL ASANAS)**



### **BENEFITS OF SIRASASANA**

- Helpful in stress control and increases the concentration.
- It improves the blood flow to the Eyes.
- Gives strength to arms, shoulders and core muscles.
- Slows down the aging problems.
- Improves the blood circulation to the head and scalp.
- Improves the digestion and excretory systems.
- Reduces fluid build-up in your feet, ankles and legs.
- Increases the level of hemoglobin in the blood.
- Gives a gentle massage to the internal organs.
- It balances and stimulates the process of the endocrine glands, mainly the pituitary and pineal glands.

## **17. MAKRASANA – CROCODILE POSTURE**



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### **BENEFITS OF MAKRASANA**

- Beneficial in cervical, slip disc, spondylitis, sciatica.
- Beneficial in all spine related problems.
- Very useful in Asthma, knee pain, and other lungs related problems.
- Stretches the muscles of legs and hips.
- This pose is best for relaxing after doing other Asanas.

## **18. SAVASANA – RELAXATION POSTURE**



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### **BENEFITS OF SAVASANA**

- Savasana is easy to do and best relaxation process for high blood pressure, heart diseases, stress, insomnia and depression. Increase the concentration power, and thinking power.
- Performing this pose after other asanas relieves the tiredness of your body in a very short time.
- It gives complete rest to mind, body, brain and soul.
- Calms all the body parts, mind and soul and gives happiness.
- It cures weakness of brain, negative thinking and tiredness.

