



## 5 YOGA POSES INCREASE HEIGHT


### 1. TREE POSE

Tree Pose, or Vrksasana, is a yoga pose that will help you improve your balance and mental focus. It may also help you strengthen the muscles in your legs and core. In this pose, the lower body provides the support for the upper body as the body stands with grace and strength.

#### How to Do a Yoga Tree Pose

##### Performing the Pose

- 1 Shift your weight to your right foot.
- 2 Find a point to watch in the distance to help with balance.
- 3 Raise your left leg off the ground, bending at the knee.
- 4 Place the sole of your left foot on the inside of your right leg.
- 5 Open up your hips by pulling the left knee backwards.
- 6 Bring your hands together in front of your heart.



7 Press your legs and feet together, pressing towards the center of your body.

8 Lengthen your spine by pulling your shoulders back from your ears.

9 Raise your hands shoulder-width apart above your head. If you are able to, open up your chest by squeezing your shoulder blades together.

10 Hold the pose for 5-10 deep breaths. Remember to keep breathing and keep gazing at your drishti.

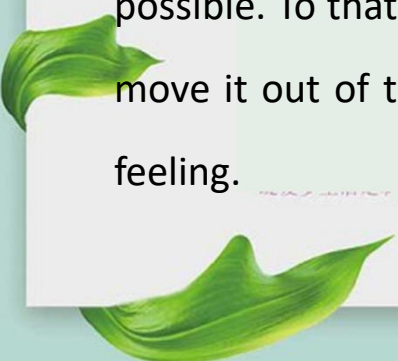
11 Release the pose slowly and gently.


## 2. PASCHIMOTTANASANA

### Step-by-Step Instructions

1 Sit with your legs extended straight in front of you.

2 You want to be sitting on your sit bones as much as possible. To that end, take hold of the flesh of each buttock and move it out of the way. This results in a much more grounded feeling.





3 Bring your arms straight out to the sides and up over your head, reaching toward the ceiling.

4 Inhale and draw your spine up long.

5 As you exhale, begin to come forward, hinging at your hips. Imagine your pelvis as a bowl of water that is tipping forward.

6 On each inhale, lengthen your spine. You may come a bit out of your forward bend to do this.

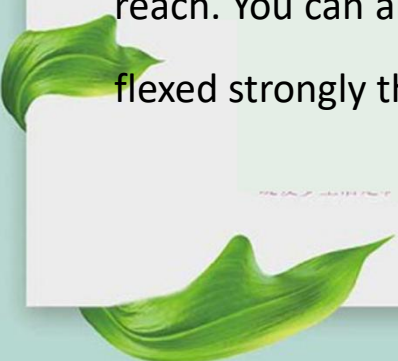






7 On each exhale, deepen into your forward bend.

8 Imagine your belly coming to rest on your thighs, rather than your nose coming to your knees. This will help you keep your spine long.

9 Keep the neck as the natural extension of your spine, neither cranking it to look up nor letting it go completely.

When you have come to your full extension with the spine 10 long, decide whether you want to stay here or let your spine round forward.

11 Take hold of your ankles or shins, whichever you can reach. You can also use a strap around your feet. Keep your feet flexed strongly throughout.






### 3. CAMEL POSE

Ustrasana is an intermediate level back-bending yoga posture known to open Anahata (Heart chakra). This yoga posture adds flexibility and strength to the body and also helps in improving digestion.

**\*\*Avoid for BP and Back Injuries.**

How to do Camel Pose (Ustrasana)






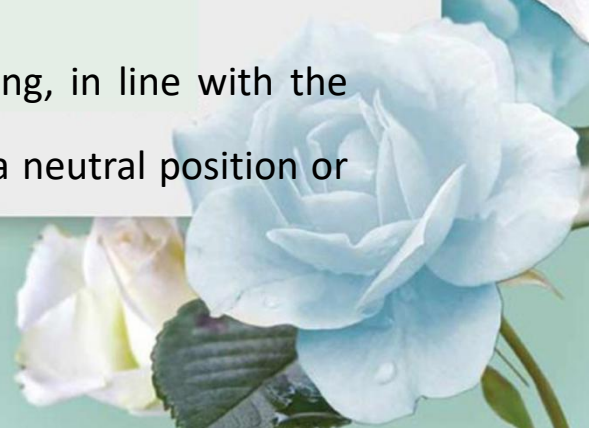
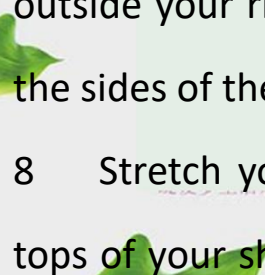
- 1 Kneel on the yoga mat and place your hands on the hips.
- 2 Your knees should be in line with the shoulders and the sole of your feet should be facing the ceiling.
- 3 As you inhale, draw in your tail-bone towards the pubis as if being pulled from the navel.
- 4 Simultaneously, arch your back and slide your palms over your feet till the arms are straight.
- 5 Do not strain or flex your neck but keep it in a neutral position.
- 6 Stay in this posture for a couple of breaths.
- 7 Breathe out and slowly come back to the initial pose.
- 8 Withdraw your hands and bring them back to your hips as

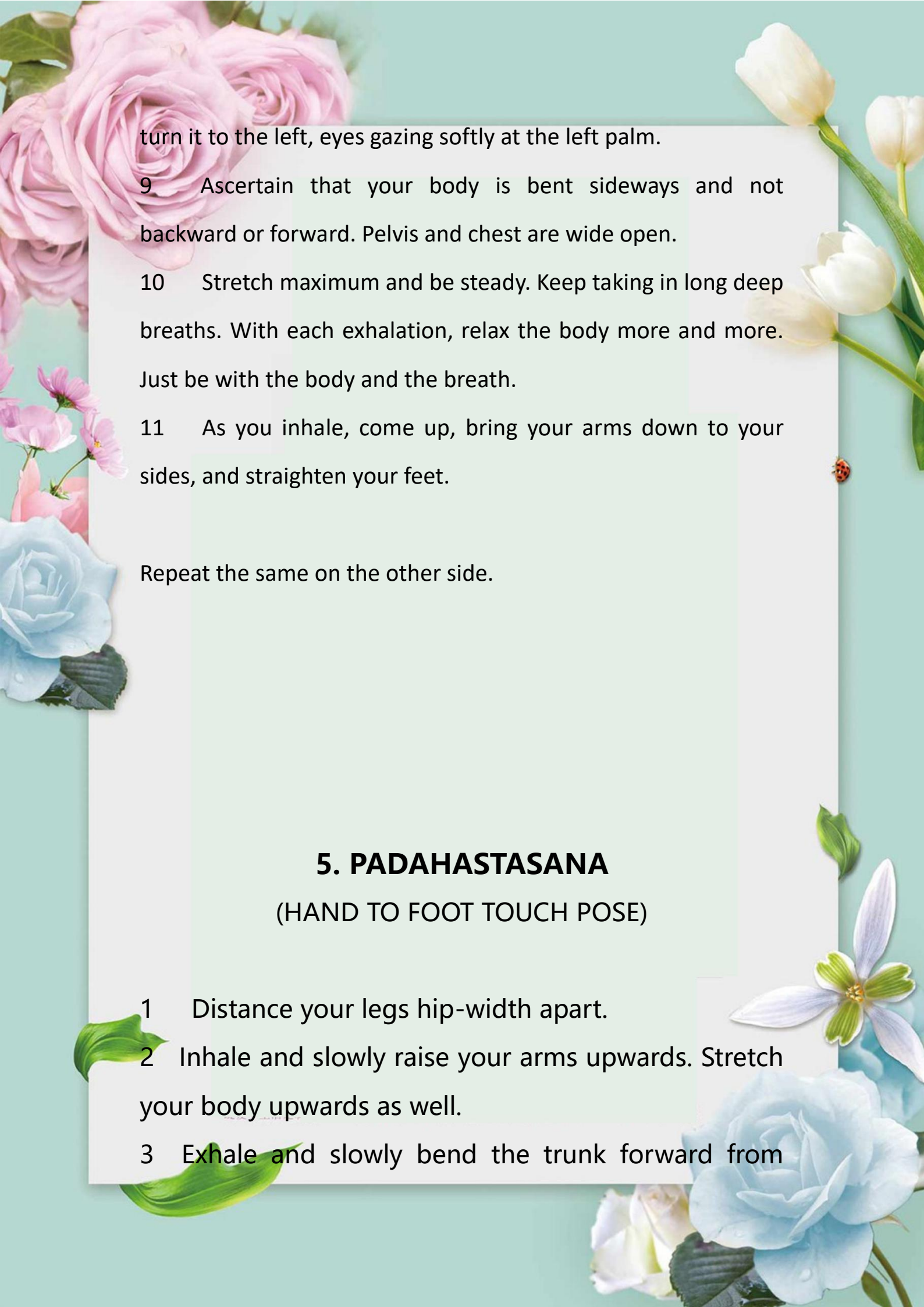


you straighten up.

## 4. TRIANGLE POSE

How to do the Trikonasana (Triangle Pose)

- 1 Stand straight. Separate your feet comfortably wide apart.
  - 2 Turn your right foot out 90 degrees and left foot in by 15 degrees.
  - 4 Now align the center of your right heel with the center of your arch of left foot.
  - 5 Ensure that your feet are pressing the ground and the weight of your body is equally balanced on both the feet.
  - 6 Inhale deeply and as you exhale, bend your body to the right, downward from the hips, keeping the waist straight, allowing your left hand to come up in the air while your right hand comes down towards floor. Keep both arms in straight line.
  - 7 Rest your right hand on your shin, ankle, or the floor outside your right foot, whatever is possible without distorting the sides of the waist.
  - 8 Stretch your left arm toward the ceiling, in line with the tops of your shoulders. Keep your head in a neutral position or
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turn it to the left, eyes gazing softly at the left palm.

9 Ascertain that your body is bent sideways and not backward or forward. Pelvis and chest are wide open.

10 Stretch maximum and be steady. Keep taking in long deep breaths. With each exhalation, relax the body more and more.

Just be with the body and the breath.

11 As you inhale, come up, bring your arms down to your sides, and straighten your feet.

Repeat the same on the other side.

## **5. PADAHASTASANA**



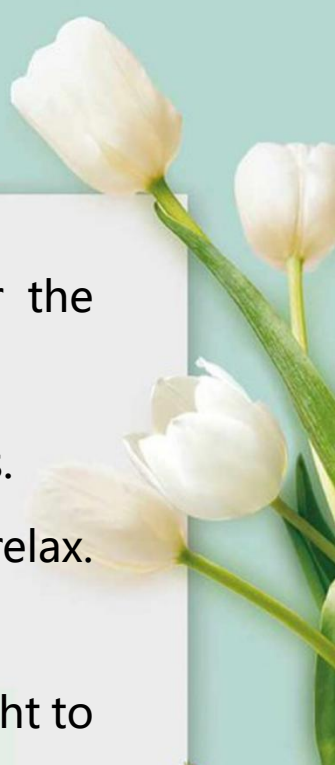

(HAND TO FOOT TOUCH POSE)

1 Distance your legs hip-width apart.

2 Inhale and slowly raise your arms upwards. Stretch your body upwards as well.

3 Exhale and slowly bend the trunk forward from





your hips till your hands reach your feet.

4 Next, place the palms of your hands under the soles.

5 Elbows remain slightly bent pointing outwards.

6 Loosen up the shoulders and let the arms relax.

Take a few slow breaths.

7 Your knees must remain straight. The back ought to be concave not hunched.

8 Bring the forehead between the knees if possible. Relax the back muscles of your neck.

9 Take long and deep breaths. Relax the body. Stay in this position for as long as you feel comfortable.

Release the pose.

10 To come out of the posture, release the hands out of the feet. Slowly straighten the body keeping the neck down. After that, straighten the head as well.

