Sadhaka Report for Sadhaka1

Sadhaka: Sadhaka1

Cardio

Tadasana

Duration: 10 minutes

Additional Notes: Remember to keep your spine straight and align your body. Focus on your breathing.
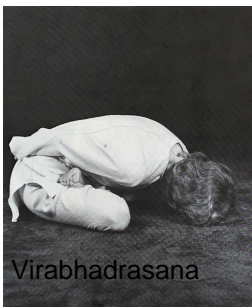
Description:

Also known as Mountain Pose, Tadasana is often the starting position for all

the standing poses. It is also the pose of stillness in movement, encouraging

us to ground ourselves, and find our center.

Savasana

Duration: 20 minutes

Additional Notes: Try to let go of all the tension in your body. Breathe naturally and calm your mind.

Description:

Also known as the corpse pose, Savasana is a restorative pose often

practiced at the end of a yoga session. The practitioner lies flat on their back

with arms and legs spread at about 45 degrees, eyes closed and breath deep.

Virabhadrasana

Duration: 15 minutes

Additional Notes: Ensure your hands and feet are firmly placed on the mat. Try to keep your heels grounded.

Description:

Named after the mythological Hindu warrior, Virabhadra. There are three

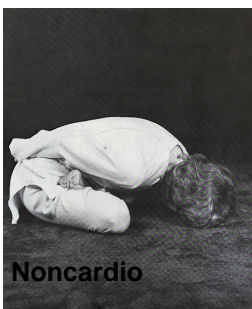variations of Virabhadrasana I, II, and III. Each of these poses helps to build

balance, stability, and strength.

Savasana

Duration: 23 minutes

Additional Notes: sadfasdfsdaflksdaf asldfalskdflskajdf

Description:

Noncardio

Also known as the corpse pose, Savasana is a restorative pose often

practiced at the end of a yoga session. The practitioner lies flat on their back

with arms and legs spread at about 45 degrees, eyes closed and breath deep.

Virabhadrasana

Duration: 12 minutes

Additional Notes: asfasfasdfasdf

Description:

Named after the mythological Hindu warrior, Virabhadra. There are three

variations of Virabhadrasana I, II, and III. Each of these poses helps to build

balance, stability, and strength.

AdhoMukhaSvanasana

Duration: 23 minutes

Additional Notes: asdfadsf asdfasdfdas asdfadsf

Description:

Also known as Downward-facing Dog Pose, this pose resembles a dog

bending forward. It involves the whole body and is often used as a transition

pose or a rest pose between sequences.