

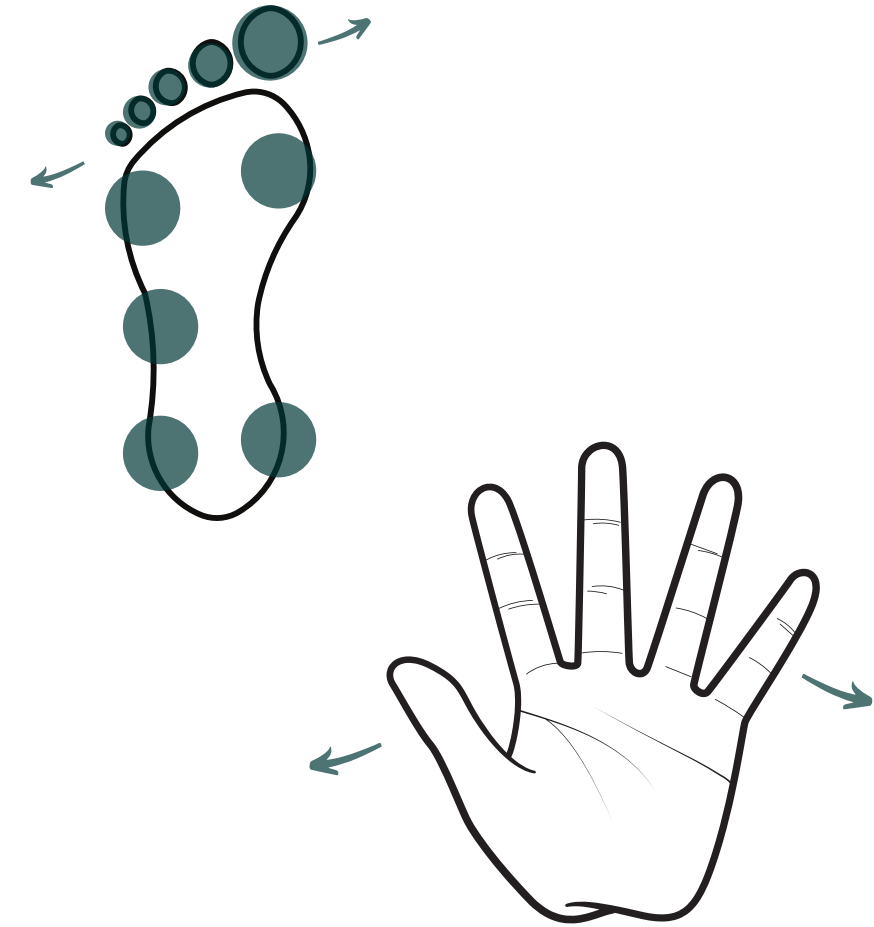
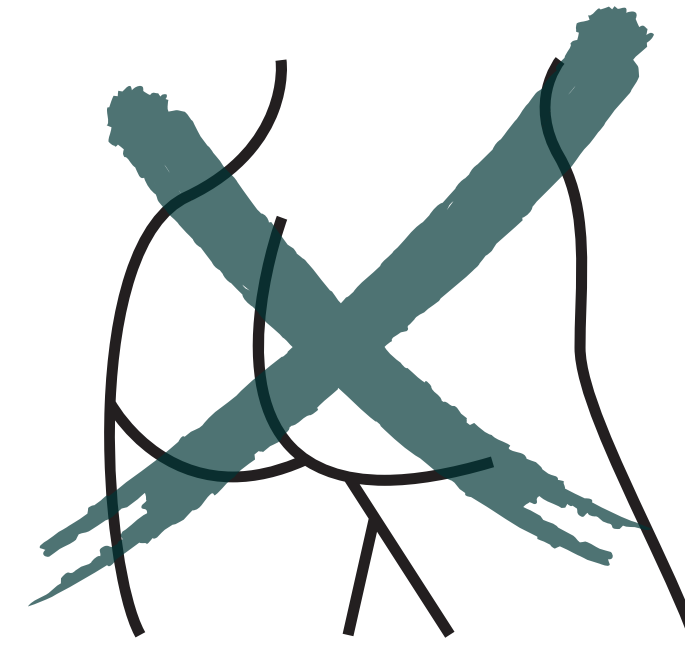
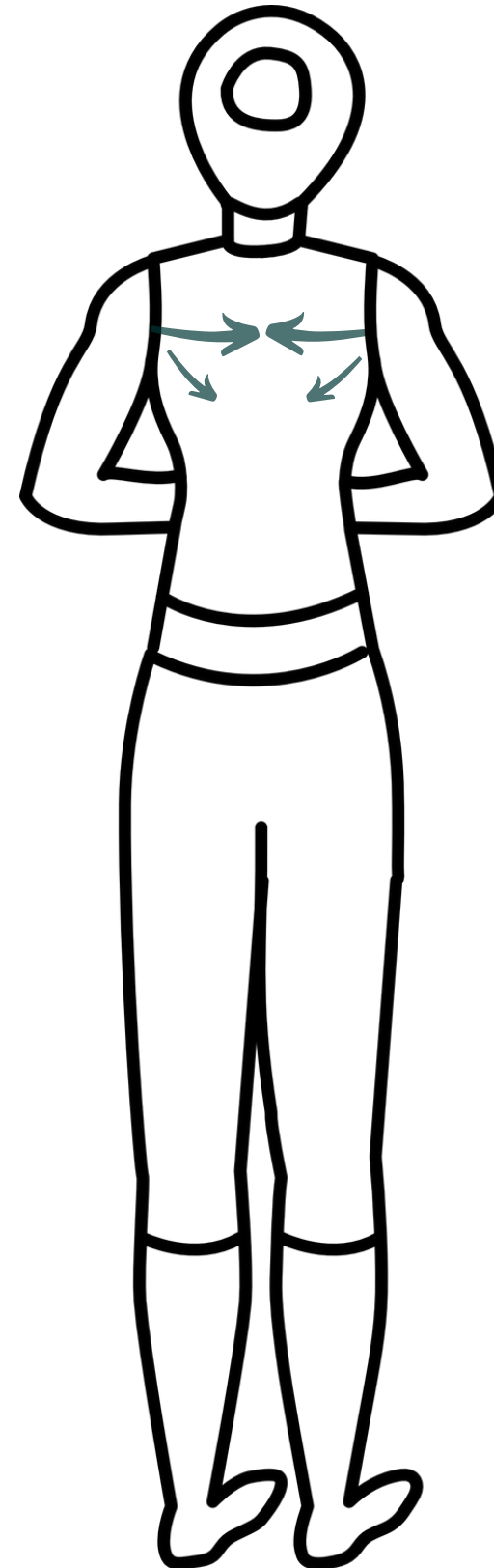
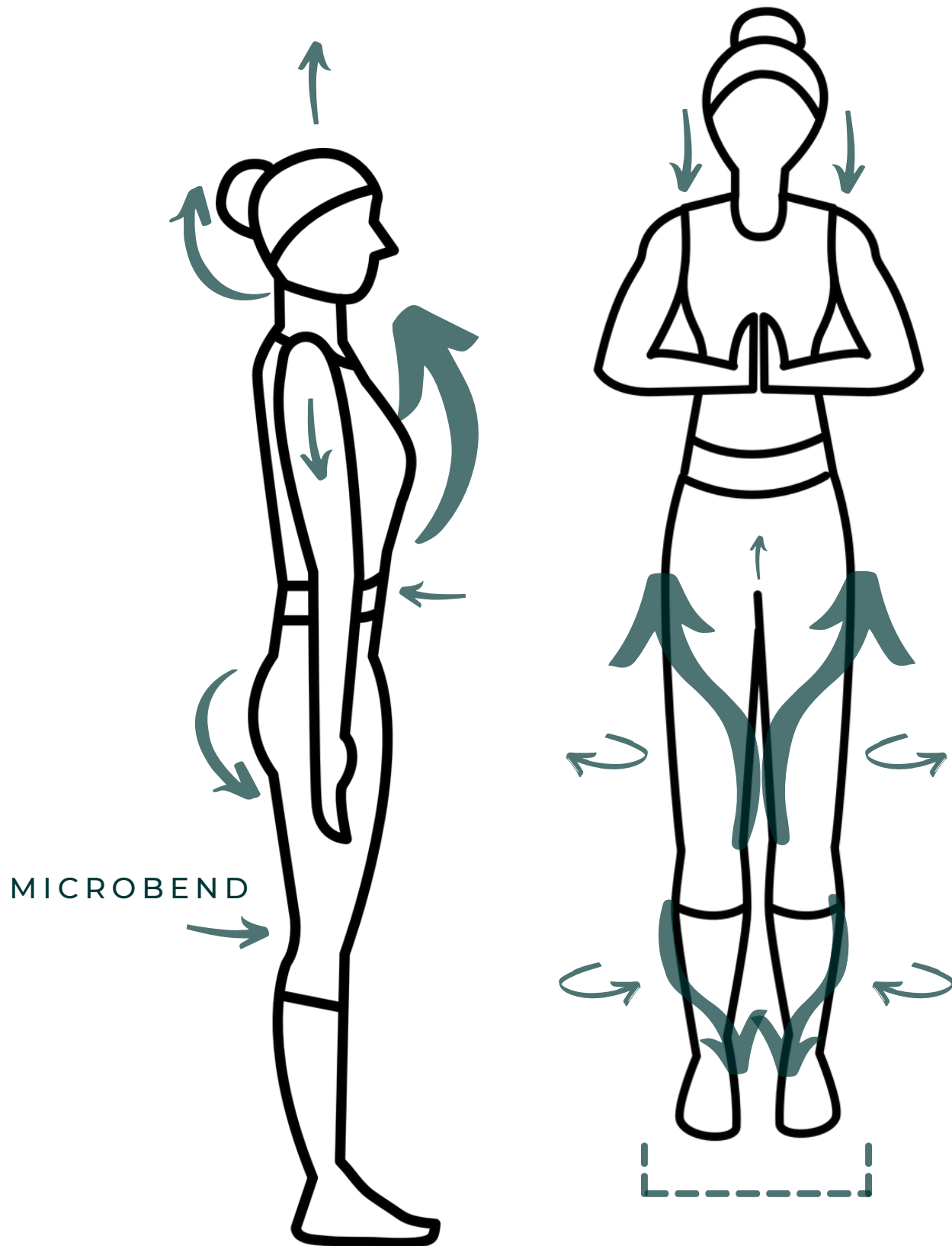


MASTERING THE "TOP 22" BEGINNER POSES

Yoga Intro Part 1

MOUNTAIN POSE

Tadasana or Samasthiti



Name: Tada = mountain asana = pose, Sama = equal
sthiti = standing pose

Benefits:

- Strengthens the whole body
- Improves body posture
- Promotes Balance
- Strengthens Pelvic Floor

Increases: Pitta & Kapha, heating & grounding pose

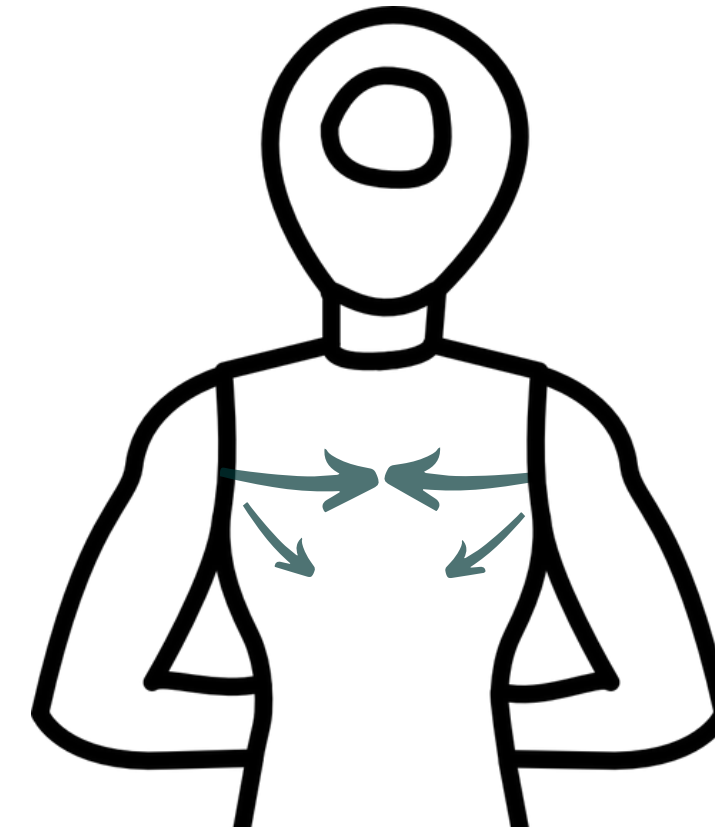
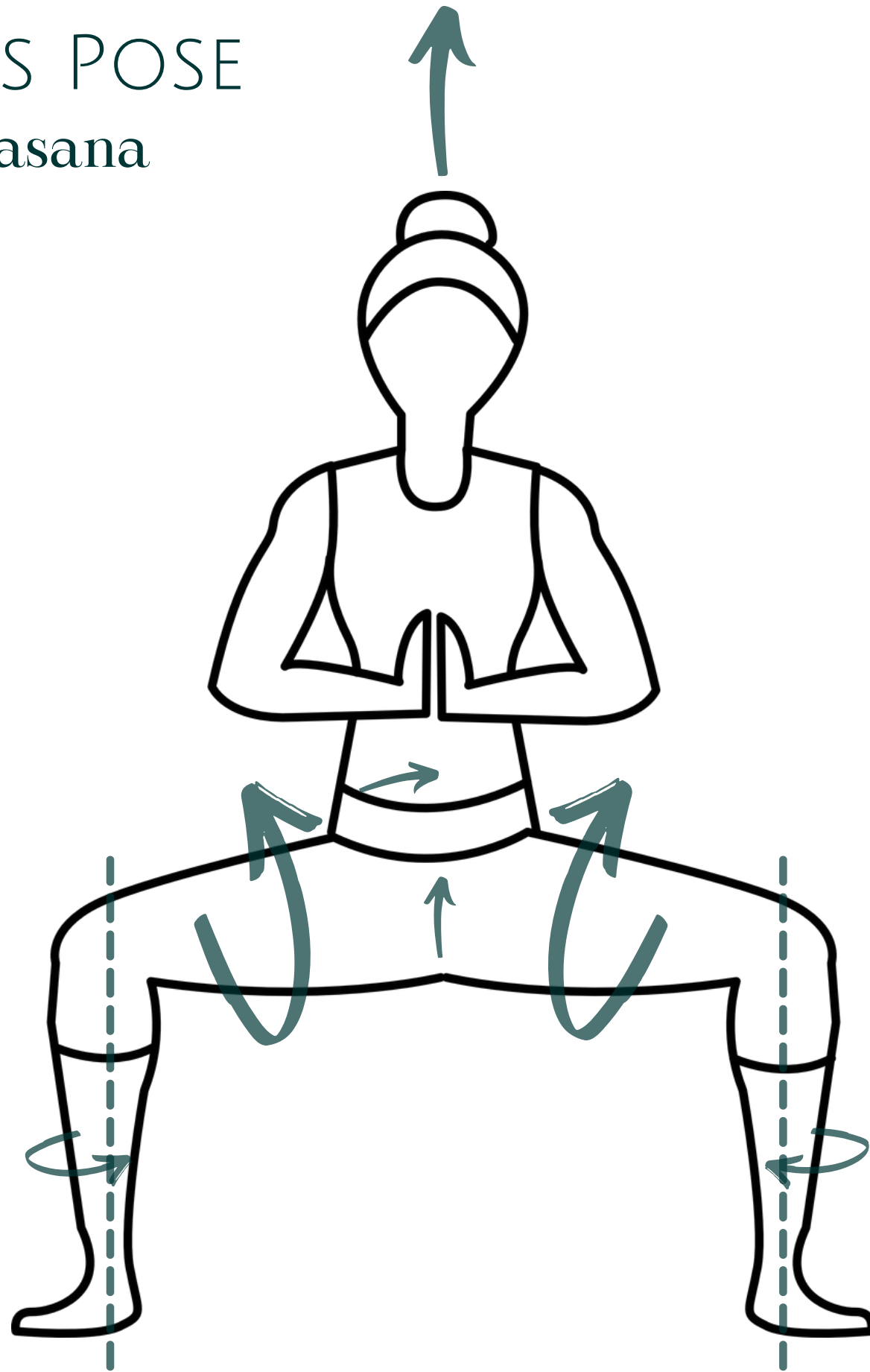
Contraindications - should be avoided by people with:

- If you are able to stand without pain or dizziness and flex your muscles accordingly, you can do this pose.
- Avoid lifting arms above your head with high blood pressure

Chakras: Earth Star, Root & Sacral

GODDESS POSE

Utkata Konasana



Name: Utkata = powerful/fierce, Konasana = angle pose

Benefits:

- Strengthens the back & lower body.
- Promotes Balance
- Strengthens Pelvic Floor
- Boosts Confidence
- Pregnancy (1st & 2nd trimester)

Increases: Pitta & Kapha, heating & grounding pose

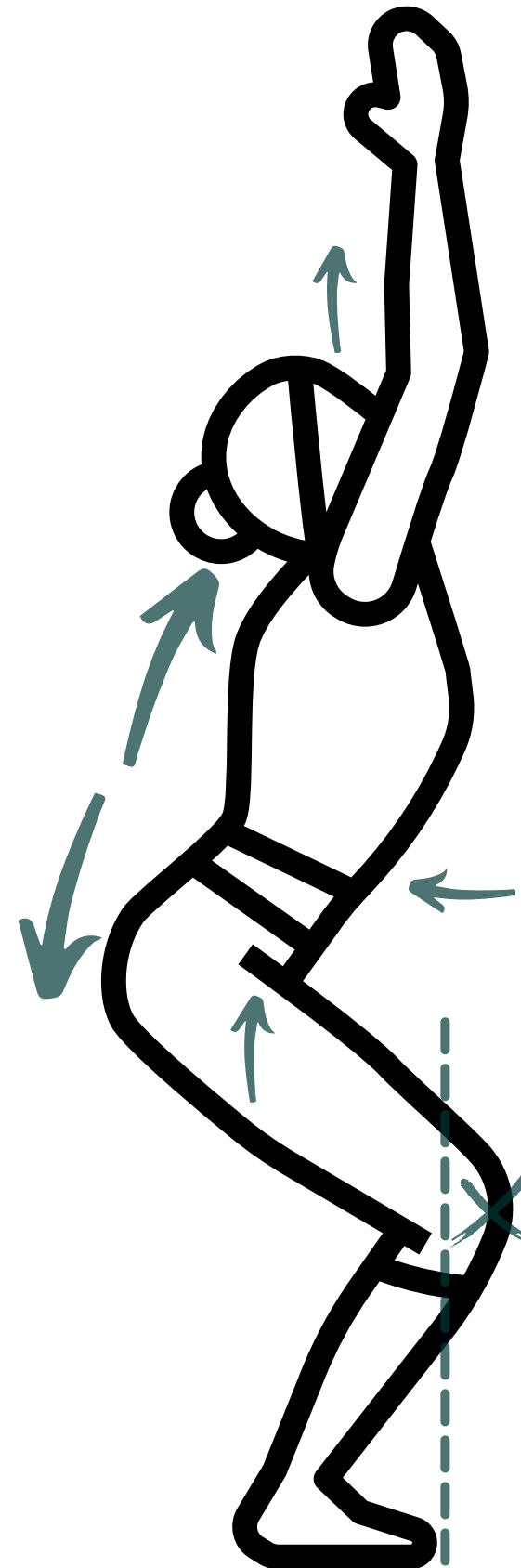
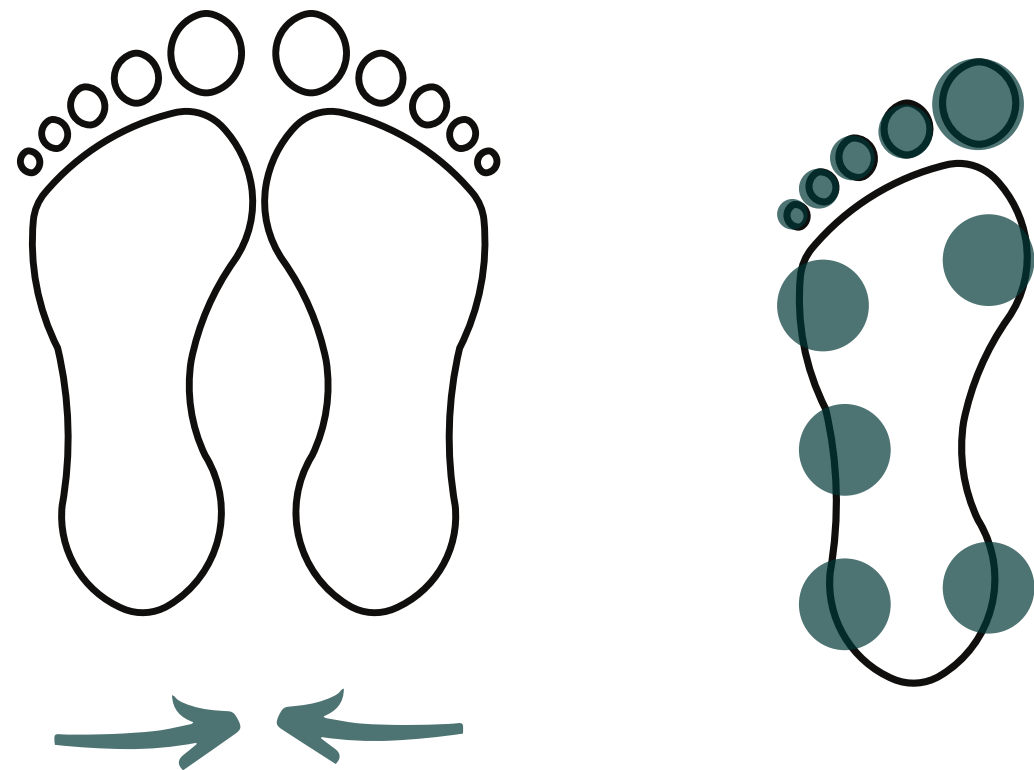
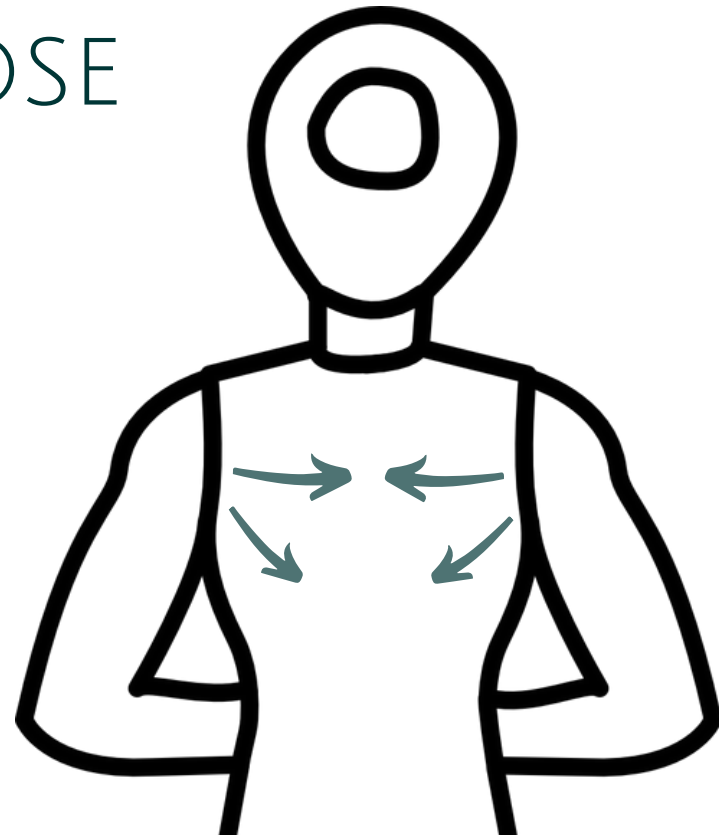
Contraindications - should be avoided by people with:

- High blood pressure (optional - lean on wall)
- Third trimester (optional - lean on wall)
- Injuries to the lower body, pelvic floor, internal organs, spine, shoulders or arms

Chakras: Earth star, Root & Sacral

CHAIR POSE

Utkatasana



Name: Utkata = powerful/fierce, asana = pose

Benefits:

- Strengthens the back, legs & knees (engaging the hamstrings NOT quads)
- opens the chest
- Improves body posture
- Promotes Balance
- Strengthens Pelvic Floor
- Improves breathing
- Improves your ability to get up from chairs and lift things from the ground

Increases: Vata, Pitta & Kapha, energizing, heating & grounding pose

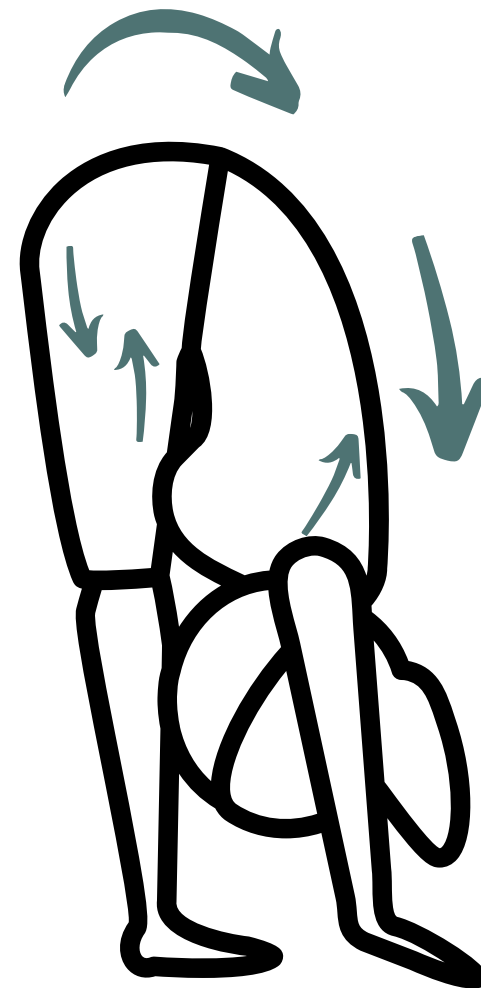
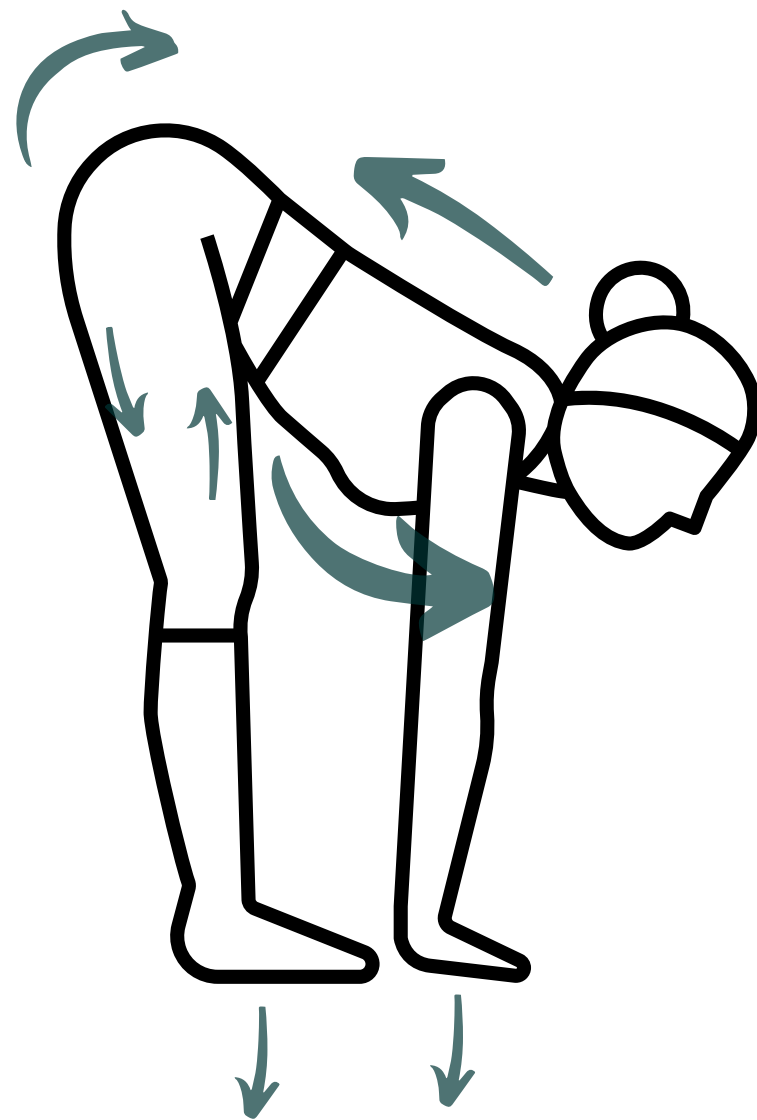
Contraindications - should be avoided by people with:

- Avoid lifting arms above your head with high blood pressure
- Injuries to the lower body, back, shoulders, arms, neck

Chakras: Earth Star, Root, Sacral, Heart, Throat (optional)

STANDING FORWARD FOLD POSE

Uttanasana



Name: Ut = Intensity, Tan = stretch out, asana = pose

Benefits:

- Stimulates internal organs & Improves digestion
- Improves body posture
- Promotes Balance
- Reduces depression
- Improves nervous system
- Chronic sinusitis
- Increases flexibility in hips & hamstrings
- Increases strength in knees & quads

Increases: Pitta & Kapha, heating & grounding pose

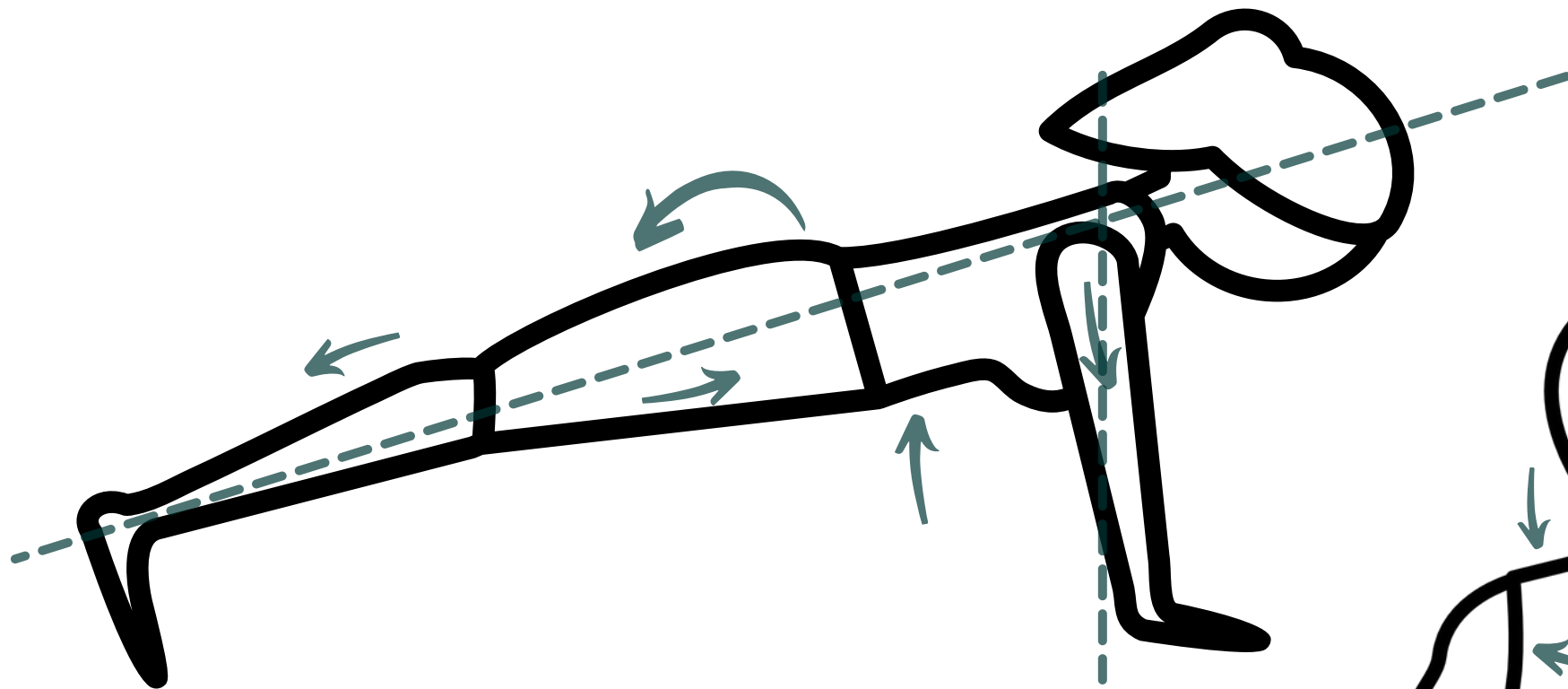
Contraindications - should be avoided by people with:

- high blood pressure
- any acute injuries to your body or chronic pains that might get strained (optional: adjust by bending the knees)
- Acute Reflux
- Acute Sinusitis
- Some swear by inversions for headaches/migraines, others don't - you need to try it for yourself!
- Sciatica
- Weak hips & lower back

Chakras: Earth Star, Root, Sacral, Solar Plexus, Crown

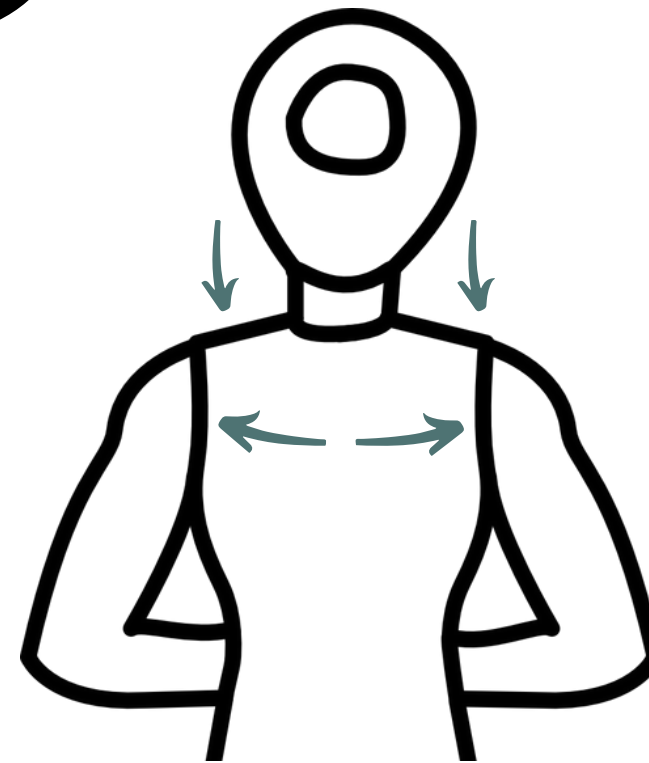
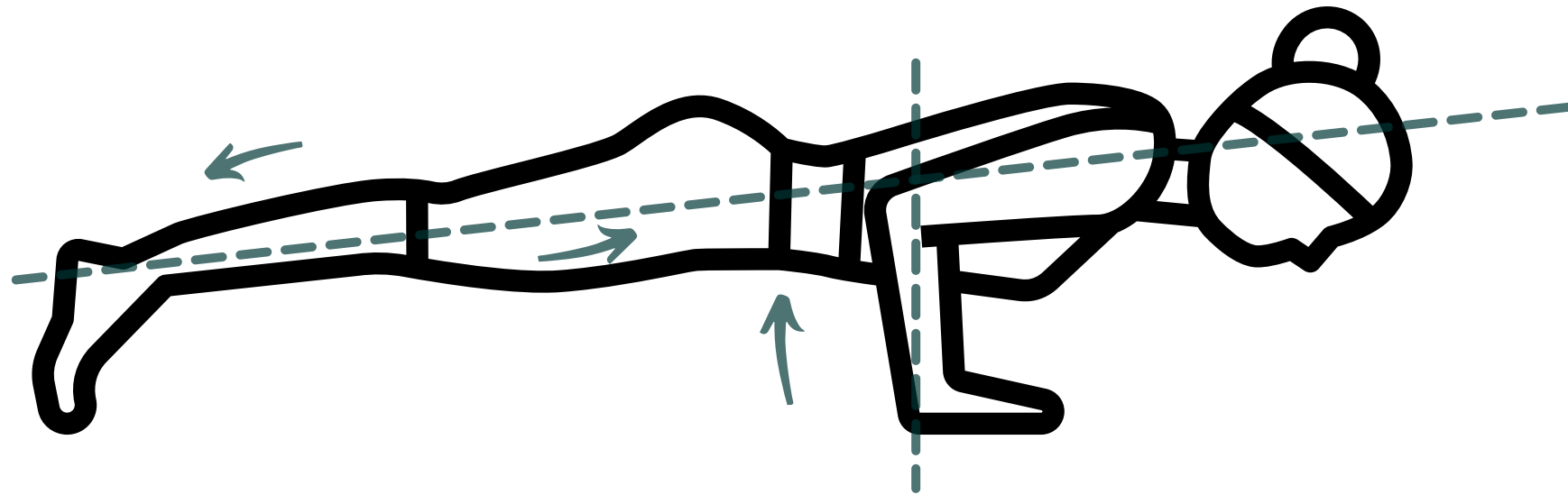
PLANK POSE

Phalakasana



FOUR LIMB STAFF POSE

Chaturanga Dandasana



Name: Phalak = Plank, asana = pose

Name: Chaturanga = four limbs, Plank, Danda = staff, asana = pose

Benefits:

- Strengthens your whole body, especially core, hips, shoulders & arms
- Improves balance
- Improves concentration & focus

Increases: Pitta, heating pose

Contraindications - should be avoided by people with:

- Injuries in your upper or lower body, especially arms & wrists
- High or low blood-pressure (use your knees as added support)
- Carpal Tunnel Syndrom
- Anxiety might get increased

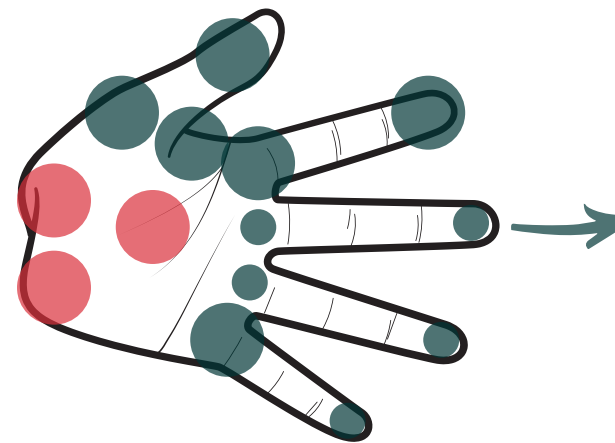
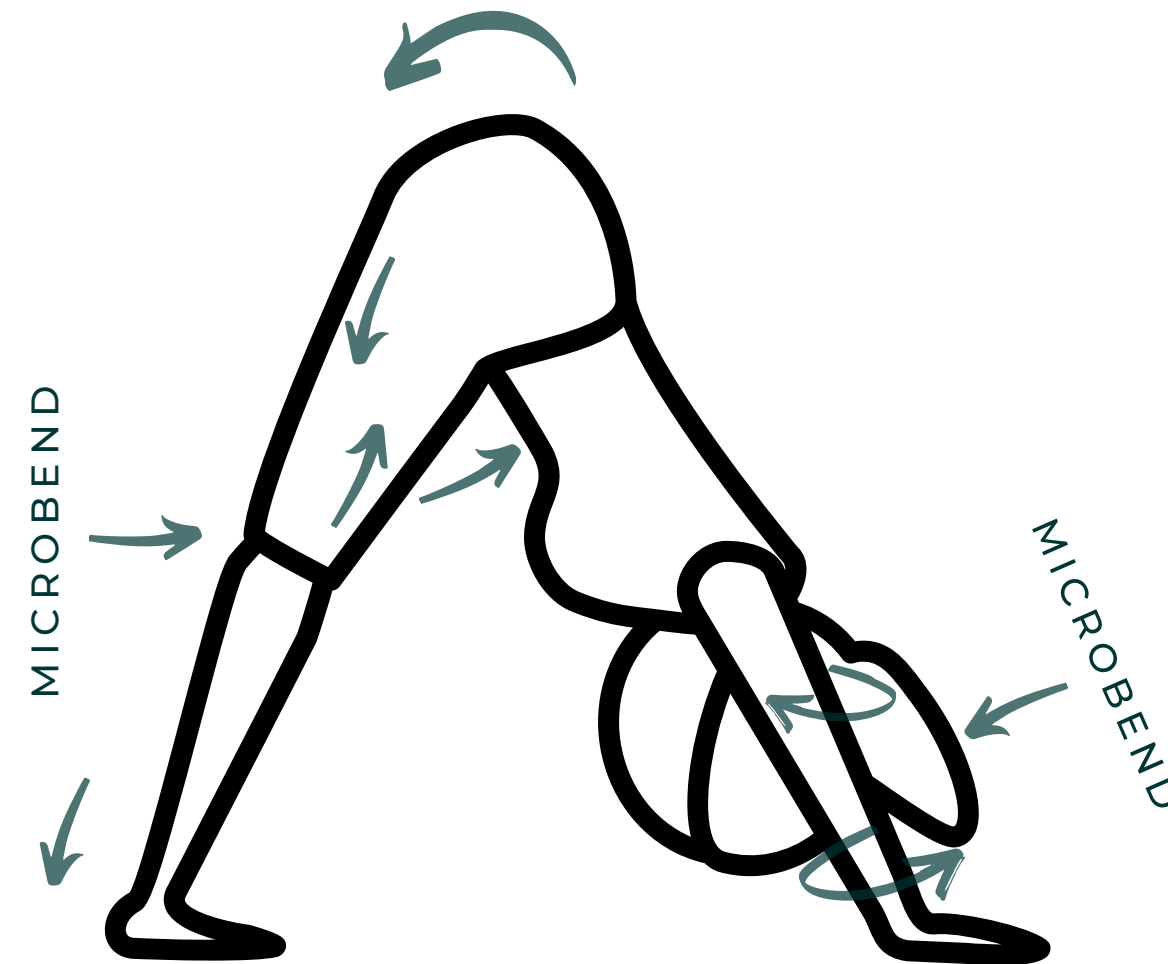
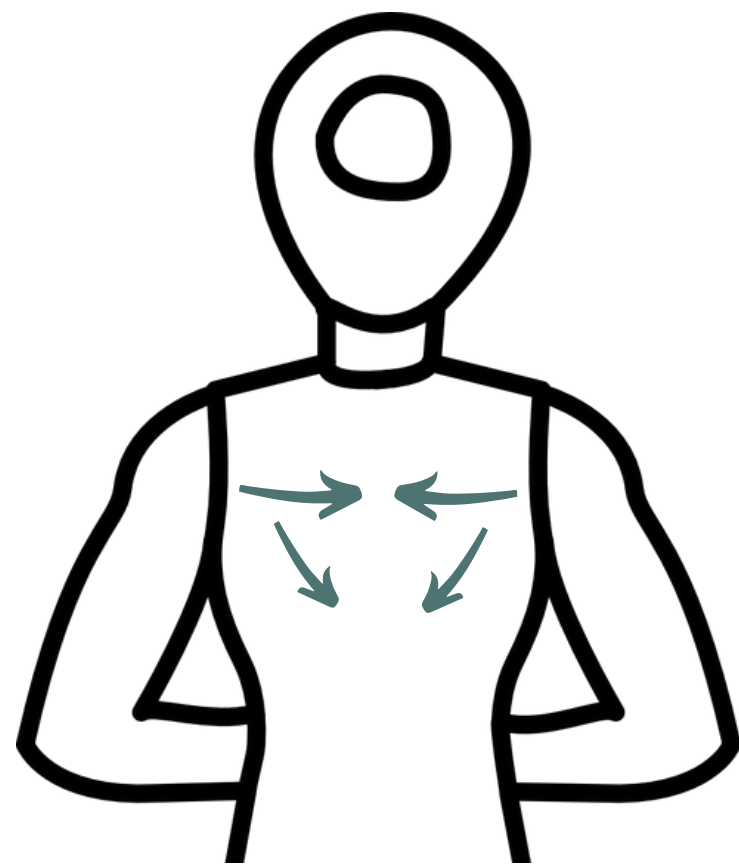
Chakras: Solar Plexus

DOWNWARD FACING DOG POSE

Adho Mukha Svanasana



THE CORRECT
DISTANCE FOR YOUR
DOWNWARD FACING
DOG



Name: Adho = downward, Mukha = face, Svana = dog, asana = pose

Benefits:

- Strengthens your whole body, especially shoulders, arms, back, core & quads
- Stretches your Hips, hamstrings & calves
- Massages the internal organs through deep belly breathing
- Strengthens the Uterus & Pelvic muscles
- Improves blood circulation & detoxes the body

Increases: Vata & Pitta heating & energizing pose

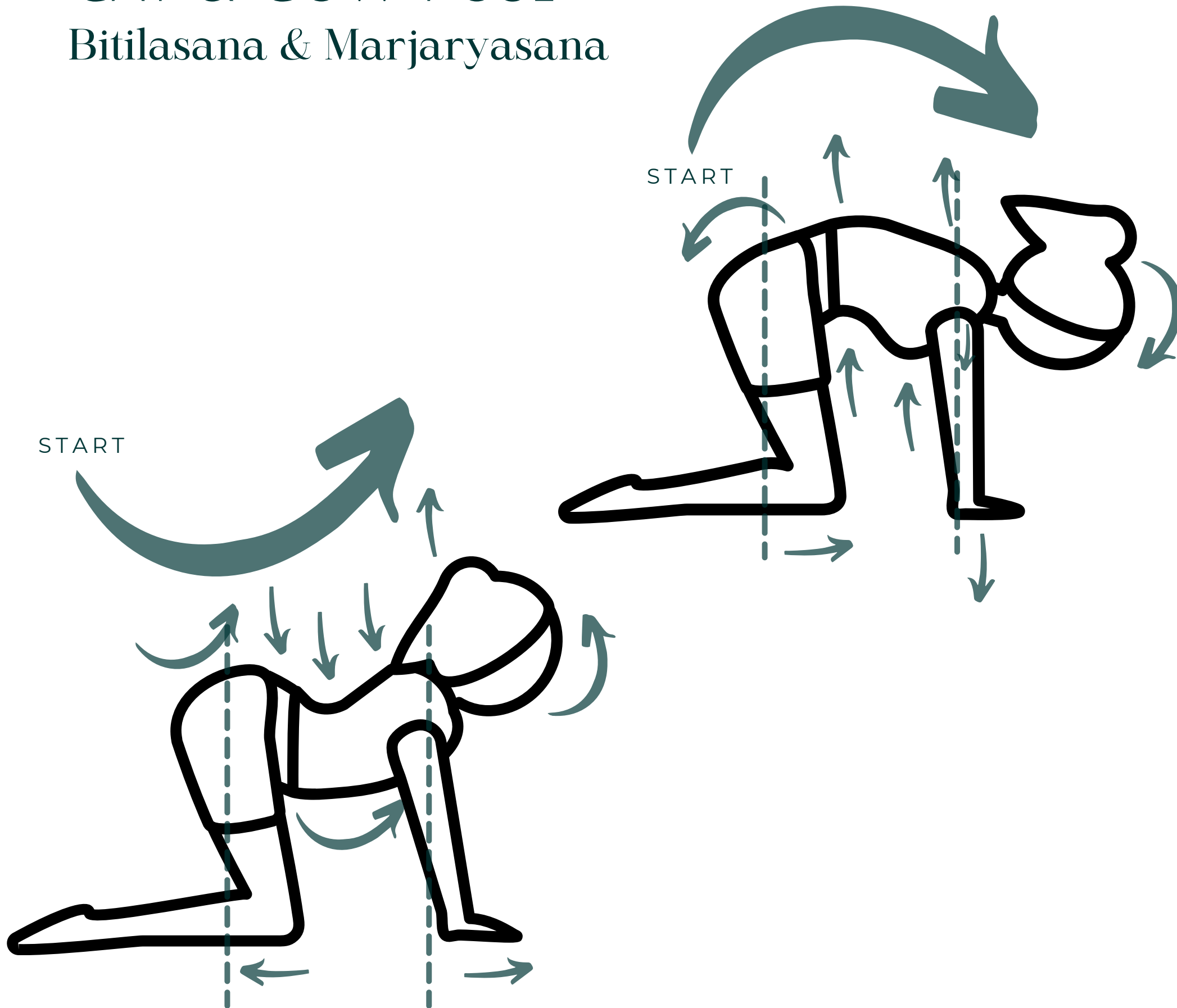
Contraindications - should be avoided by people with:

- Heart diseases & High blood pressure
- Slip disc
- Injuries in your upper or lower body, especially arms & wrists
- Neck injuries

Chakras: Solar Plexus, Heart, Throat, Third eye

CAT & COW POSE

Bitilasana & Marjaryasana



Name: Bitila = cow, asana = pose, Marjari = (female) cat, asana = pose

Benefits:

- Warms up, relaxes and strengthens your core, neck & spine
- Helps activate & improves the function of the adrenal glands, the pancreas and reproductive organs
- Massages the internal organs through deep belly breathing
- Massages internal organs which improves digestion
- Reduces Insomnia
- Improves Posture

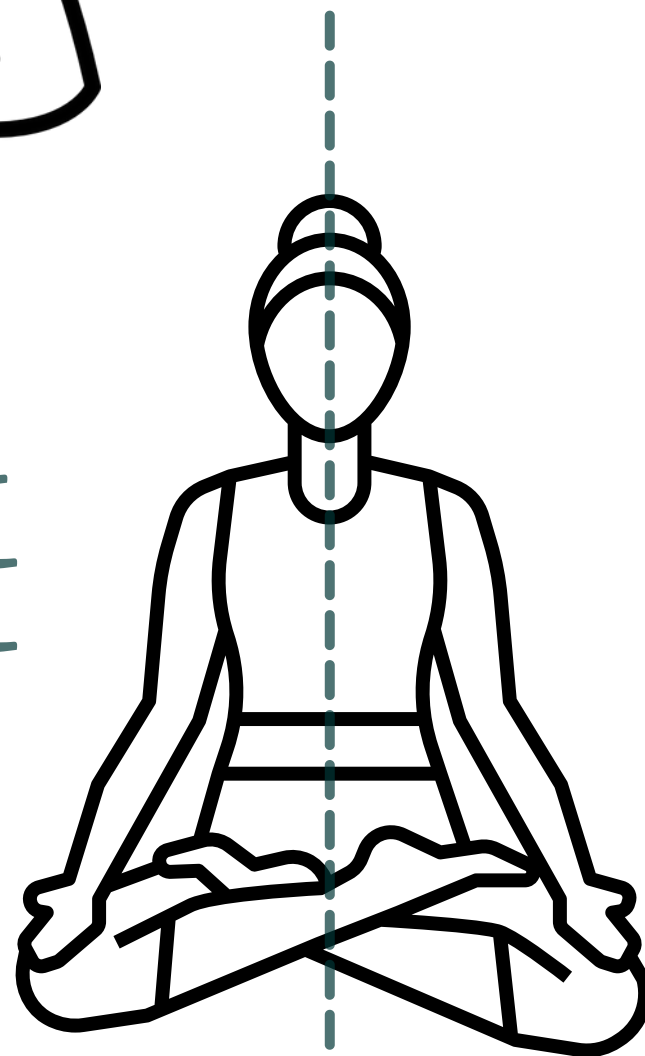
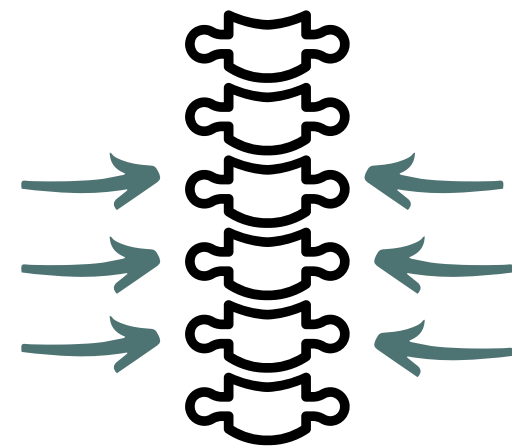
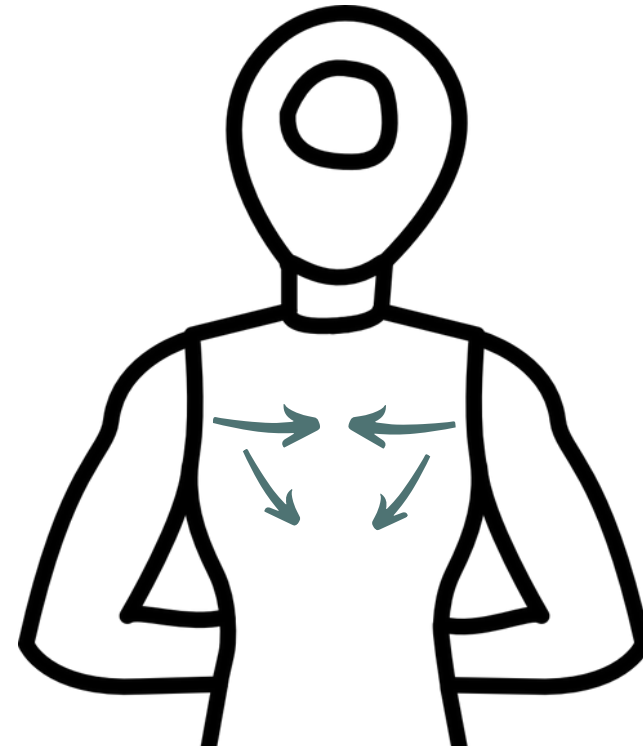
Increases: Pitta & Kapha, heating & grounding pose

Contraindications - should be avoided by people with:

- Weak or injured knees (use a pillow for support)
- Injuries in your upper or lower body, especially arms, shoulders & wrists (consider doing this standing up or sitting)
- Neck injuries

Chakras: Root, Sacral & Solar Plexus

EASY POSE Sukhasana



Name: Sukha = Pleasure, asana = pose

Name: Padma/Kamala = Lotus, asana = pose

Benefits:

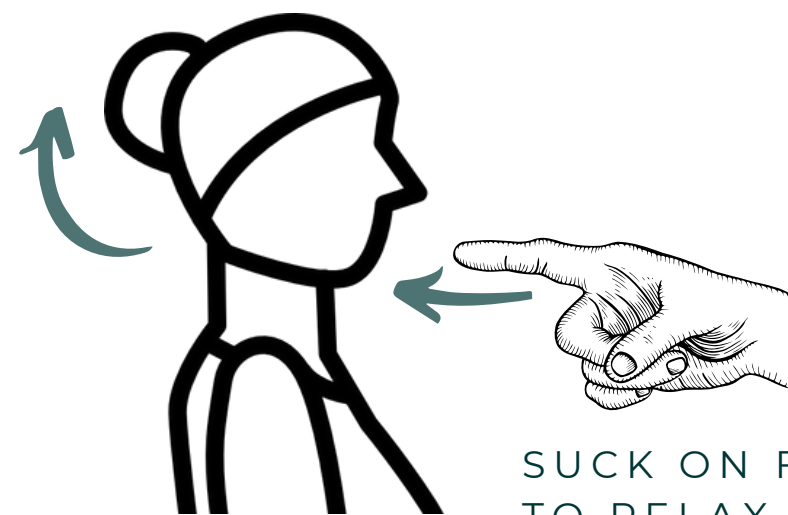
- Great for meditation & Pranayama (breathing exercises)
- Increases the ability to connect with a "higher source"
- Strengthens the spine
- Calms the mind & body while increasing the flow of life force energy
- Improves Flexibility

Increases: Pitta & Kapha, heating & grounding pose

Contraindications - should be avoided by people with:

- Weak or injured knees
- Back pains or injuries (use a wall for support & don't stay in this pose for too long)
- Sciatica

Chakras: Root, Sacral & Third Eye, Crown

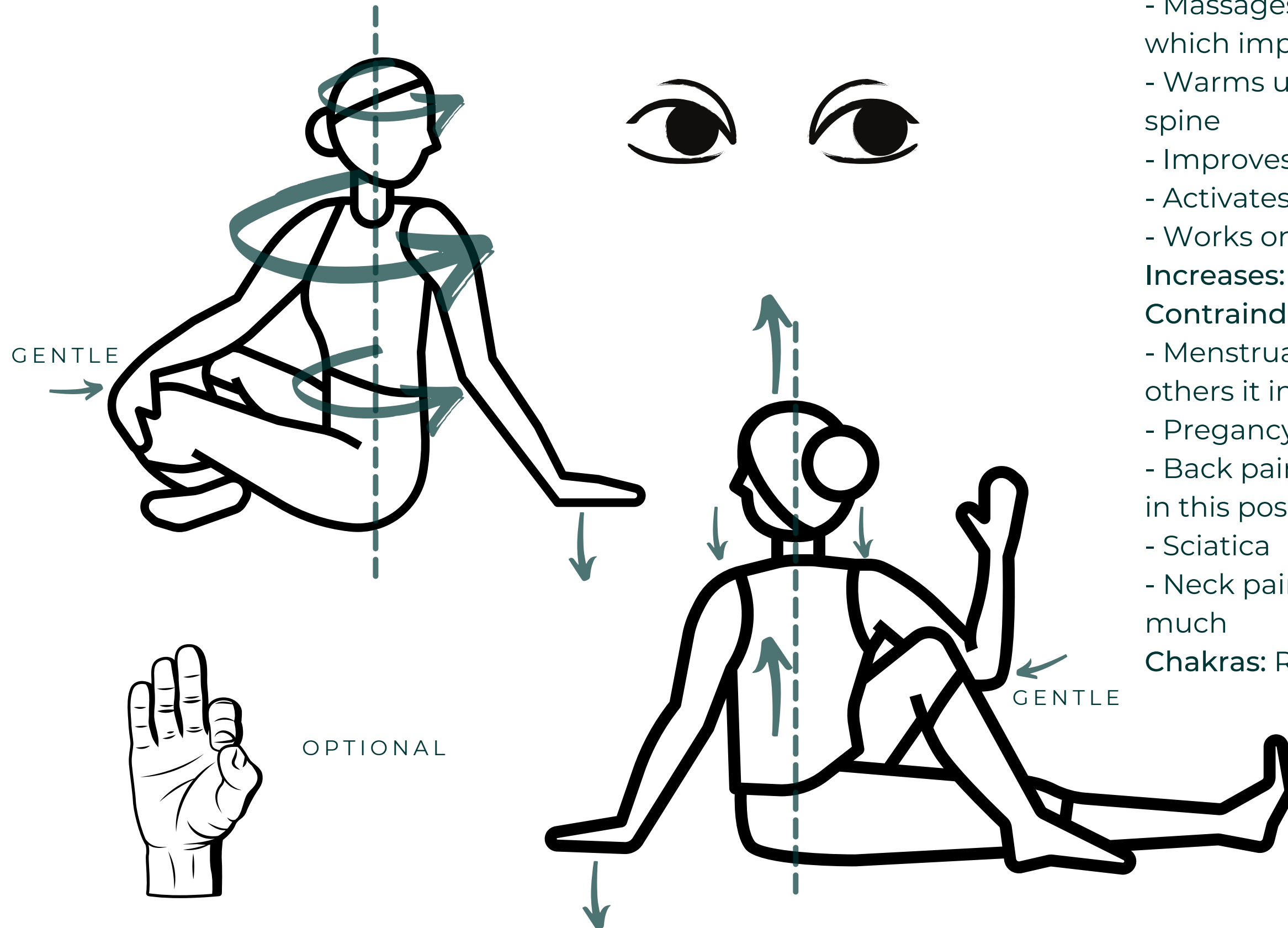


SUCK ON FINGER
TO RELAX JAW

FULL LOTUS POSE Padmasana or Kamalasana

SPINAL TWIST POSE

Vakrasana



Name: Vakra = twist, asana = pose

Benefits:

- Massages internal organs, when deep belly breathing, which improves digestion
- Warms up, relaxes and strengthens your core, neck & spine
- Improves posture, straightens the back
- Activates Thyroid Glands
- Works on muscles of the eyes

Increases: Pitta & Kapha, heating & grounding pose

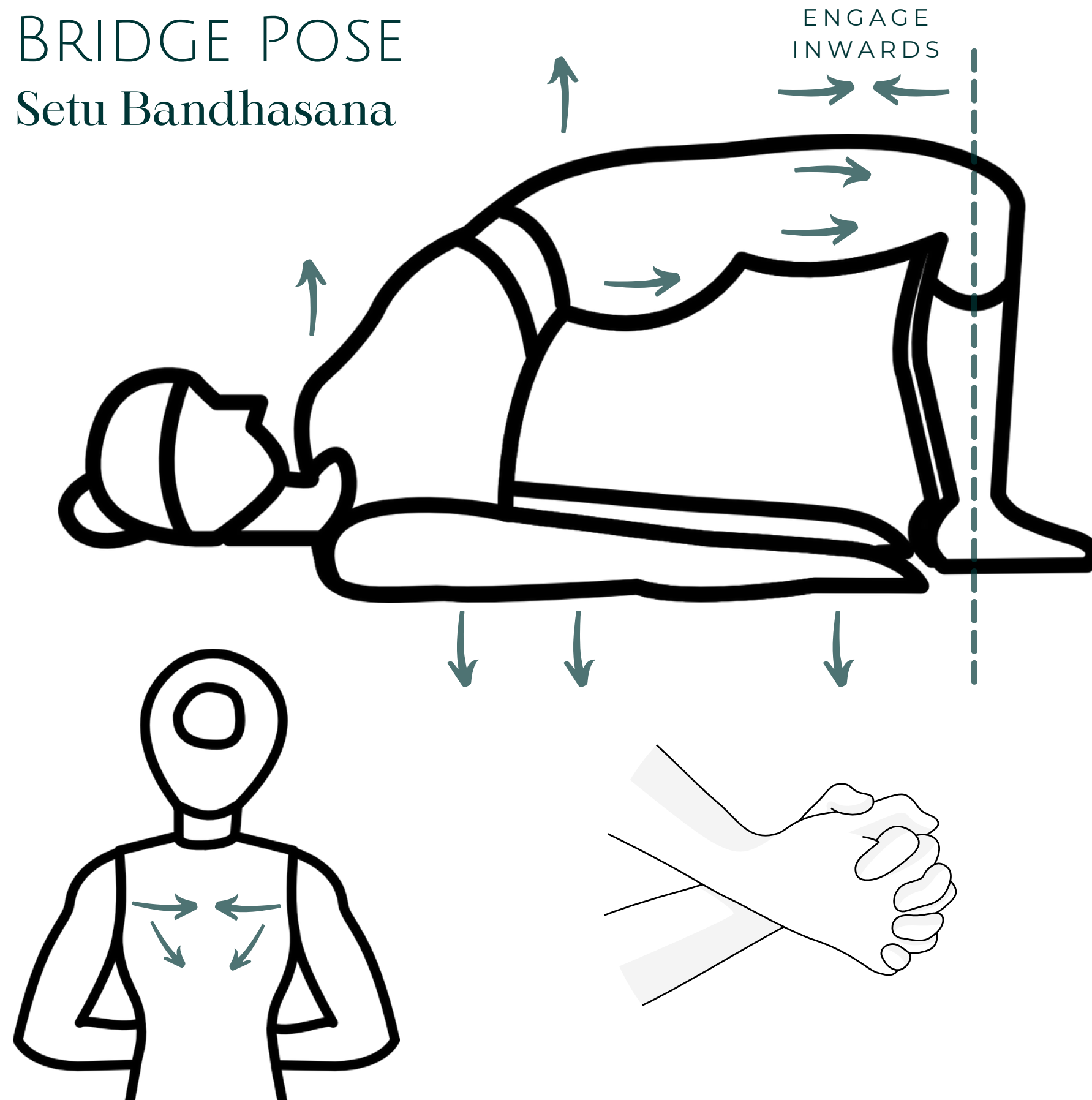
Contraindications - should be avoided by people with:

- Menstruation (some women feel it reduces the pain, others it increases - try it out)
- Pregnancy
- Back pains or injuries (use a wall for support & don't stay in this pose for too long)
- Sciatica
- Neck pain/injury or Spondylosis - don't turn your neck too much

Chakras: Root, Sacral & Solar Plexus

BRIDGE POSE

Setu Bandhasana



Name: Setu = bridge, bandha = bind/lock, asana = pose

Benefits:

- Massages internal organs, when deep belly breathing, which improves digestion
- Warms up, relaxes and strengthens your core, shoulders, neck & spine
- Strengthens the Glutes and Legs
- Improves posture, straightens the back
- Massages the spine & improves nervous system functions, when performed in a flow
- Improves breathing and helps with Asthma
- Reduces Insomnia, Anxiety and Stress
- Balances Blood Pressure

Increases: Vata, Pitta & Kapha, energizing, heating & grounding pose

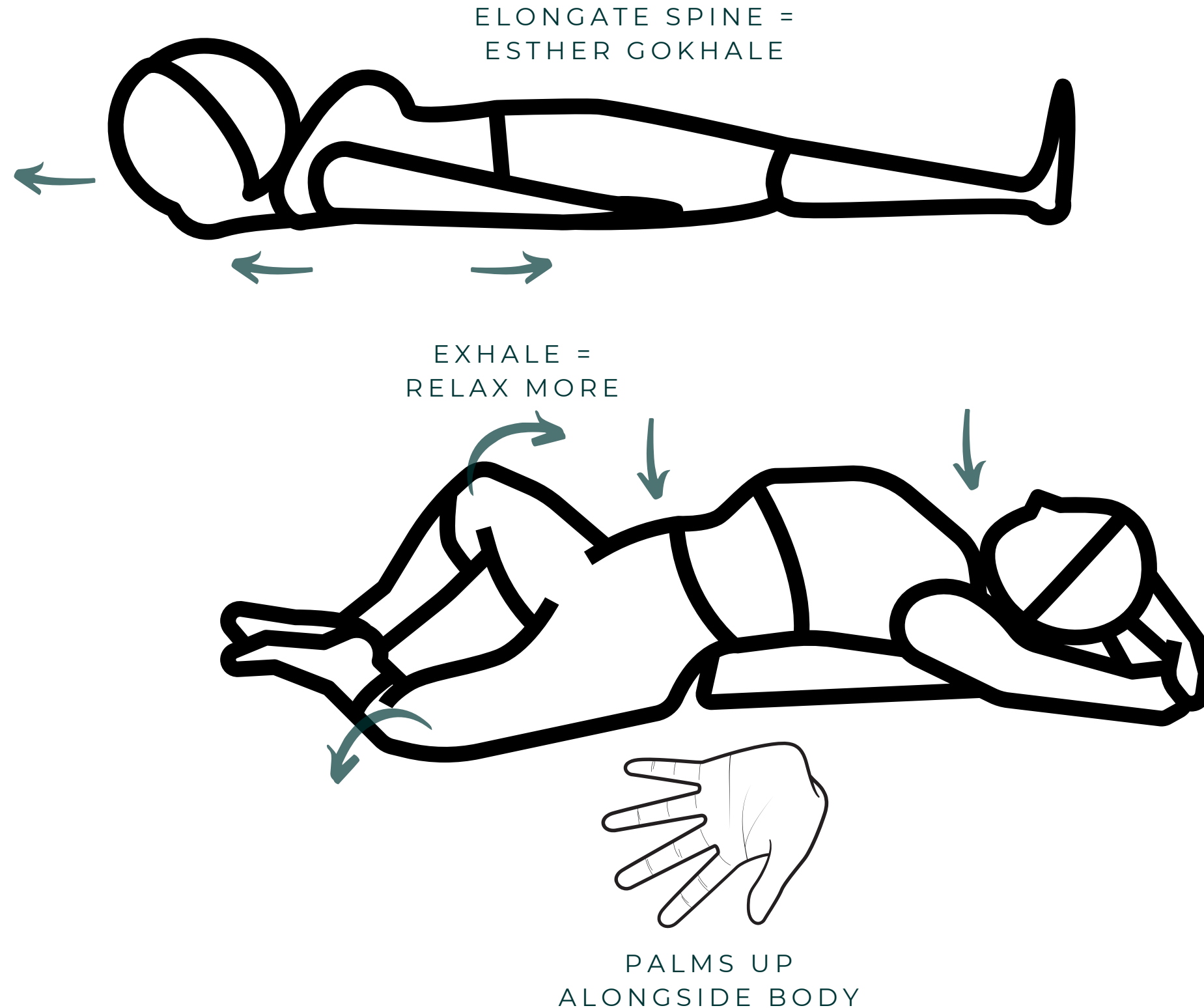
Contraindications - should be avoided by people with:

- Weak Stomach/Reflux
- Pregnancy 2nd/3rd Trimester
- Migraine
- Neck pain/injury or Spondylosis
- Back pain/injury
- EVERYONE: Do not move or adjust your neck when in this pose!

Chakras: Solar Plexus, Heart, Throat, Third Eye, Crown

RECLINED GODDESS POSE

Supta Baddha Konasana



Name: Supta = reclined, baddha = bound, kona = angle, asana = pose

Benefits:

- Stretches & expands the inner thighs , groin & hips
- Reduces Menstrual pains, symptoms of PMS & gives support after a miscarriage - uterus stimulation
- Relaxing Pose for Pregnant women
- Helps with indigestion and flatulence
- Reduces insomnia
- Improves Blood circulation
- Relieves lower backache

Increases: Pitta & Kapha, heating & grounding pose

Contraindications - should be avoided by people with:

- Severe Sciatica, can otherwise be relaxing if only mild Sciatica
- Neck, back or knee pain/injury or Spondylosis

Chakras: Root & Sacral