

# YOGA

CHART-1 (Set of 6)

## Standing Postures



**Tadasana**

This yoga asana heightens the spine up the leg muscles, strengthens the knees, ankles and thighs. It relieves pain in the backbones, scapula and reduces fat feet.



**Vrikshasana**

This balance pose demonstrates our state and mind. It strengthens our thighs, calf muscles, ankles and the spine.



**Virabhadrasana**

This pose strengthens and stretches the legs, ankles, chest, lungs and shoulders. It also stimulates abdominal organs. It shows therapeutic action in diabetes, flat feet, infertility and increases stamina.



**Trikonasana**

This yoga asana makes the bones of the lower limbs very strong. It helps to dispel fat from the waist and thighs. It can help relieve back pain and neck pain.



**Ardha Chandrasana**

This asana makes the body flexible. It improves coordination and sense of balance. It helps relieve stress and improves digestion.



**Uttarasana**

This asana strengthens the spine. It is very good for digestion and circulatory system. It is useful in conditions like joint pain and arthritis.



**Uthasana**

It stimulates the liver and kidneys and improves digestion. It calms the brain and helps relieve stress and mild depression.



**Padmasana**

This asana is beneficial in edema, stiffness of spine, pain in hip joints and breathing problems. It removes the superfluous fat from the body. It is ideal cure to gastric problems.



**Urdhva Prashrita Eka Padasana**

This pose stretches the back of the legs and improves the circulation in the abdominal organs. It calms the brain and stimulates the liver and kidneys.



**Parivrita Ardha Chandrasana**

This standing balance pose strengthens the ankles and thighs. It improves balance and calms the organs.



**Eka Pada Hamasana**

This bend adds to the challenge of balancing. It opens up hip and shoulder joints.



**Parivrita Trikonasana**

This asana strengthens the legs, hips and spine. It opens the chest to improve breathing. This asana is therapeutically good for asthma, constipation and liver dysfunction.



**Garudasana**

This asana is excellent for releasing tightness in the shoulders and strengthening the ankles. It also improves the level of concentration.



**Parivrita Parivrikasana**

It creates healthy spinal flexibility. This asana maintains a fresh circulation of blood to abdominal organs and eases out body toxins.



**Parivrikasana**

It soothes the nerves and cools the brain. This bend is excellent for arthritis of neck, shoulders, elbows and wrists and rheumatoid pain. It tones liver and spleen and improves digestion.



**Prashrita Padottanasana**

It helps in stretching the liver and back legs and the spine. It improves blood circulation and reduces blood pressure. It calms the brain and energizes heart and lungs.



**Parivrikasana**

It strengthens and stretches the legs, knees and ankles. It increases stamina and provides relief in gastric, flatulence and acidity.



**Virabhadrasana I**

This pose improves balance and posture. It energizes the entire body and provides strength to the ankles, legs, shoulders and muscles of the back.



**Virabhadrasana II**

This pose strengthens the legs and abdominal muscles. It improves balance, posture, energy and concentration.



**Natarajapada Parivrikasana**

This asana strengthens the thighs and expands the chest and lungs. It also improves the movement in the shoulders.



**Eka Pada Matsasana**

This asana helps open the shoulders and gives abdominal muscles a good work-out. It builds mental focus.



**Padangushtha Padma Uttasana**

It helps strengthen the ankles and bring flexibility to the hips. It develops balance and clarity in the mind.



**Ardha Badha Padmottasana**

This asana massages the abdominal organs and improves the function of large intestine.



**Hasta Padangushthasana**

This posture improves balance and coordination. This opens the hip joints, stretches the hamstring muscles and tones the legs.



**Uthita Ardha Chandrasana**

This asana enhances the elasticity of the spine. It tones the abdominal organs and strengthens the legs.



**Natarajapada**

This asana is dedicated to Lord Shiva. It provides great stretch to the shoulders, chest, thighs and abdomen. It improves balance and co-ordination, body and soul as well.

# Advanced Yoga Guide

**D Keegan**



## **Advanced Yoga Guide:**

## Whispering the Secrets of Language: An Psychological Journey through **Advanced Yoga Guide**

In a digitally-driven earth where monitors reign supreme and quick transmission drowns out the subtleties of language, the profound strategies and mental nuances hidden within words frequently move unheard. Yet, situated within the pages of **Advanced Yoga Guide** a captivating fictional treasure sporting with organic thoughts, lies an exceptional journey waiting to be undertaken. Written by a skilled wordsmith, this marvelous opus invites readers on an introspective trip, delicately unraveling the veiled truths and profound influence resonating within the very material of each and every word. Within the mental depths with this moving evaluation, we can embark upon a honest exploration of the book is core styles, dissect their fascinating publishing design, and yield to the effective resonance it evokes heavy within the recesses of readers hearts.

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