

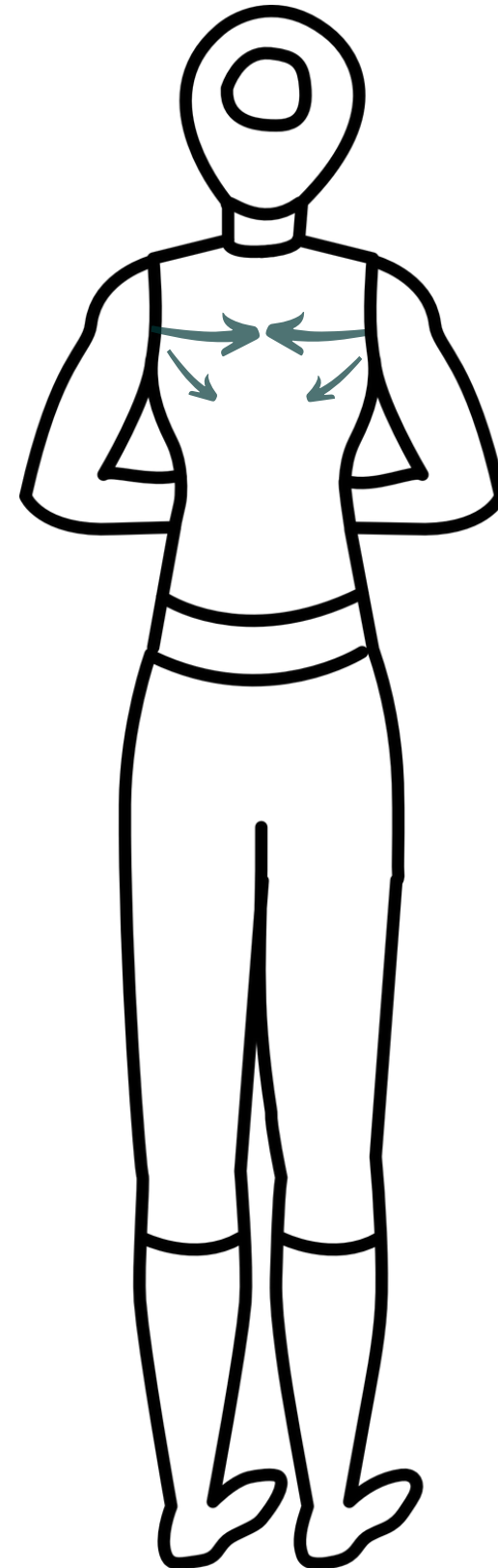
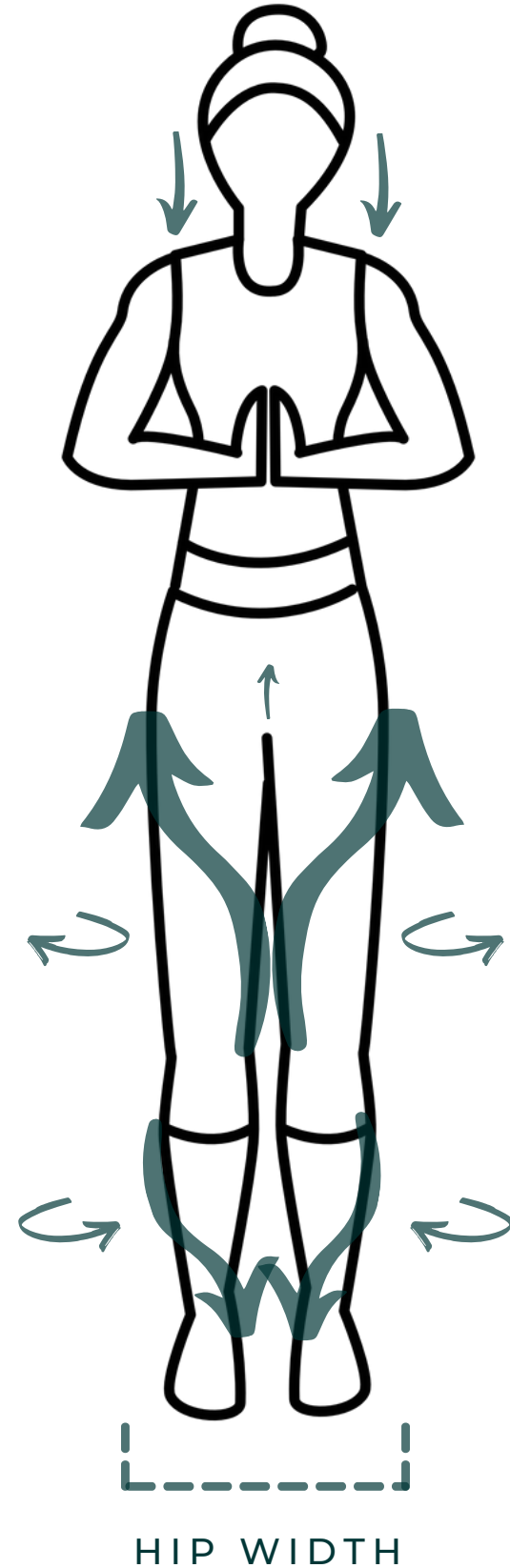
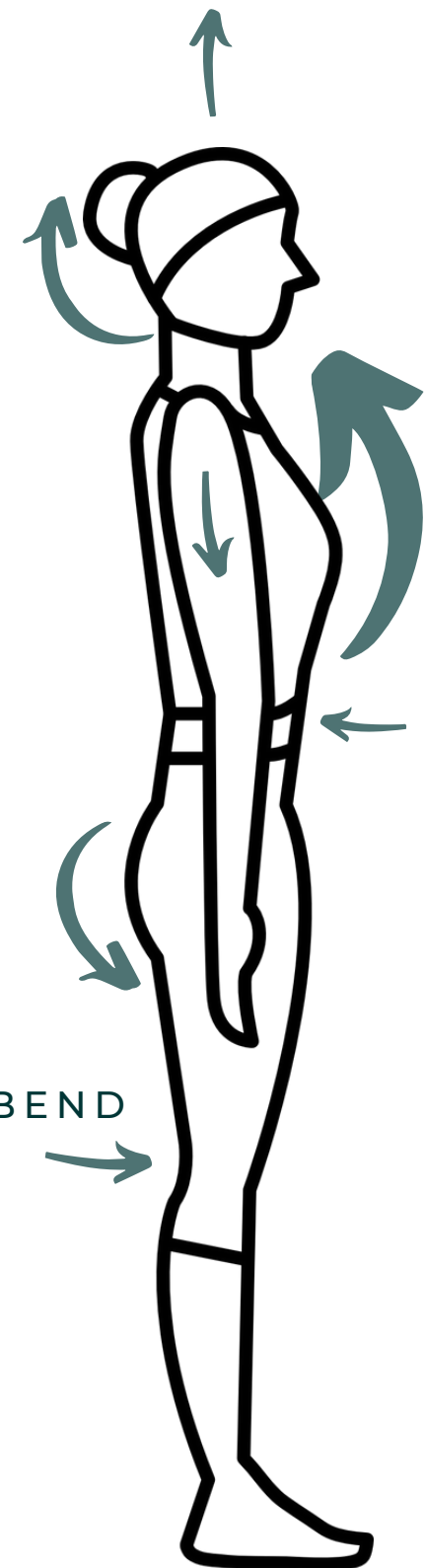


MASTERING THE "TOP 22" BEGINNER POSES

Yoga Intro Part 1

MOUNTAIN POSE

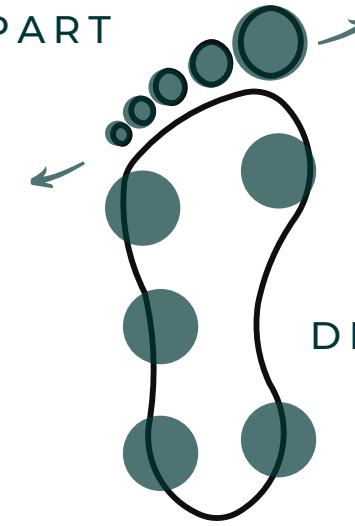
Tadasana or Samasthiti



LOOSE BUTT

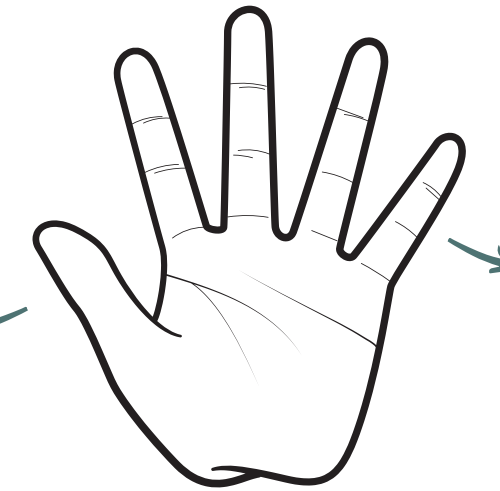


TOES APPART



WEIGHT DISTRIBUTION

PULL FINGERS APPART



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

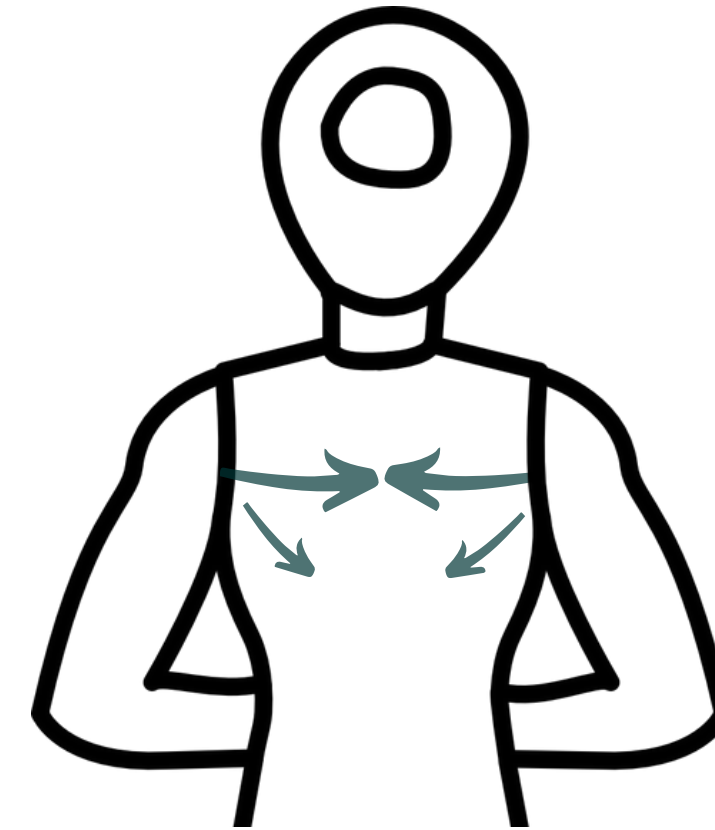
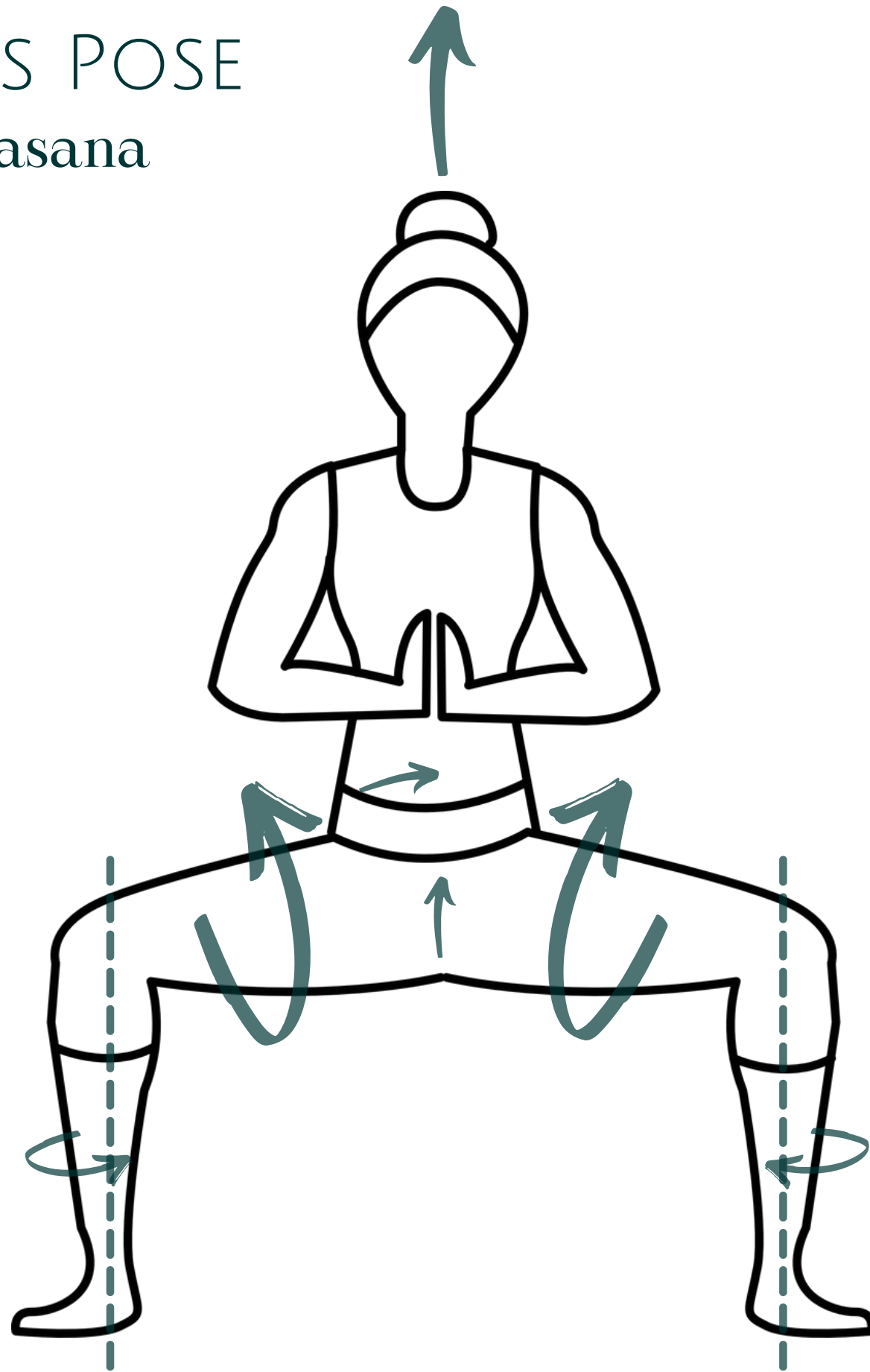
Contraindications - should be avoided by people with:

- If you are able to stand without pain or dizziness and flex your muscles accordingly, you can do this pose. (use wall if needed)
- 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

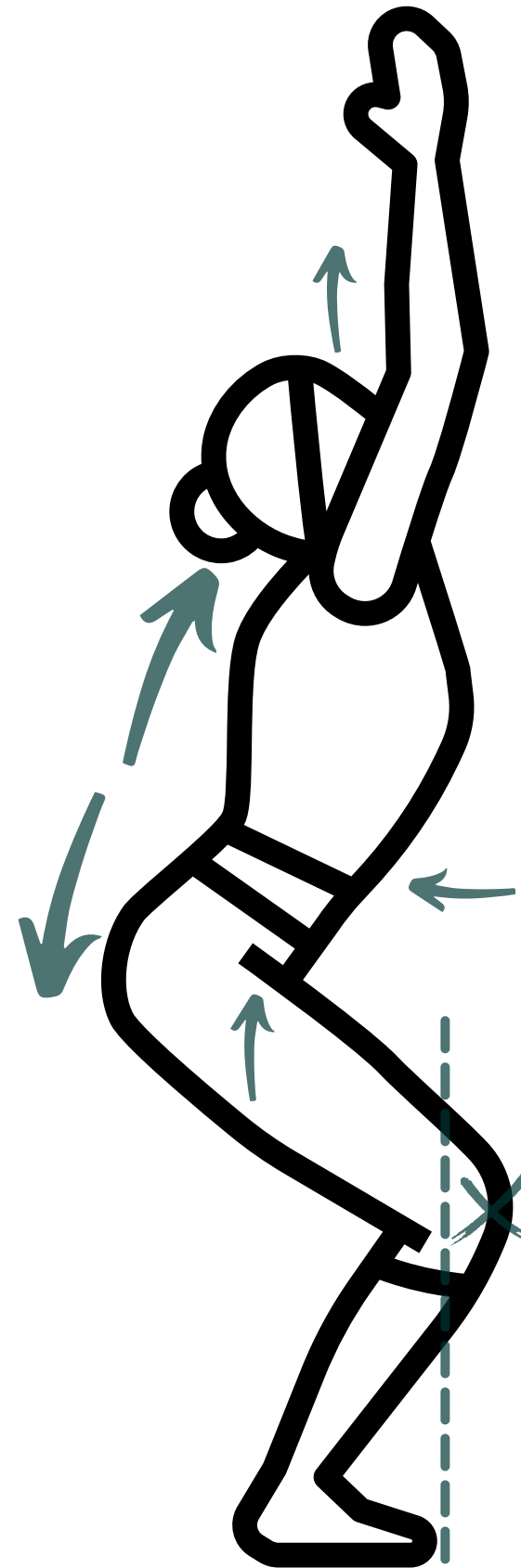
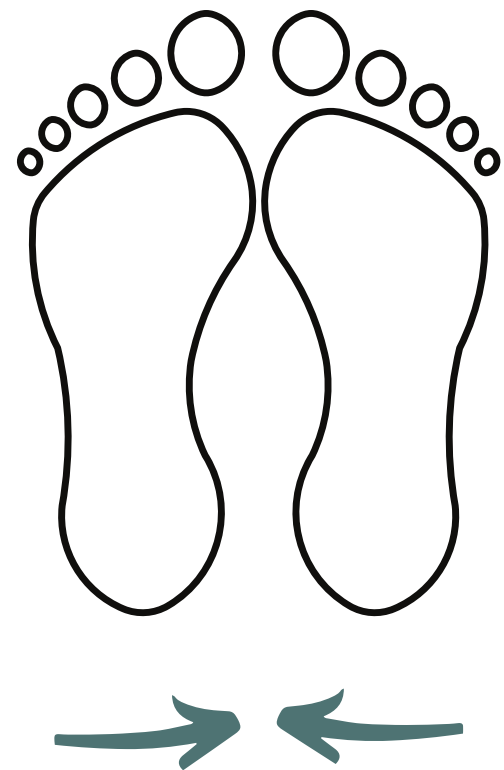
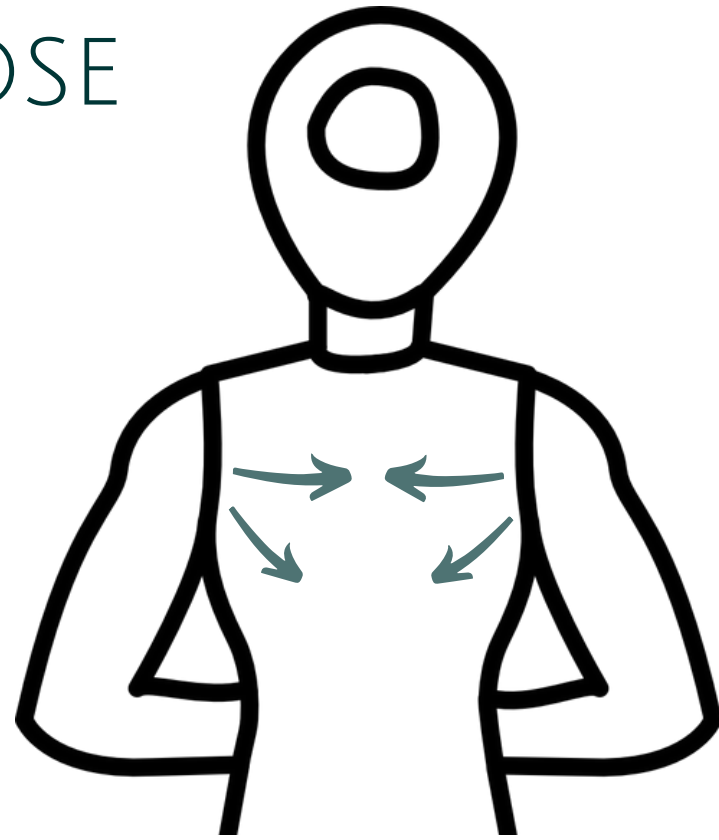
Contraindications - should be avoided by people with:

- 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

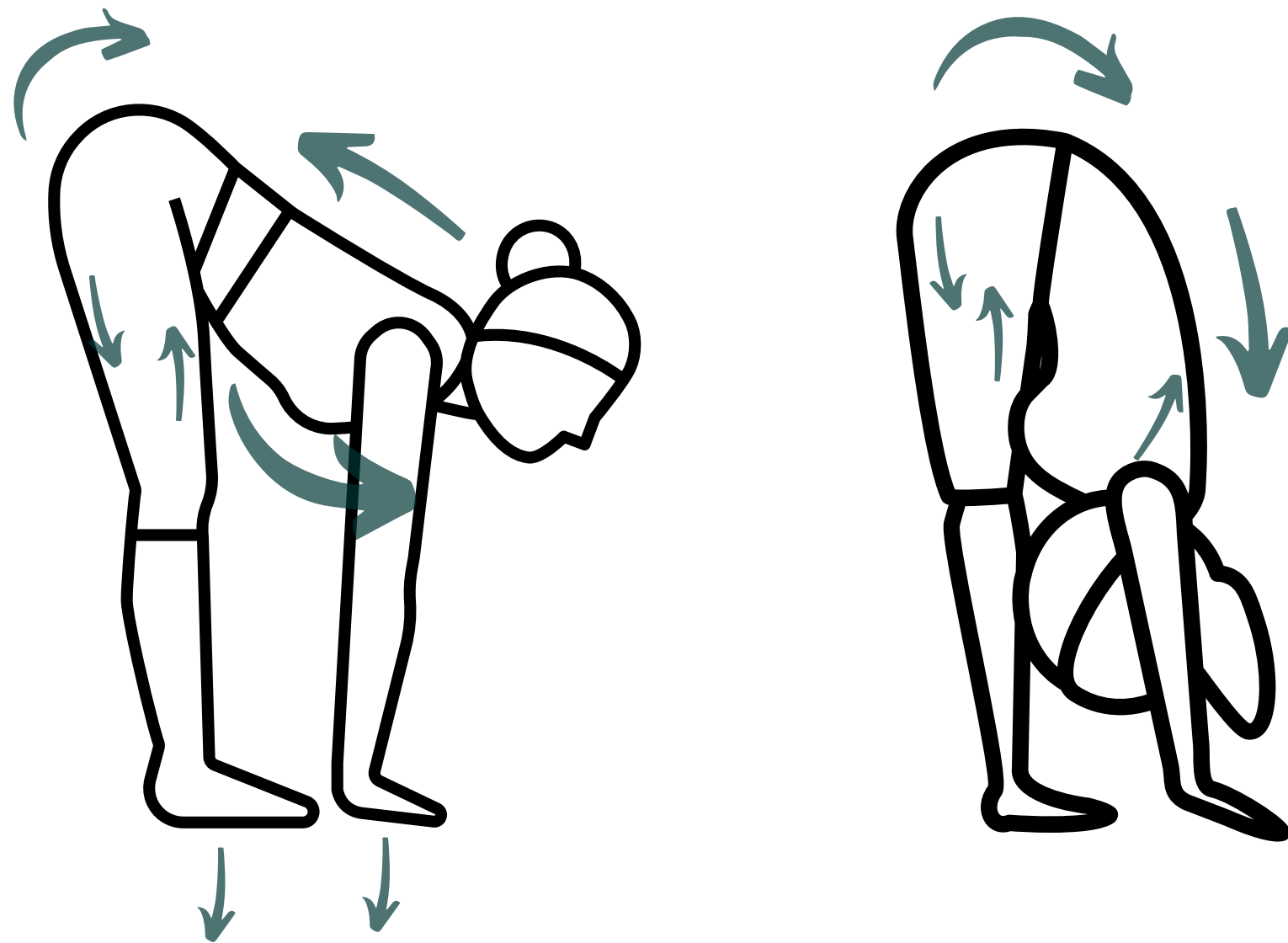
Contraindications - should be avoided by people with:

- 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

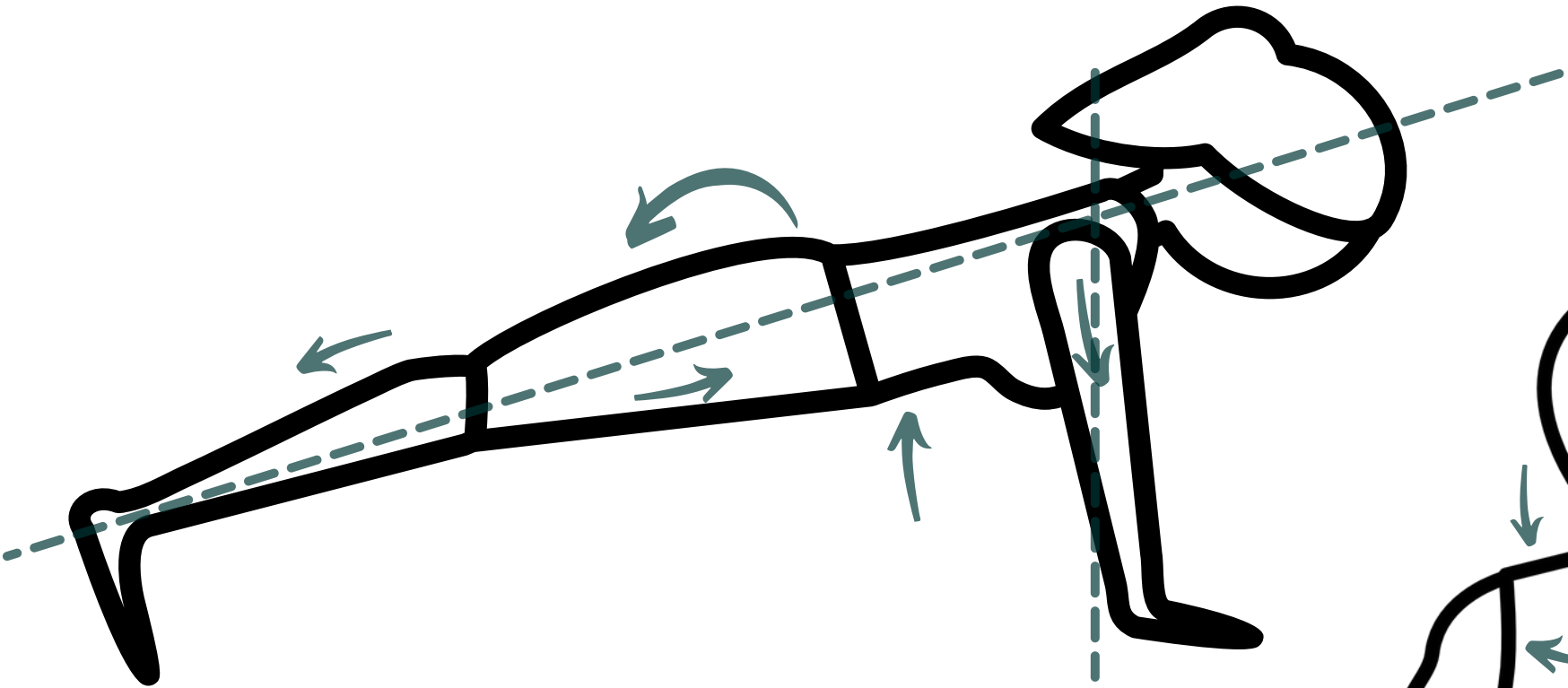
Contraindications - should be avoided by people with:

- 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

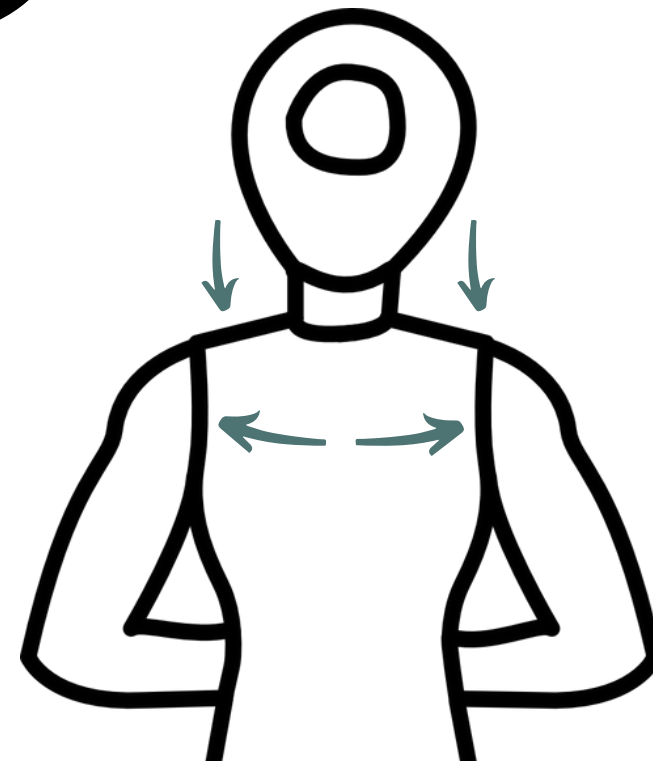
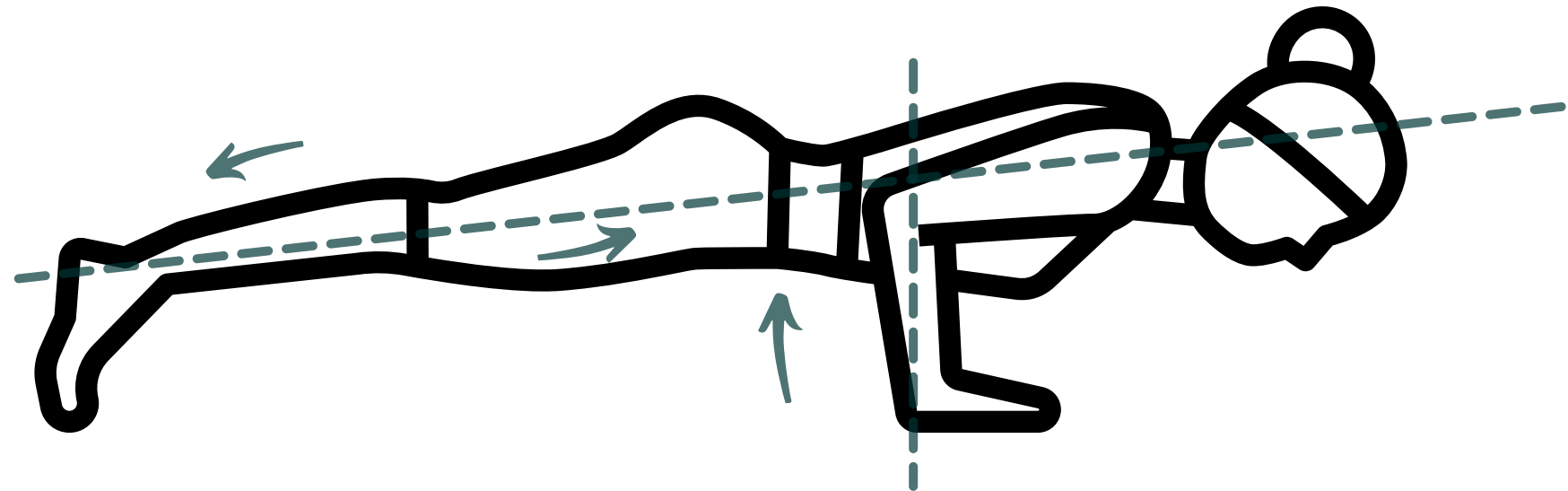
PLANK POSE

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

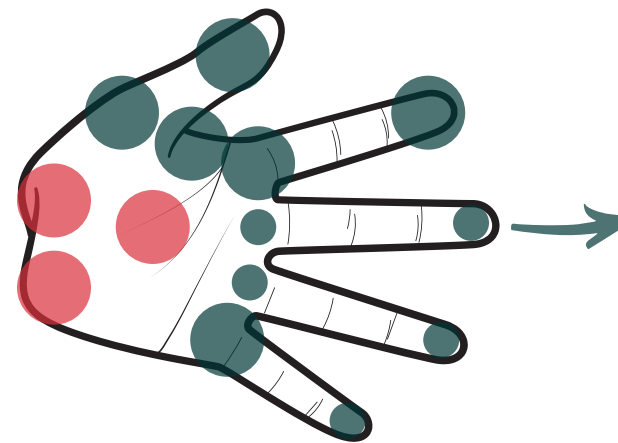
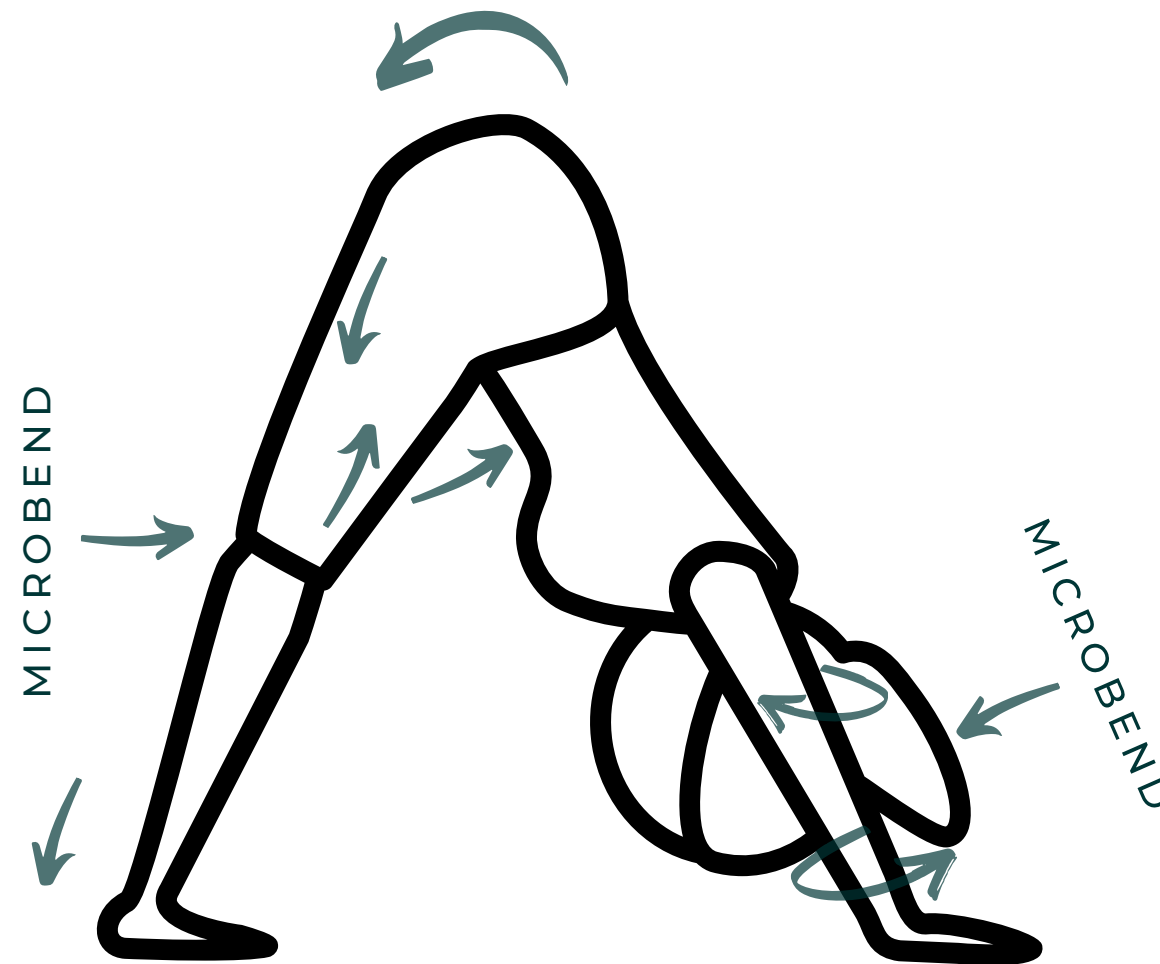
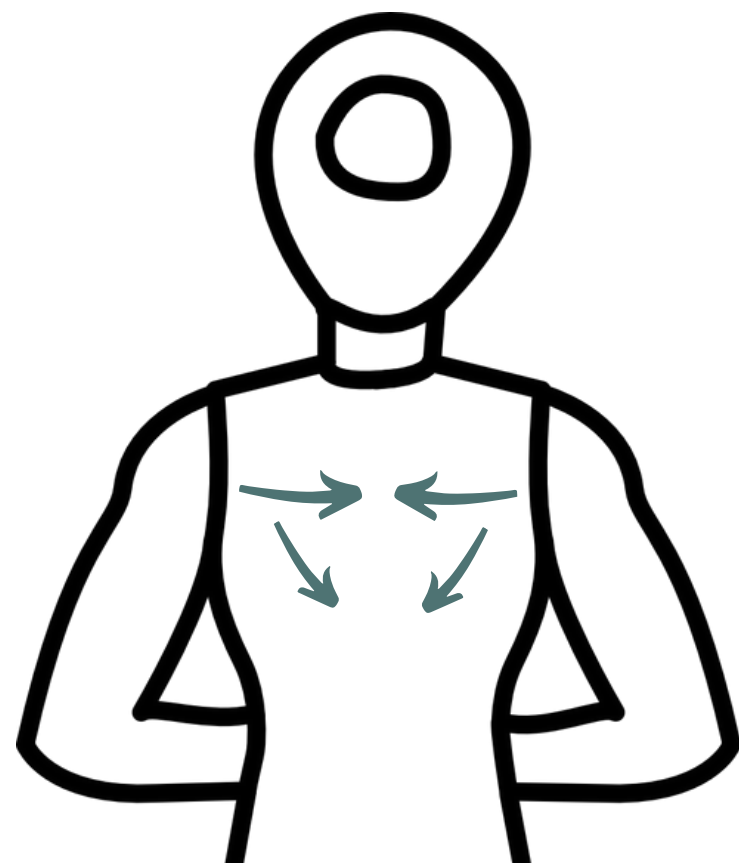
Chakras: Solar Plexus

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 & calfs
- 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

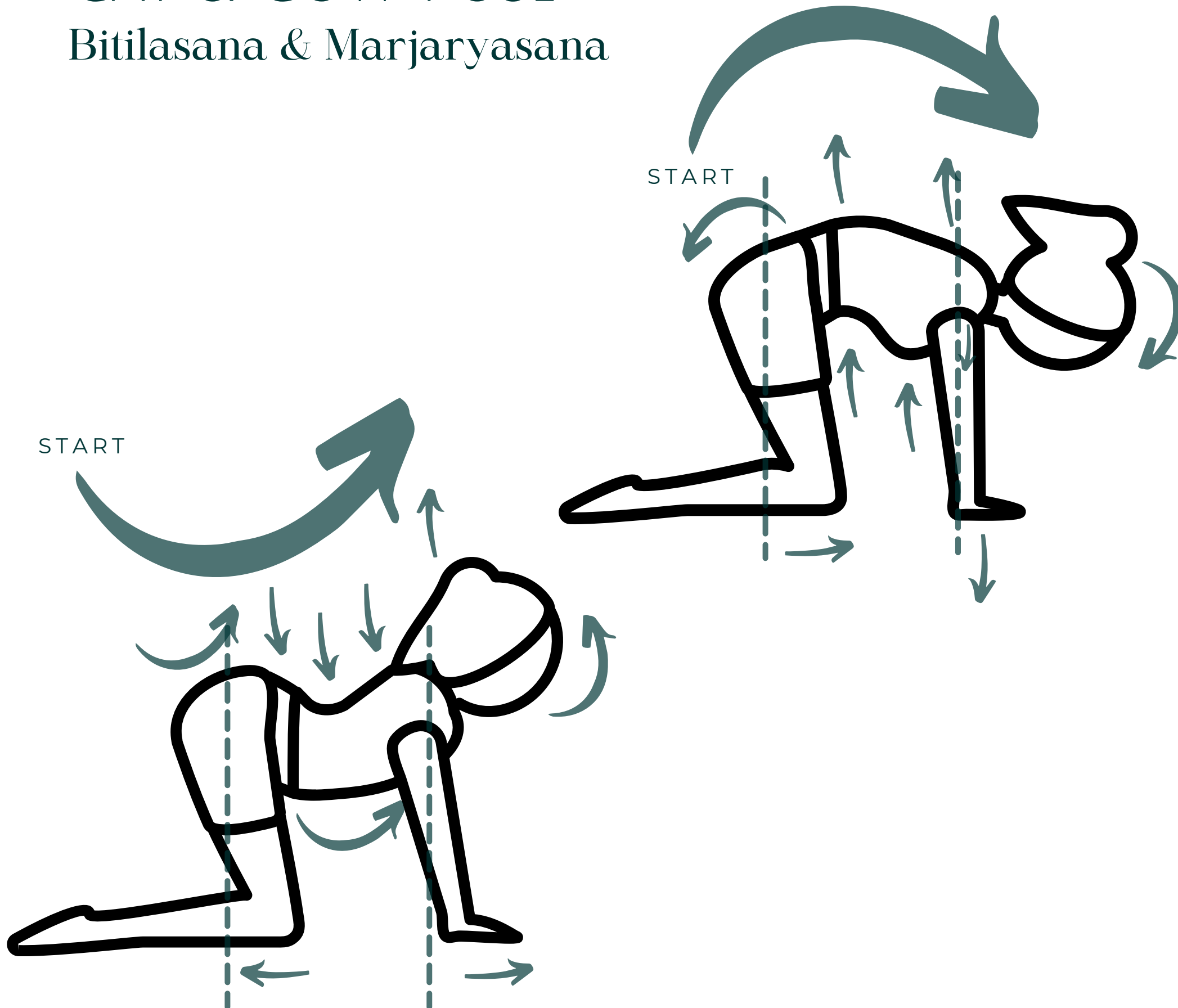
Contraindications - should be avoided by people with:

- 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

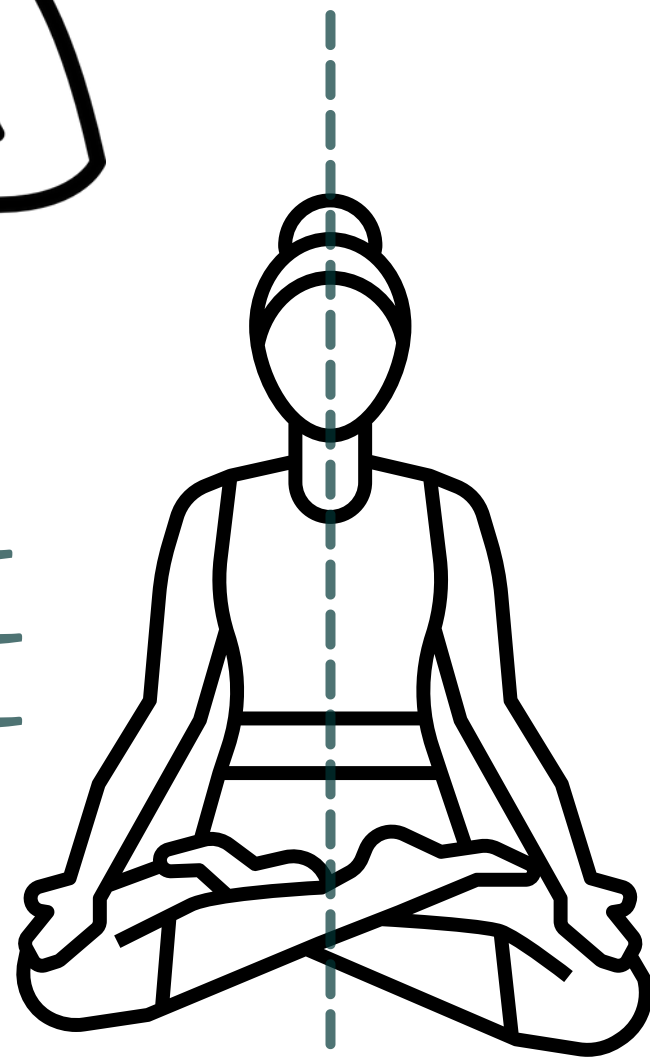
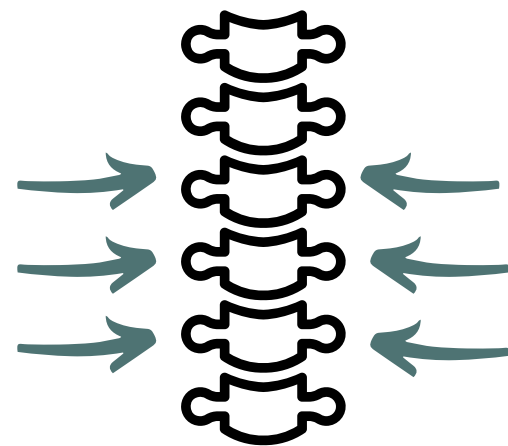
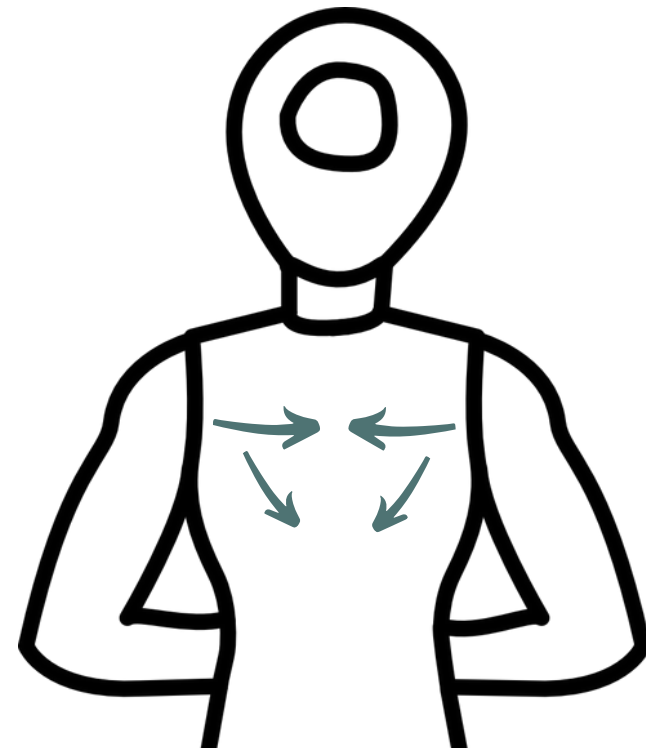
Increases: Pitta & Kapha, heating & grounding pose

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:

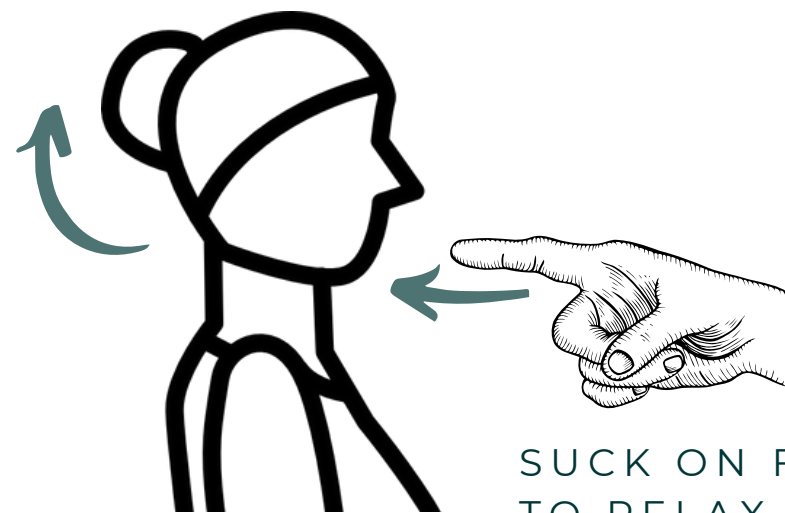
- Great for meditation & Pranayama (breathing exercises)
- Increases the ability to connect with a "higher source"
- Strengthens the spine
- Calms the mind & body while increasing the flow of life force energy
- Improves Flexibility

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

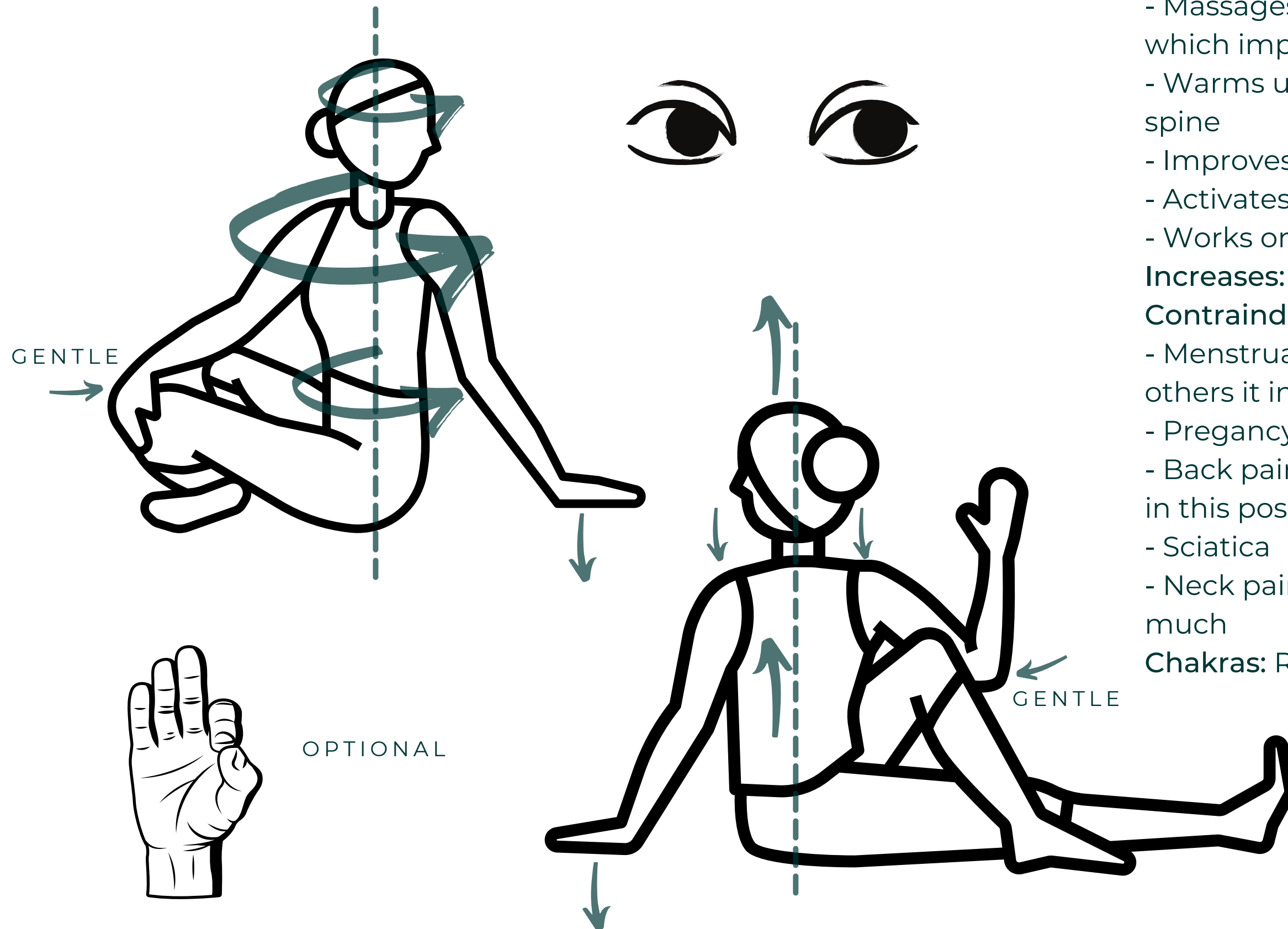


SUCK ON FINGER
TO RELAX JAW

FULL LOTUS POSE Padmasana or Kamalāsana

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

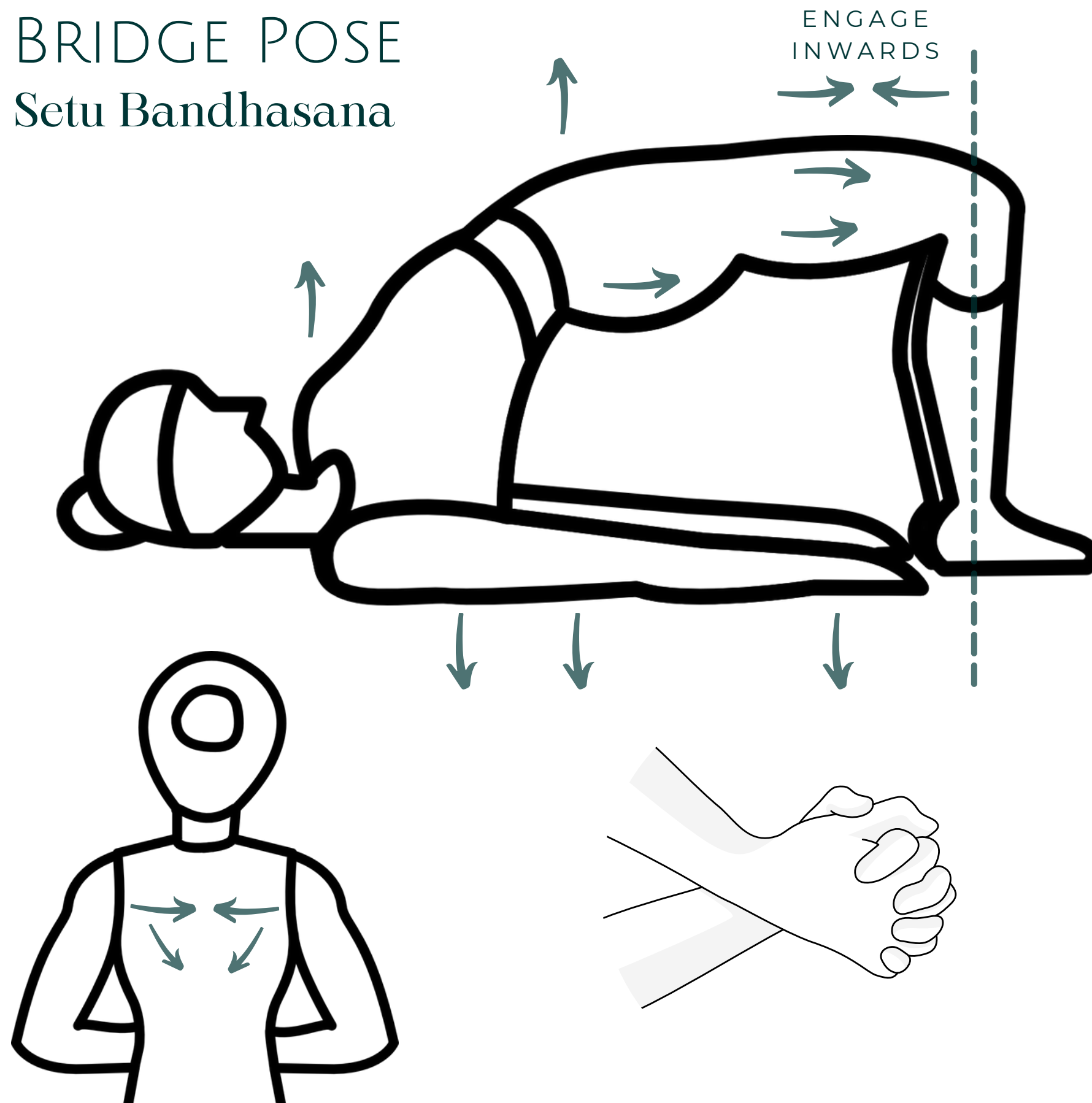
Contraindications - should be avoided by people with:

- 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

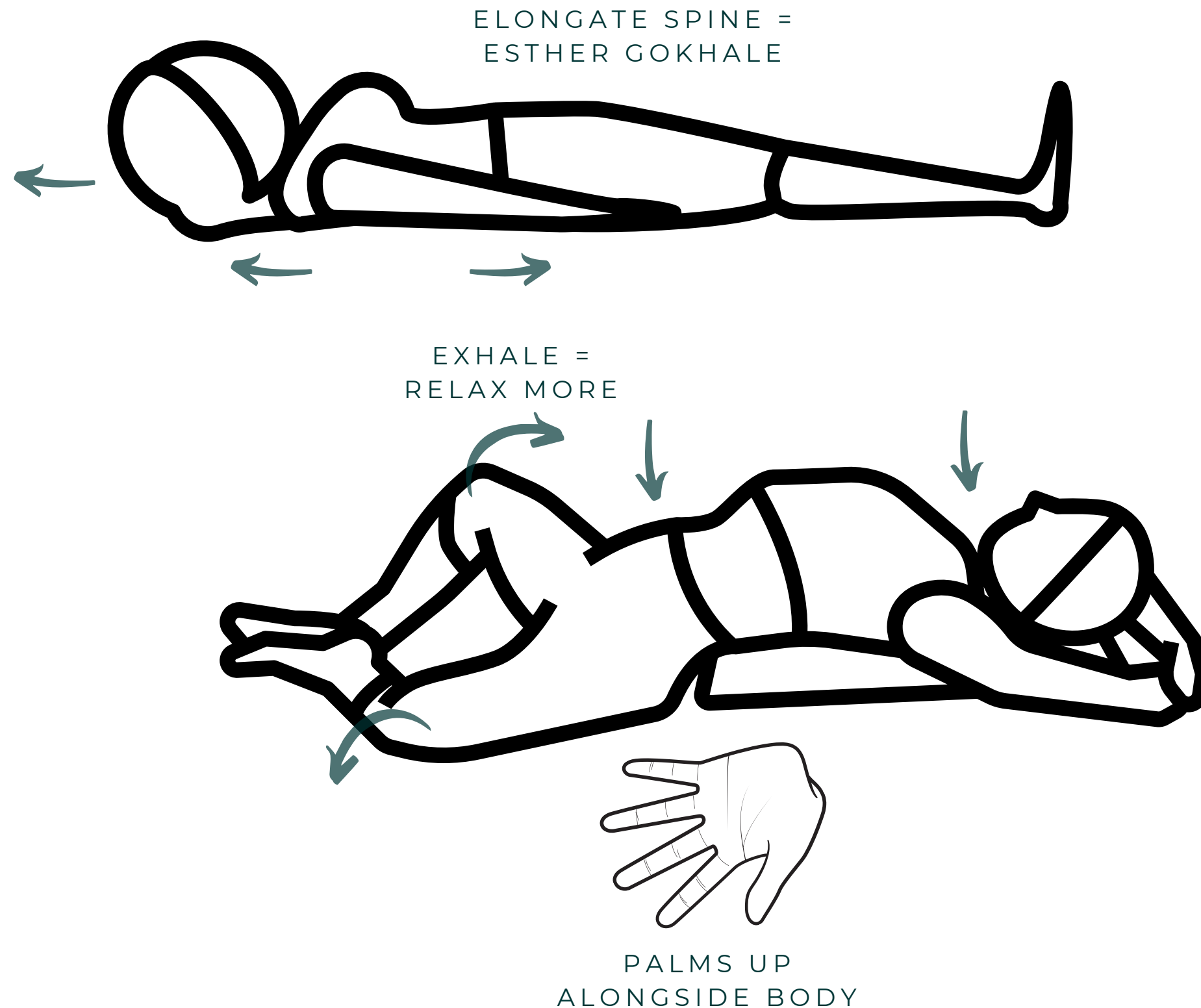
Contraindications - should be avoided by people with:

- 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

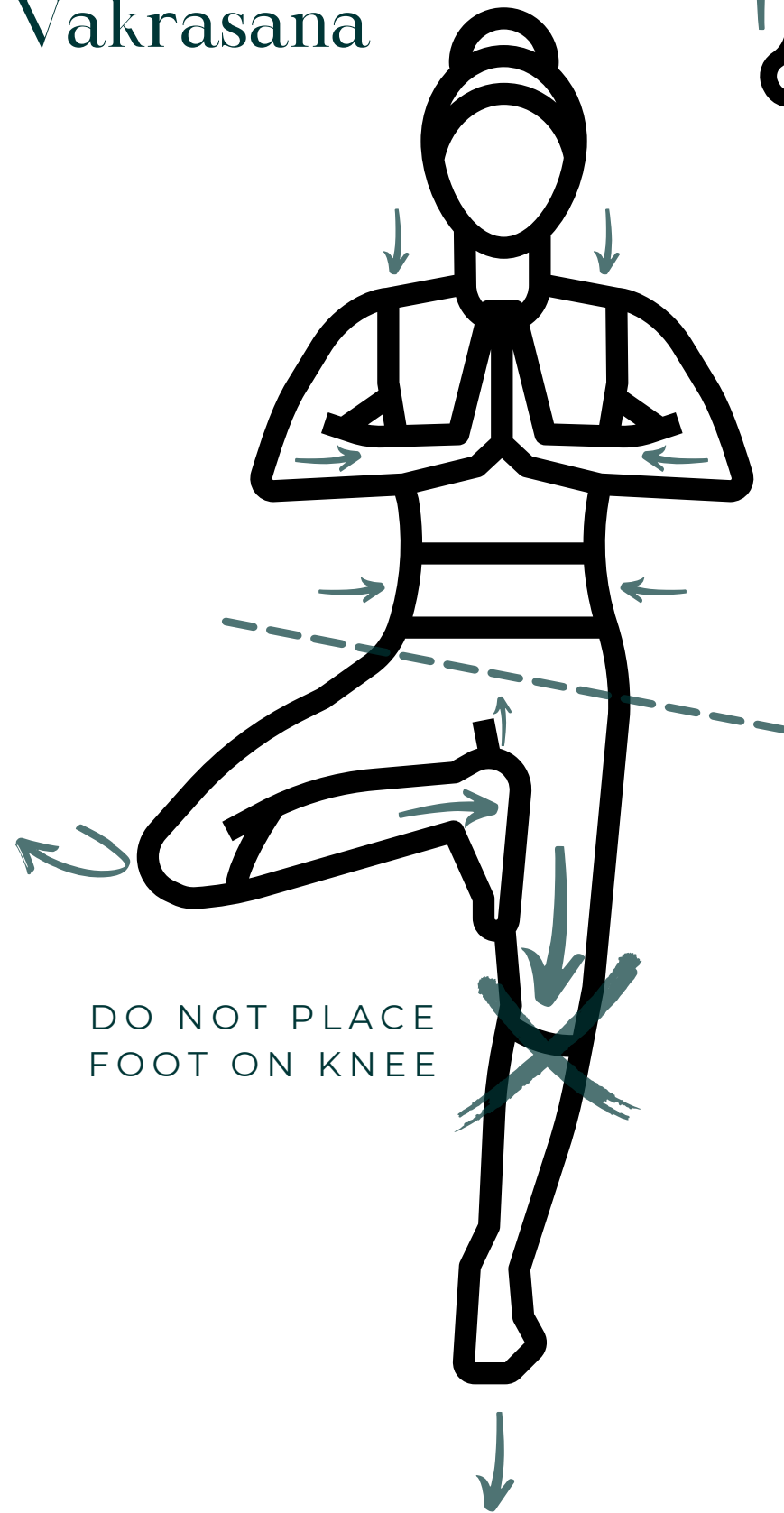
Chakras: Root & Sacral



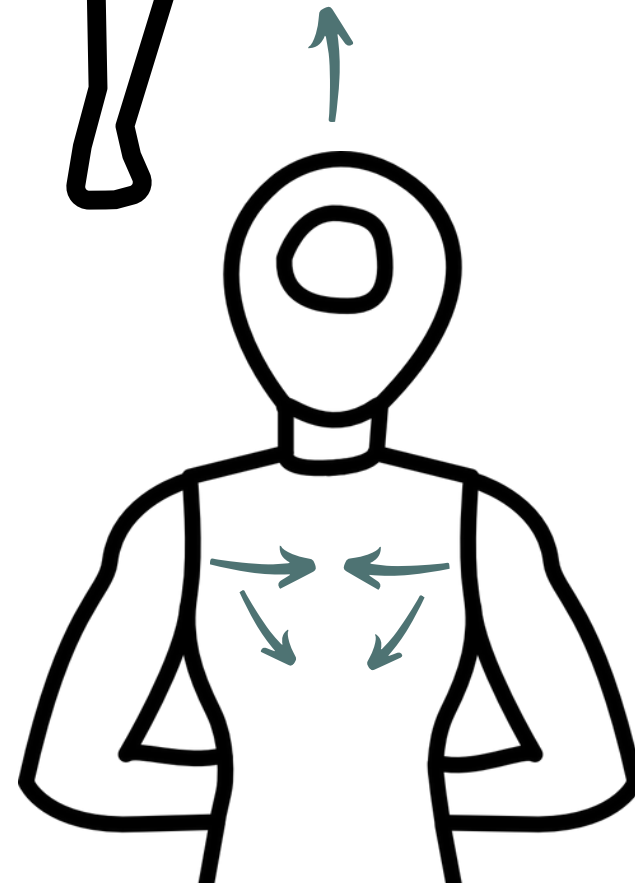
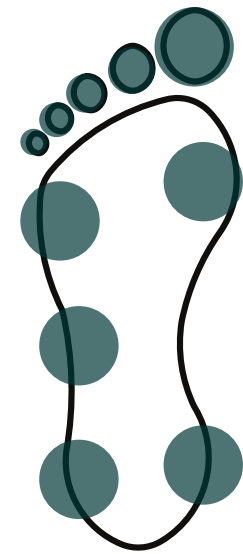
MASTERING THE "TOP 22" BEGINNER POSES

Yoga Intro Part 2

TREE POSE Vakrasana



DO NOT PLACE
FOOT ON KNEE



STANDING HAND TO BIG TOE POSE Utthita Hasta Padangusthasana

Name: Vrksa = tree, Asana = pose

Utthita = extended/standing, Hasta = hand, Pada = foot, Angustha = thumb/toe, Asana = pose

Benefits:

- Strengthens your legs, hips, back, core, arms, and shoulders
- Strengthens the breathing muscles (when deep breathing while arms are lifted)
- Improves posture, straightens the back
- Improves the flexibility & range of motion of the hips
- Increases Awareness & Focus
- Increases mental, emotional, spiritual & physical balance & stability
- Increases fertility

Increases: Pitta & Kapha, heating & grounding pose

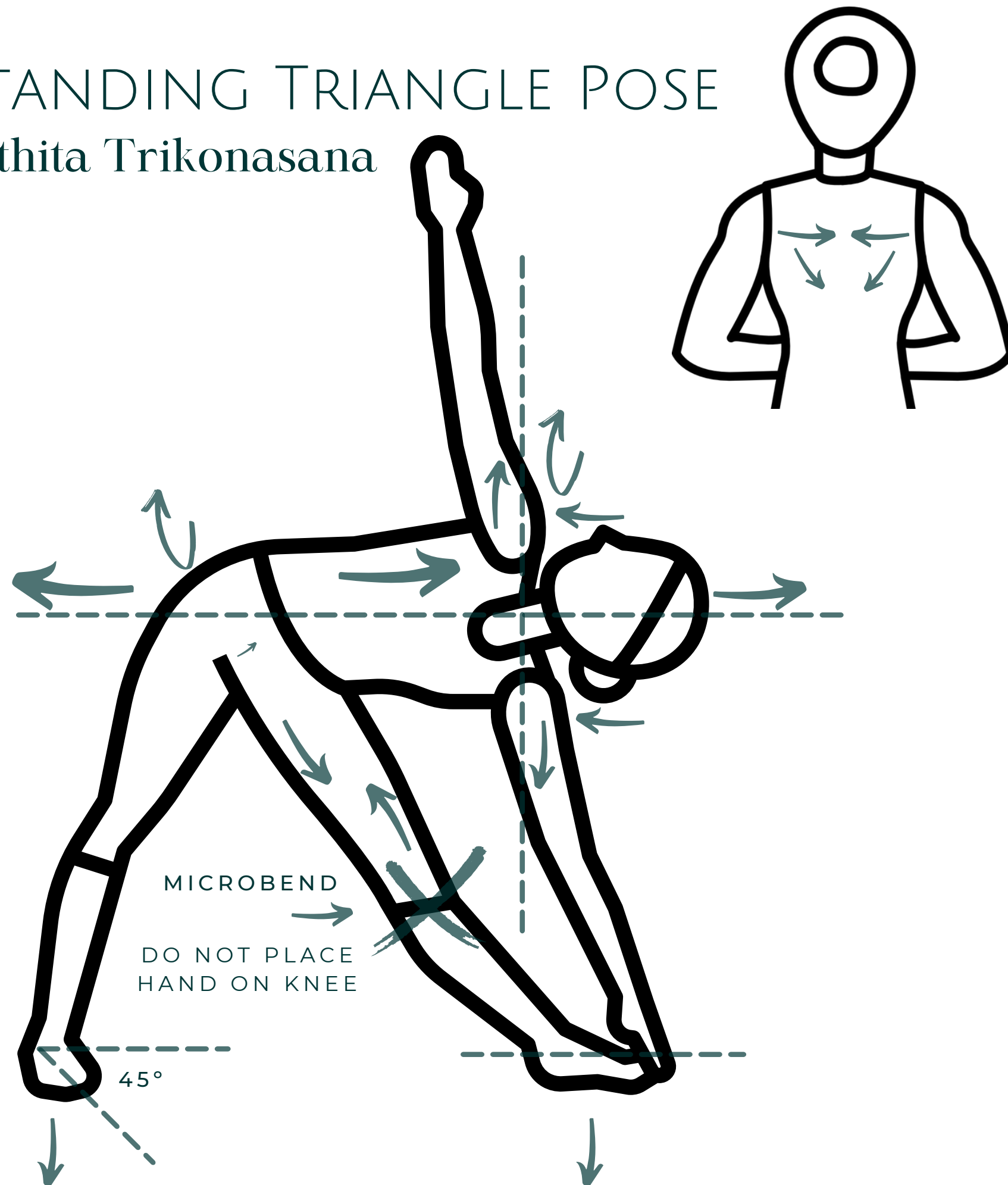
Contraindications - should be avoided by people with:

- Back, hip & knee pain/injury (for rehab use a chair or wall for support)
- High blood-pressure (when arms are lifted)

Chakras: Root, Sacral & Third Eye (when practicing with breath awareness & mindfulness)

STANDING TRIANGLE POSE

Utthita Trikonasana



Name: Utthita = extended/standing, Tri = Three, Kona = Angle, Asana = pose

Benefits:

- Strengthens & tightens your legs, hips, back, arms and core
- Hips, hamstrings, chest & shoulders are stretched
- Stimulates internal organs & digestion
- Helps relieve menstrual disorders
- Helps to relieve backaches (especially during pregnancy)

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

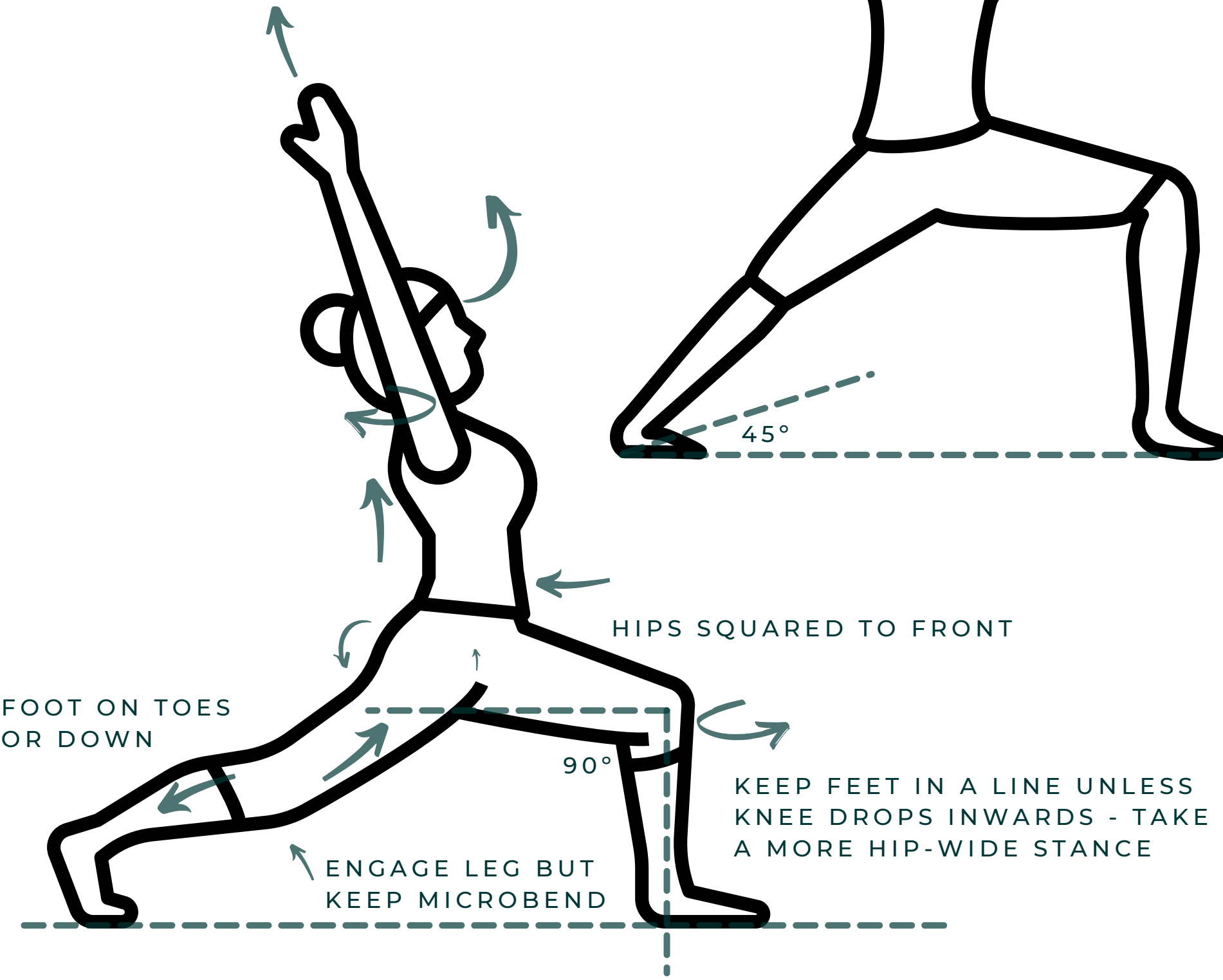
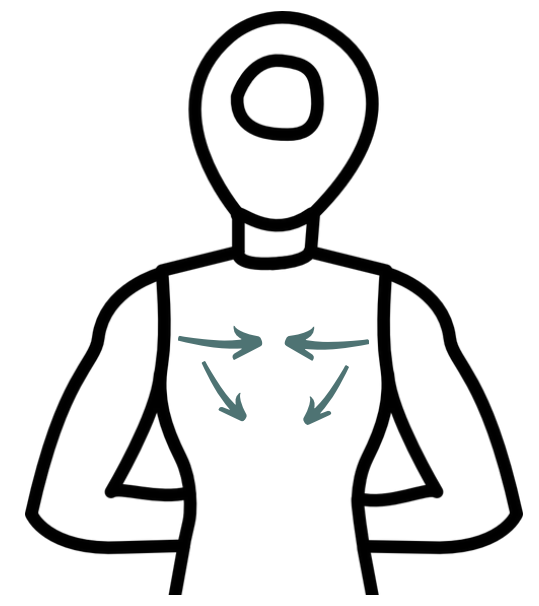
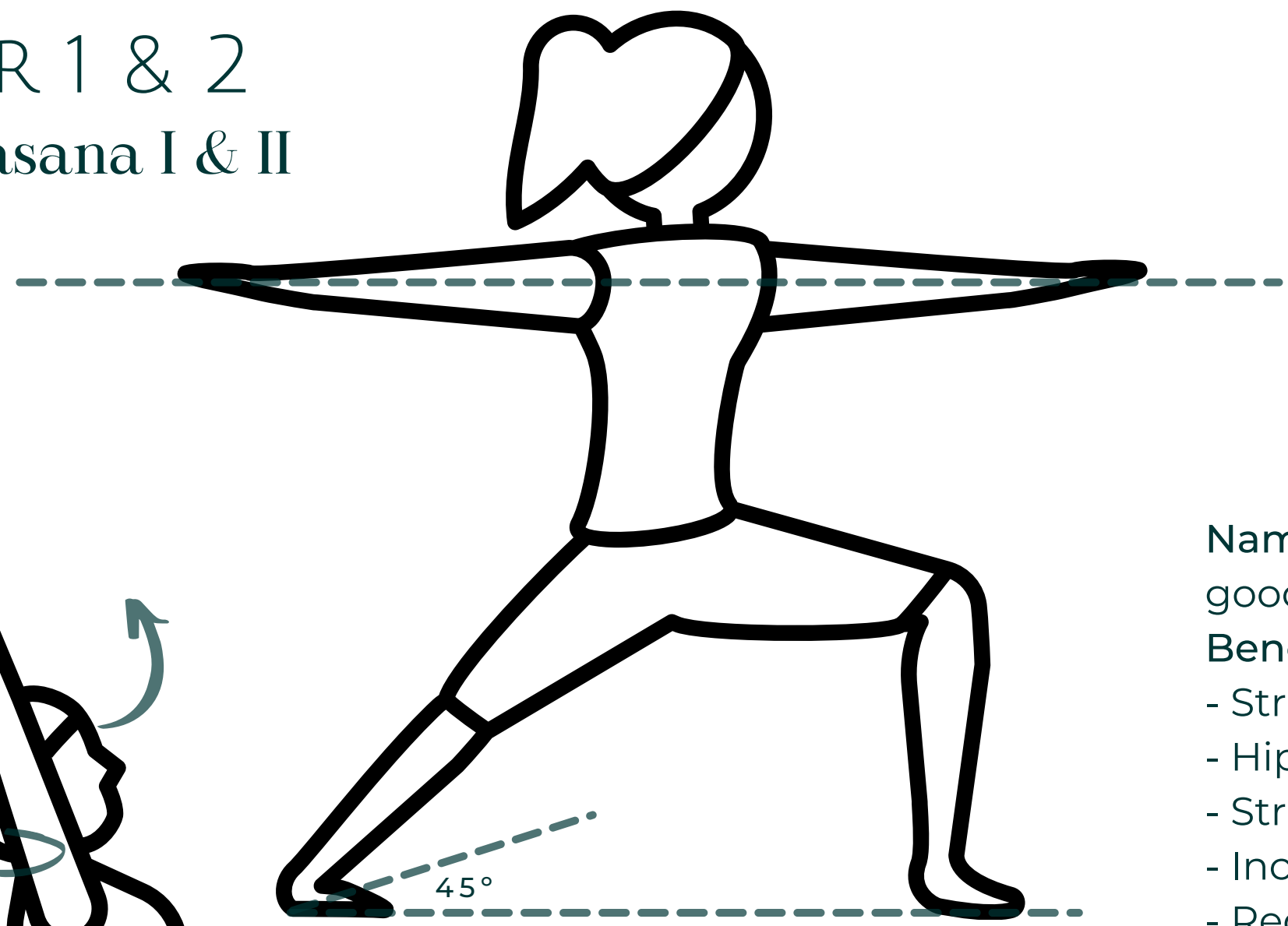
Contraindications - should be avoided by people with:

- Back, hip, neck, leg & knee pain/injury (with neck pain, keep your gaze forward - do not turn your head up)
- Low or high blood-pressure
- Weak stomach/Reflux

Chakras: Root, Sacral & Heart

WARRIOR 1 & 2

Virabhadrasana I & II



Name: Vira = hero/warrior/vigorous/courageous, Bhadra = good/auspicious

Benefits:

- Strengthens & tightens your legs, hips, back, arms and core
- Hips, hamstrings, chest & shoulders are stretched
- Strengthens the breathing muscles (Warrior 1)
- Increases self-confidence & focus
- Reduces stress

Increases: Pitta & Kapha, heating & grounding pose

Contraindications - should be avoided by people with:

- Back, hip, neck (warrior 1), leg & shoulder pain/injury (with neck pain, keep your gaze forward or tucked in)
- Low or high blood-pressure (especially when arms are raised)
- Everyone: Avoid holding your breath

Chakras: Root, Sacral, Solar Plexus, Heart (Warrior 1) & Throat (Warrior 1, when gaze is towards the sky)

HIPS SQUARED TO FRONT

FOOT ON TOES OR DOWN

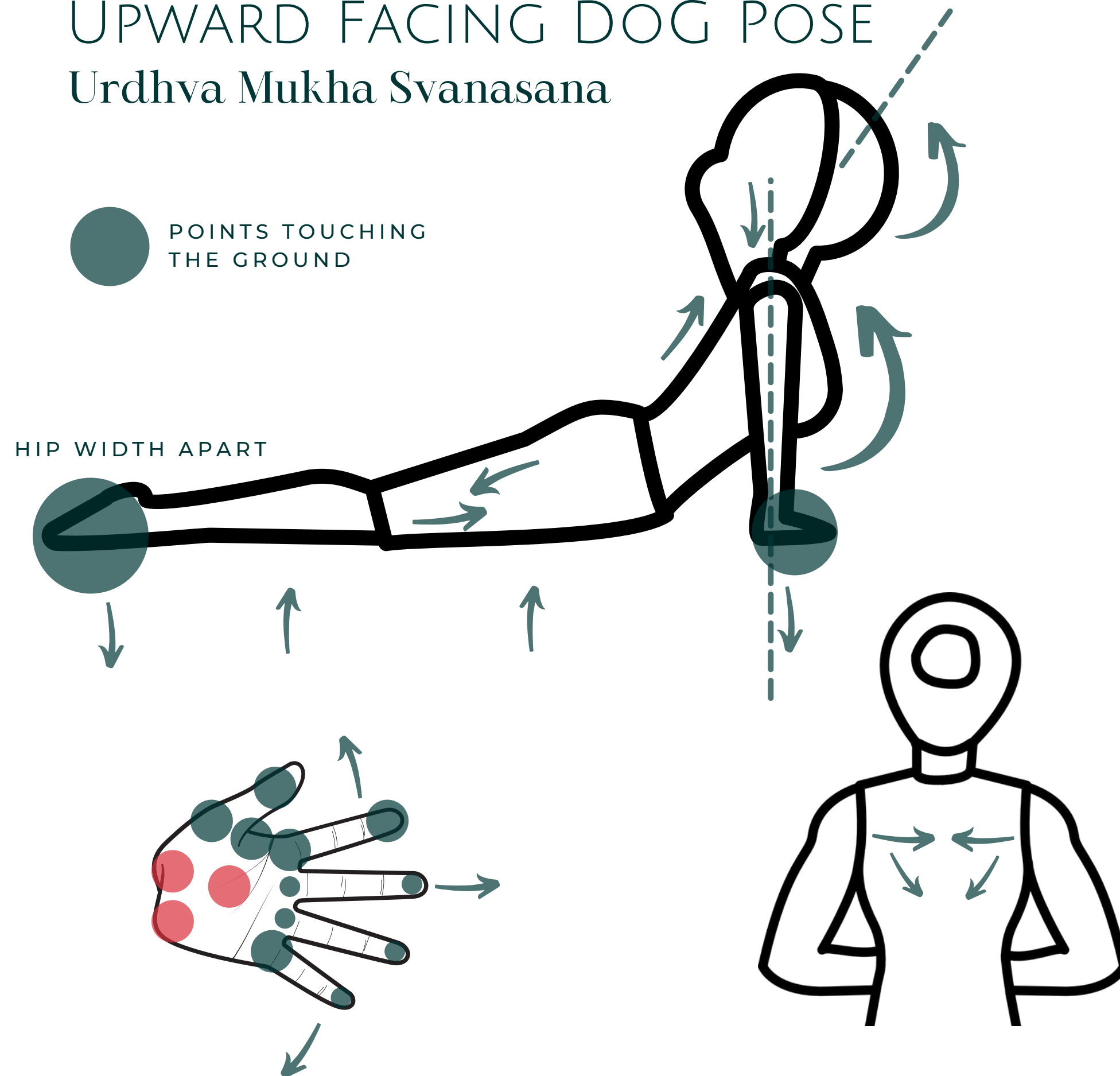
90°

KEEP FEET IN A LINE UNLESS KNEE DROPS INWARDS - TAKE A MORE HIP-WIDE STANCE

ENGAGE LEG BUT KEEP MICROBEND

UPWARD FACING DOG POSE

Urdhva Mukha Svanasana



Name: Urdhva = upward, Mukha = face, Svan = dog, Asana = pose

Benefits:

- Strengthens & tightens your legs, hips, neck, back and arms.
- Quads, hips & core are stretched
- Abdominal organs are being stimulated
- Improves sleep quality
- Activates the pineal, thymus and thyroid gland
- Improves your posture
- Improves blood circulation

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

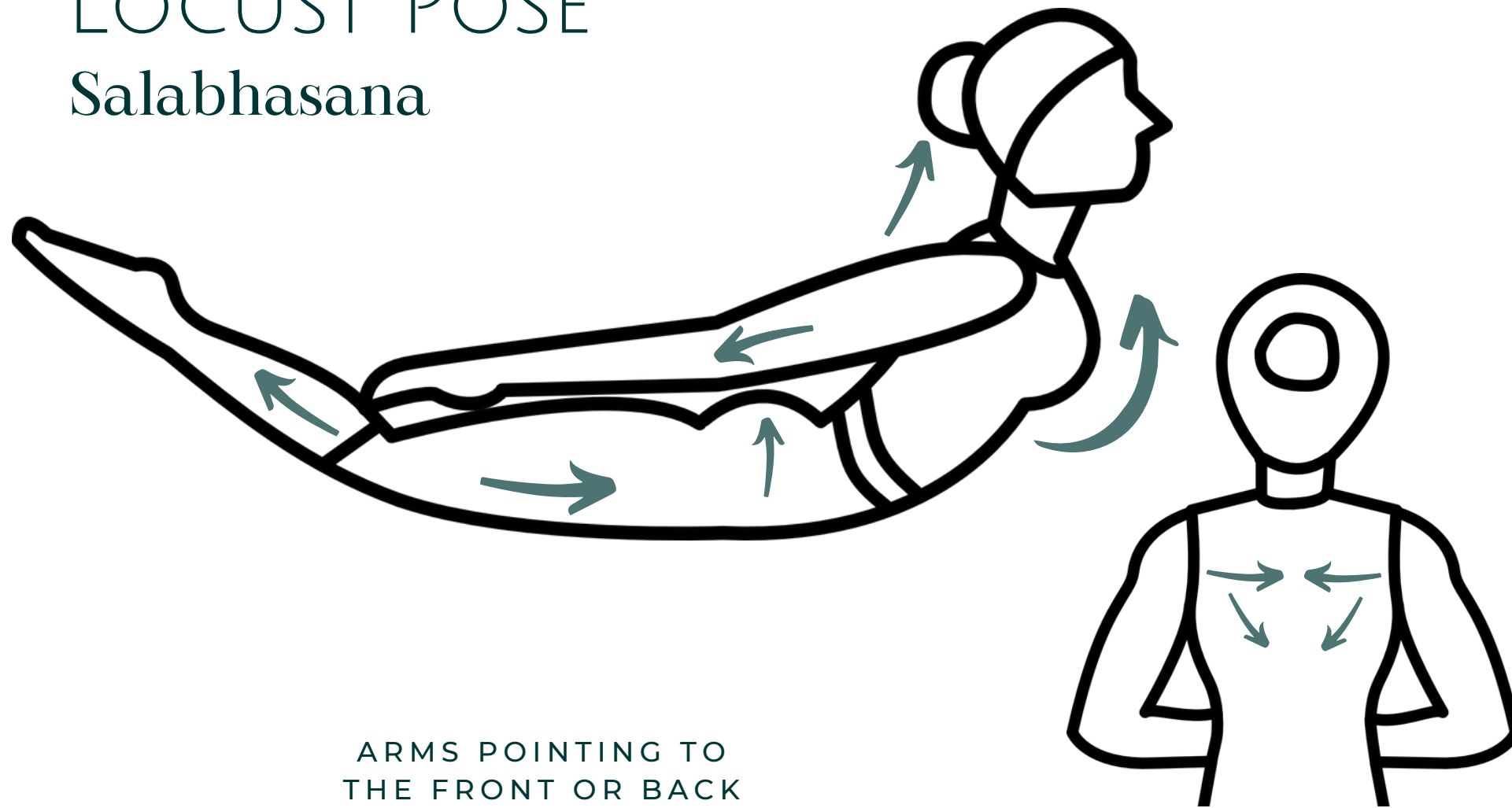
Contraindications - should be avoided by people with:

- Back (especially slipped disk), hip, neck, leg & shoulder, wrists pain/injury (with neck pain, keep your gaze forward or chin tucked in)
- Spondylosis
- Carpal Tunnel Syndrome
- High blood pressure
- Pregnancy

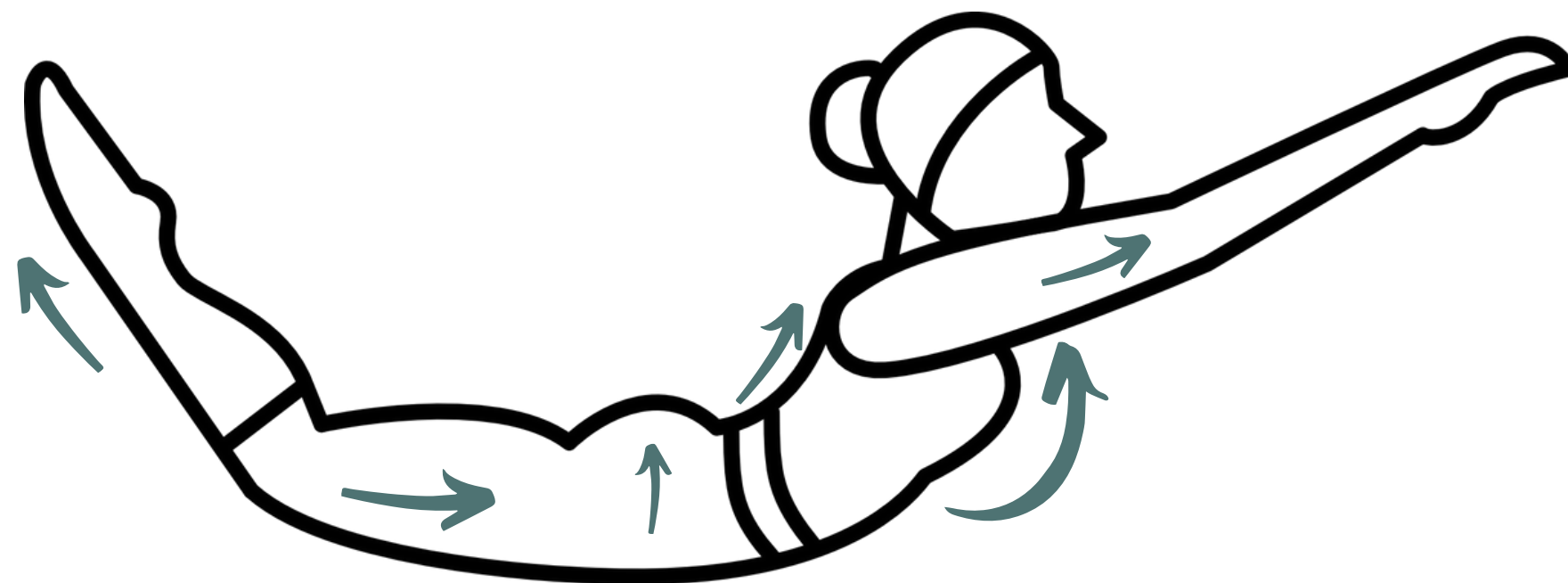
Chakras: Root, Sacral, Solar Plexus, Heart & Throat (when gaze is towards the sky)

LOCUST POSE

Salabhasana



ARMS POINTING TO
THE FRONT OR BACK



Name: Salabh = grasshopper, Asana = pose

Benefits:

- Strengthens & tightens your legs, butt, hips, neck, back and arms.
- Core, shoulders & chest are stretched
- Reduces symptoms of mild sciatica and (lower) back pains
- Improves digestion & bowel movements by massaging the internal organs
- Improves your posture
- Reduces menstrual challenges

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

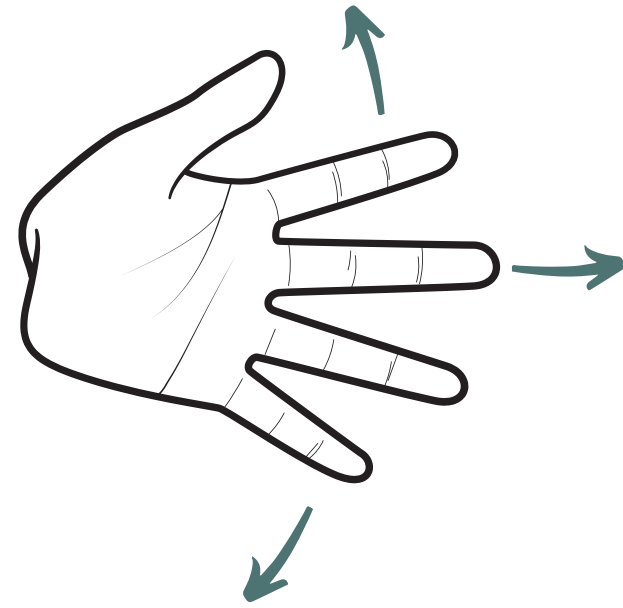
Contraindications - should be avoided by people with:

- Severe Slipped disk, Sciatica and other back injuries
- Keep chin tucked in if you are suffering from neck pain
- Spondylosis
- Prolapsed uterus
- Pregnancy

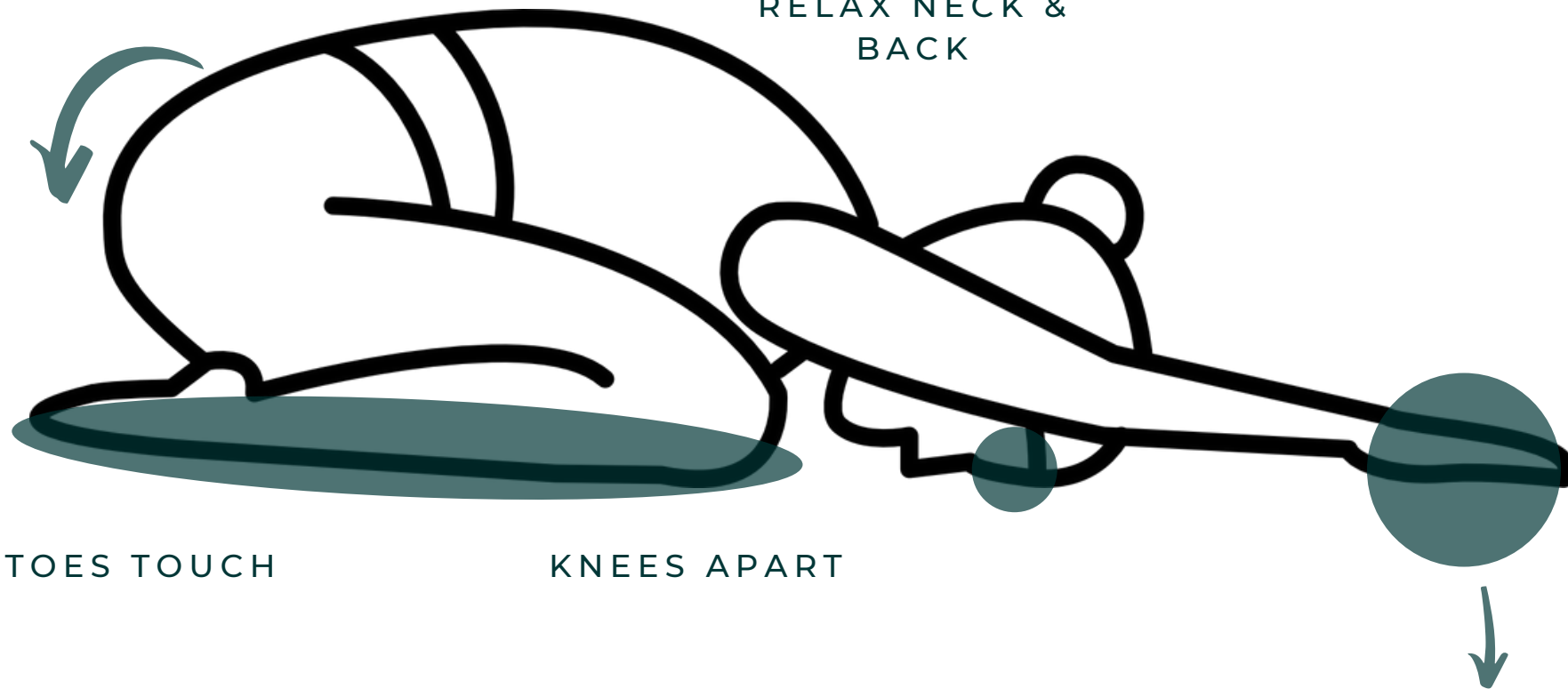
Chakras: Root, Sacral, Solar Plexus & Throat

CHILDS POSE

Bālāsana



RELAX NECK &
BACK



BIG TOES TOUCH

KNEES APART

Name: Bāla = child, Asana = pose

Benefits:

- Strengthens & tightens your legs, hips, neck, back and arms.
- Quads, hips & core are stretched
- Eases backaches
- Improves sleep quality
- Improves digestion
- Releases stress & anxiety
- Balances blood pressure
- Massages internal organs & improves digestion
- Reduces Restless Leg Syndrome

Increases: Pitta & Kapha, heating & grounding pose

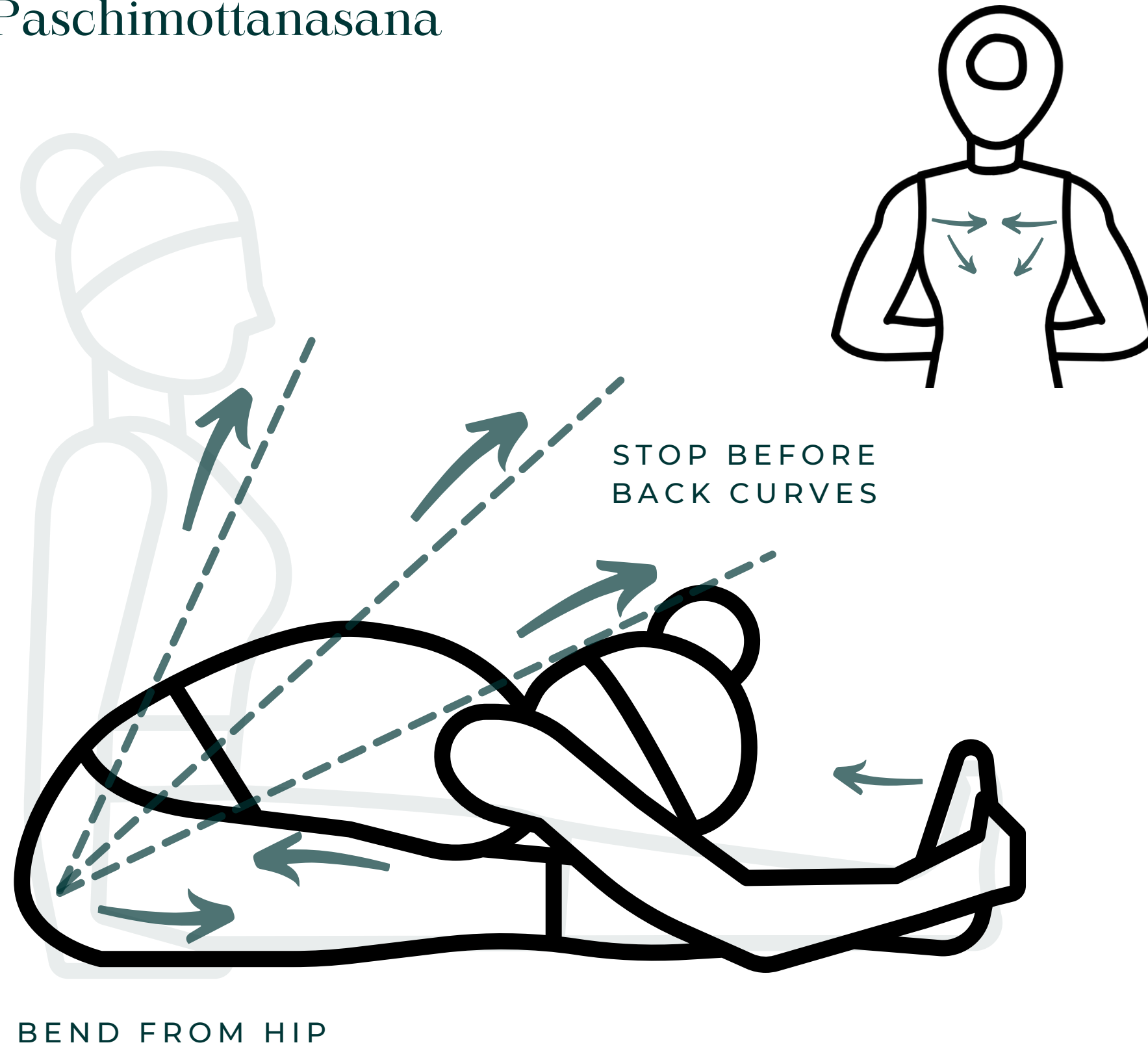
Contraindications - should be avoided by people with:

- knee & ankle pain/injury (with neck pain, keep your gaze forward or chin tucked in)
- Severe Spondylosis
- Pregnancy

Chakras: Root, Sacral, Solar Plexus, Third Eye & Crown

SEATED FORWARD BEND POSE

Paschimottanasana



Name: Paschima = west, Ut = intensive, Tan = stretch, Asana = pose

Benefits:

- Strengthens & tightens your legs, hips, back & shoulders.
- Improves body posture and alignment of the spine
- Massages internal organs, improves digestion & releases gas
- Stretches the spine, hamstrings, calves, ankles & back
- Improves & Balances blood circulation
- Reduces menstrual challenges

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

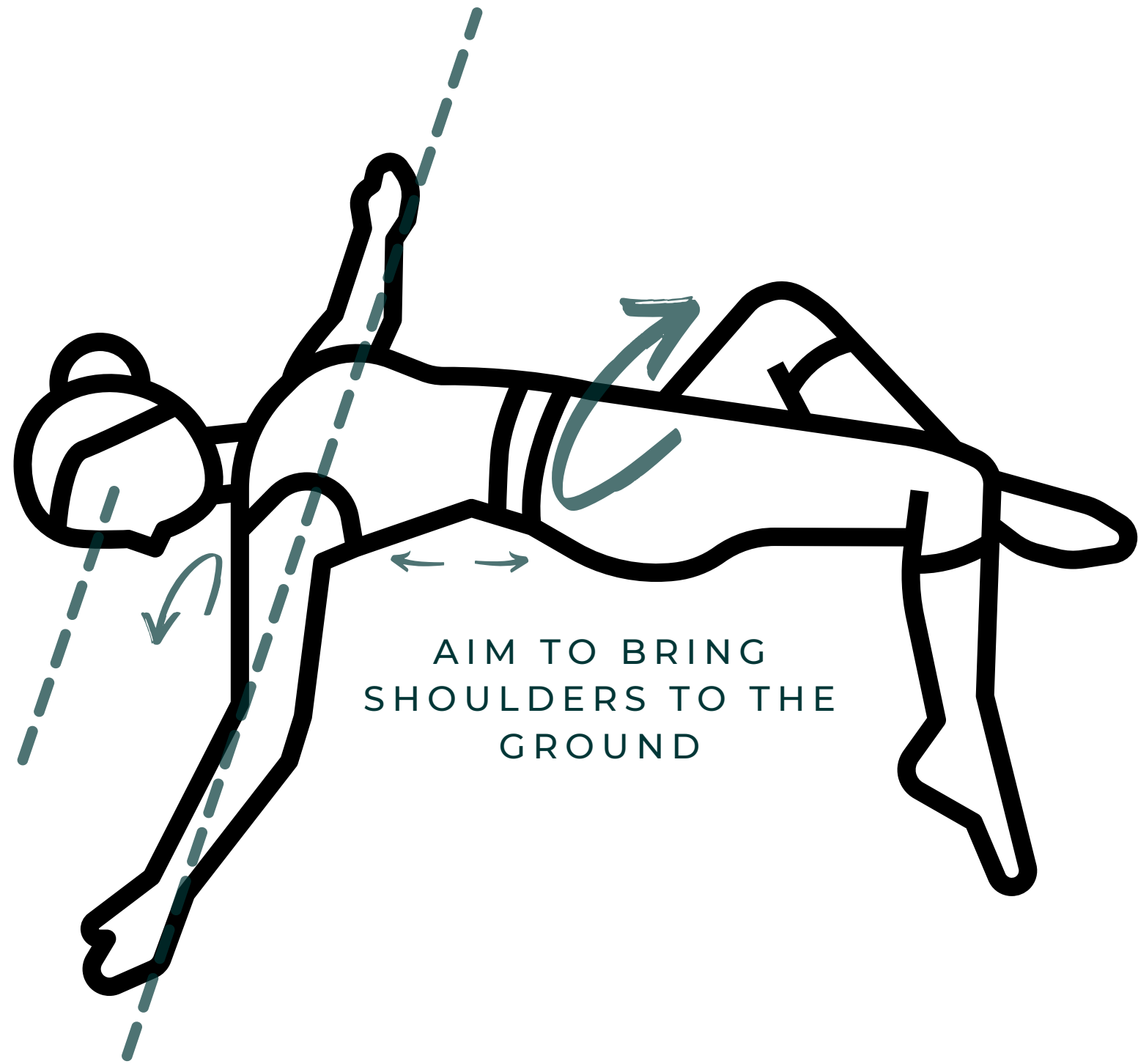
Contraindications - should be avoided by people with:

- Slipped disc
- Hernia
- Spondylosis
- Pregnancy

Chakras: Root, Sacral, Solar Plexus & Throat

SUPINE SPINAL TWIST POSE

Supta Matsyendrasana



Name: Supta = reclined, Matsya = fish, Endra = refers to Lord Indra, Asana = pose

Benefits:

- Massages internal organs & improves digestive functions
- Improves body posture, flexibility & alignment of the spine
- Reduces sleep challenges like Insomnia
- Tones hips & core
- Reduces back stiffness
- Improves blood circulation

Increases: Pitta & Kapha, heating & grounding pose

Contraindications - should be avoided by people with:

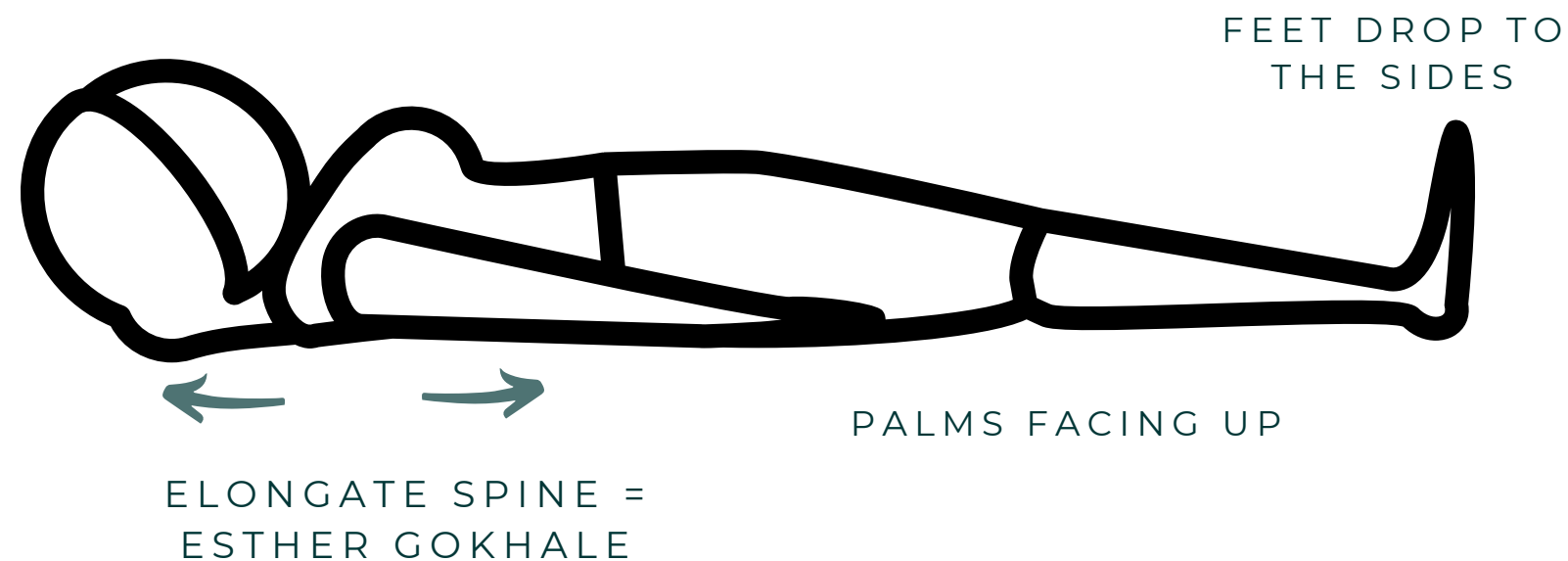
- hip & knee pain/injury
- Pregnant women should place support below knee
- Back injury/severe pain

Chakras: Root & Sacral

CORPS POSE

Savasana

REST & REFLECT POSE.-
NOT A SLEEP POSE



Name: Sava = corpse, Asana = pose

Benefits:

- Brings the breath under control after your yoga session
- Relaxes your nervous system & muscles
- Reduces symptoms of anxiety , stress , depression & insomnia
- Balances Blood pressure
- Helps you to connect with yourself on all levels

Increases: Vata, energizing pose

Contraindications - should be avoided by people with:

- Acid reflux
- This pose is about relaxing your body, mind, energy and spirit - if you are impatient and not ready for this pose, it would defeat its purpose

Chakras: Heart & Crown