

# 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.



**Uthanasana**

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



**Padmashtasana**

This asana is beneficial in reduction, softness 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 cleanses the organs.



**Eka Pada Hamsta Parivrtasana**

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 Parivrtasana**

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



**Parivrtasana**

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 Padmashtasana**

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.



**Parivrtasana**

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.



**Nataraj Parivrtasana**

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 Uthasana**

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 Padangushtha**

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.



**Nataraj**

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

**Nico Catalano**



## **Advanced Yoga Guide:**

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