



Beginners Yoga Series: Most Important Yoga Poses for Beginners – Highlighted are the 10 beginner poses. The rest are extra to do as you start to gain your strength.

Look on Youtube, type the name of the pose if you require more info on how to properly do each pose and how to utilize the breath in each pose.

1. [Tadasana] Mountain Pose -

- Strengthens the hips, thighs, legs & feet.
- Relieves back pains/aches
- Improves balance
- Improves posture
- Deepen awareness



2. [Vrikshasana] Tree Pose -

- Improves balance
- Improves stability in the legs and pelvis
- Tones leg muscles
- Improves focus



3. [Pada- Hastasana] hand-to-foot pose -

- massages and tones the digestive organs
- increasing flexibility in your calves and hamstrings
- release excess Vata from your abdomen
- improve blood circulation



4. [Adho Mukha Svanasana] Downward Facing Dog -

- Builds strength while stretching the whole body
- Stimulates blood flow
- Improves posture
- Aids in digestion





5. [Trikonasana] Triangle Pose -

- Increases stability
- Deep stretch for the hamstrings, groins, and hips
- Opens the chest and shoulders
- Helps relieve lower back pain, stress, and sluggish digestion.



6. [Virabhadrasana I] Warrior I Pose -

- Stretches the whole front side of the body while strengthening the thighs, ankles, and back.
- Develops stamina, balance, and coordination
- It tones the abdomen, ankles, and arches of the feet.



[Virabhadrasana II] Warrior II Pose -

- A powerful stretch for the legs, groins, and chest
- Deep hip-opening pose that strengthens the muscles in the thighs and buttocks.
- It tones the abdomen, ankles, and arches of the feet.
- Helps to relieve backaches, and stimulates healthy digestion.
- Increases stamina



7. [Phalakasana] Plank Pose -

- Teaches to hold yourself sturdy
- Builds your abdominal strength
- Strengthen your arms and keep your wrists supple and healthy
- Improving spinal stability



8. [Vajrasana] thunderbolt pose

- obstructs blood flow to our legs and thighs and increases it in our stomach area, thus improving our bowel movements
- relieving constipation
- Vajrasana also helps to get rid of flatulence (gas) and acidity

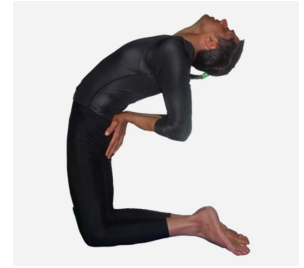




9.

[Ardha Ushtrasana] half camel pose

- opens and stretches the shoulder and upper arm
- opens the chest
- tonifies the kidneys
- stimulates the respiratory



10. [Ushtrasana] camel pose

- Opens up the hips, stretching deep hip flexors
- Stretches and strengthens the shoulders and back
- Improves posture
- Opens the chest, improving respiration



11. [Balasana] child pose

- Opening your hips
- Relaxing your back muscles
- Stimulating your digestive system
- Relieving any tension in your pelvis



12. [Vakrasana] Twisted Pose

- It massages the abdominal organs
- helps reduce belly fat
- It makes the spine flexible





13. [Bhujangasana] Cobra pose

- Opens the shoulder blades, neck, and collar bones
- Improves spinal posture, flexibility, and alignment
- Opens the lungs
- Improves circulation



14. [setu bandhasana] the Bridge Pose

- Stretches the chest, neck, spine, and hips
- Strengthens the back, buttocks, and hamstrings
- Improves circulation of blood
- Helps alleviate stress and mild depression



15. [Uthana pada asana] Raised Leg Pose

- improves the flexibility of the internal and external abdominal muscles
- It stretches the thighs, buttocks and hips
- strengthens the spinal cord and nerves
- improve blood circulation



16. [ardha halasana] Half Plough Pose

- It improves circulation
- It helps strengthen thigh and calf muscles
- It can help you lose weight and reduce belly fat
- It stimulates abdominal organs



17. [pawanmuktasana] wind relieving pose

- Relief in case of chronic constipation
- Gluteus maximus and hamstrings are stretched



Pavan-Mukt-Asana

18. [savasana] Corpse Pose

- Calms central nervous system, aiding the digestive and immune systems
- Promotes awakening and awareness of higher consciousness

