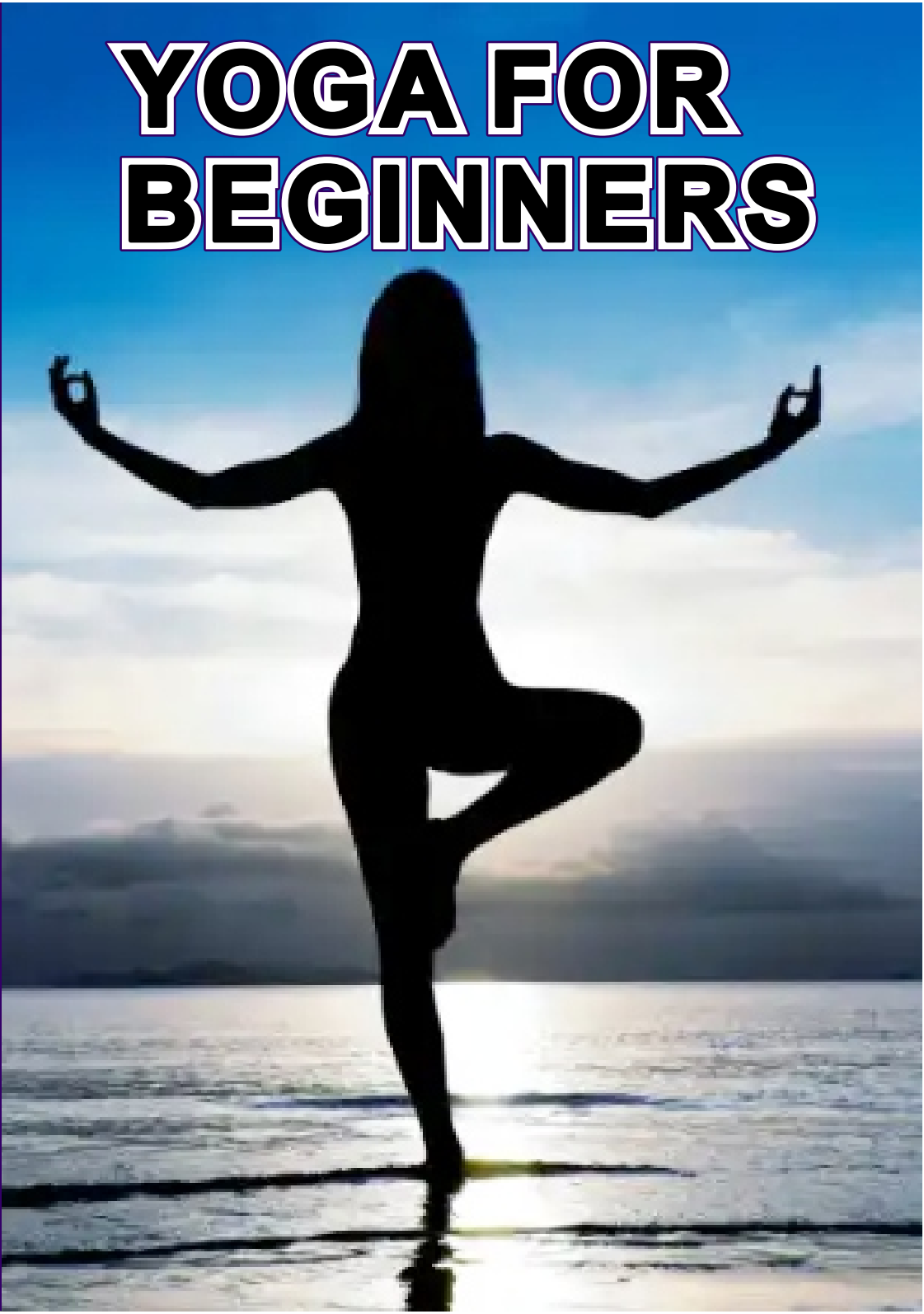


YOGA FOR BEGINNERS

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# **Yoga for Beginners**

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# INTRODUCTION

Yoga is a holistic mentality and way of life that cannot be reduced to a single form of practice. It is not merely physical activity or training. Rather than that, it is a synthesis of the two aforementioned disciplines, stress reduction, and meditation, and has spiritual significance in certain Indian communities.

It is a way of life passed down through generations and will continue to be used in the future for nearly 5,000 years. Yoga contains physical exercises that may appear to some like gymnastics, and many kinds of modern gymnastics emerged from classical Yoga poses. These workout positions assist individuals in improving their fitness levels, decreasing weight, and even lowering their stress levels. Also, Yoga offers a variety of meditation techniques that can soothe the nervous system or infuse the body with an abundance of energy. Yoga has also been employed as a health treatment, using the healing power of relaxation to heal the body of various disorders caused by stress. Yoga has gained increasing acceptance among doctors and physicians in current times as a safe technique of stress reduction and a safe method of physical treatment, particularly for the knees and back.

Yoga approaches the body holistically, encompassing physical, emotional, and mental well-being. This method acknowledges the mind's strength and its capacity to heal the body without external medications. Yoga lays equal emphasis on maintaining a healthy mind as it does on maintaining a healthy body, as the two are inextricably intertwined. Yoga is extracted from the Sanskrit word for "union" or "integration." Through the integration of the body and mind, Yoga can heal and soothe humankind. Yoga's goal of uniting

the mind and body is to help practitioners release bottled-up emotions and better understand how they view life as a whole.

# CHAPTER ONE

## Getting into Yoga for Beginners



Have you considered taking up yoga but never made it to your first class? Perhaps your doctor has suggested you reduce a little weight to improve your health. Perhaps you suffer from back pain and believe that yoga might help ease your discomfort. Despite your best efforts, you never quite make it to yoga. Something new always arises, and another day passes.

Based on my teaching experience and conversations with prospective students, several aspects to consider will make it simpler for you to establish a regular yoga routine. Consider These Points Before Beginning Yoga If you're serious about learning yoga, here are things to consider before enrolling in classes.

## **1. Select a class that is convenient for your workplace or residence.**

If you intend to practice yoga, it is best to find a class on your way home from work or close to your home. It's simple to sign up for a class on the spur of the moment. However, if you are weary and the weather is terrible, attending a class out of your way or requires lengthy travel is a drag. All too frequently, I hear from students who have had a busy day at work and find it difficult to get up and go out again once they return home.

### **Tip:**

Choose a class that is convenient for you on your way home from work. This way, you avoid succumbing to the temptation of becoming comfortable at home and never wishing to go. Alternatively, select a class that is within walking distance of your residence. Therefore, if the weather is poor, it is more convenient for you to walk to class.

## **2. What Am I Going to Wear? Is It Necessary To Invest In Expensive Yoga Clothes?**

One of the most often asked questions by incoming students is, "what should I wear?"

All too frequently, prospective students believe they must dress in the latest trendy yoga clothing. This is costly, and some students are discouraged from beginning yoga due to the cost and the worry of not "fitting in" if they do not have the "correct clothing."

### **Tip:**

Yoga is not about your attire or who designed it. Yoga is about reconnecting with one's roots and honoring one's body. I always advise you to dress in loose, comfortable attire. Not too baggy, since this may obstruct stretching, and not too tight or small, as this may

limit movement. A fitting tracksuit, leggings, and cotton t-shirt are appropriate. Following a few classes, if you decide to incorporate yoga into your daily routine, now is the time to invest in some high-quality, breathable, and stretchy yoga trousers and tops.

### **3. What to Consume before Your Class**

Yoga is all about balance and moderation. It's tough to gauge how much to eat, what to eat, and when to eat before your first yoga class if you're new to yoga. Consuming a large lunch before your lesson will make you sluggish, bloated, and depleted of energy. When you are a busy mother, it might not be easy to schedule family meal times while attending a class on time.

#### **Tip:**

Ideally, consume a light lunch at least 60 minutes before your session. Consume your food quietly, chewing each mouthful at least 15 times. If you're pressed for time and must prepare family meals before leaving, prepare a healthy snack or light supper for your family. Alternatively, you might get a takeout supper for them if doing so enables you to be on time for your session.

### **4. Pessimistic Thoughts.**

As a beginner, it's natural to make comparisons with others. You may believe that you are too old, big, stiff, or floppy to practice yoga. When you feel this way, it's easy to let your negative ideas keep you from attending lessons.

#### **Tip:**

Yoga practice regularly will help you create a healthy, loving relationship with your body. When you're feeling depressed about



your body shape, take a deep breath and congratulate yourself on changing your health and well-being.

### **5. Push Yourself to the Limits of Your Comfort Zone**

I frequently witness novice and even more seasoned yogis fall for this trap. It's tempting to push yourself beyond your present fitness level to achieve the "perfect pose" or keep up with others in the room. This can cause strained and torn muscles and a sense of not being "good enough"—neither of which is yogic or healthy.

#### **Tip:**

As you practice, keep your attention on your breath. You must learn to listen to your body and to direct yourself through the sequence using your breath. This will assist you in accepting your current level of fitness and allowing you to feel more at ease and expansive while performing the poses.

If you want to get into yoga, you must follow the above suggestions: avoid overstretching yourself, spending money on pricey new yoga attire, or eating a large meal before class. You are more likely to keep your practice if you enroll in a convenient class to travel to and easily integrate into your daily schedule. Yoga is the best present you can offer yourself. Take your time, be patient, and pay attention to your body as you practice. Following these ideas will make it easier to get started with yoga and provide a good basis for continuing practice.

## **Yoga for Beginners: Tips For Starting Yoga For The First Time**



### **1. Start with Acceptance**

Yoga is more than physical activity. It is a mode of being in the world. A state of being. Yoga translates as "unity" in Sanskrit.

Union in every facet of your life. There's no distinction between your ideas and your present condition when you are in a state of unity or yoga.

That implies no moaning and sad contemplation of how things should or should not be. While cultivating this mindset can take years, you can begin even before stepping foot on a yoga mat. Consider how grateful you are for your body, your life, and your circumstances. They are just as they are. Immediately.

### **2. Expectations for the Release**

When you practice thankfulness, you will notice that your expectations dissolve. Concentrate on the essentials of what you're doing, not on the ancillary details. While you may be here to learn the finest physical approach to begin yoga, I'm here to tell you that it's far more vital to begin mentally. Once you've established the proper mindset, the practice will develop organically, gracefully, and safely.

### **3. Acquaint yourself with the fundamentals of yoga**

Yoga is not about achieving excessive flexibility or twisting your muscles and spine into unnatural shapes. It's all about breathing, cultivating inner power through meditation, and establishing physical freedom through basic yoga positions.

It's just that straightforward. Therefore, do not be concerned with reducing weight or leaning over backward (those will come soon enough). Rather than that, recognize that yoga is a journey and a way of life. The physical practice is just one of yoga's eight limbs.

### **4. Pay Attention to Your Breathing**

While a teacher in one yoga class may train students completely differently from breathing than the teacher in the yoga studio next door, the practice is the same.

While the breathing practice itself may appear significant, the most critical skill to develop is awareness of one's breath.

Whether you're exhaling forcefully out of the mouth in a Kundalini yoga class or inhaling new oxygen into your chest in a calming yoga pose, the connection between mindfulness and breath is one of the most helpful parts of yoga for beginners.

Simply realizing your inhale and exhale can improve sleep, decreased stress, and more present moment awareness.

Therefore, even if you cannot perform some of the more challenging poses, attempting to notice and gently manage your breath will have an equally profound influence on your practice—significantly more than the ability to throw your foot behind your head.

### **5. Get Comfortable in Stillness**

The majority of us find it quite difficult to sit still. We'd rather be busy, toiling away, and crossing tasks off our to-do list than be. Even when we unwind, our hand's drum on our knees, our minds stray to

the past or future, and our eyes constantly check an iPhone or television screen.

Therefore, before you attempt the most complex yoga positions seen on the pages of Yoga Journal or Instagram, begin with the most fundamental premise of yoga: being present.

Consider the urge to whip out your phone for diversion the next time you're in line, riding public transportation, or (Hell!) perching on the toilet. Rather than instantly succumbing to the temptation, attempt to notice it.

## **6. Acquaint yourself with Fundamental Yoga Poses**

Once you're comfortable with the physical aspect of your yoga practice, you can begin mindfully experimenting with basic yoga positions.

There is no need to attempt more complicated positions (hello, inversions) or to be as accessible as the person next to you.

Regardless of where you begin, whether at a local yoga studio or via an online yoga video, there are a few fundamentals to learn. Begin with yoga asanas or postures, such as downward-facing dog, child's pose, and savasana.

Concentrate on pressing your hands or feet into the floor, stretching your spine, and relaxing your hips in each pose. While practicing, you will approach each position differently than even the most devout practitioners do, if you keep this in mind.

## **7. Locate Classes for Beginners**

The safest and most successful way to learn yoga poses is to take classes from an experienced yoga instructor. You can search the Yoga Alliance's online database for a registered yoga instructor near you or browse local yoga studios to locate a teacher who inspires you.



Svanasana, Trikonasana, Utthita Ashwa Sanchalanasana, Chaturanga Dandasana, Kumbhakasana, and Urdhva Mukha Svanasana are some of the greatest yoga poses for beginners. These fundamental yoga postures for beginners target certain body areas and assist in progressing to the next level. Also, you can research yoga for beginners online to learn other poses. There are many online yoga sessions for beginners, ranging from yoga for men to yoga for ladies.

### **How Effectively Can We Workout at Home with Yoga for Beginners?**

Unlike strength training and circuit training, yoga is an exercise that can be performed at home. This is because yoga for beginners at home does not require any equipment. A yoga mat, a chair, and a comfortable area are required to practice simple yoga for beginners. Home is the perfect spot for some to practice morning yoga because it is much more comfortable than other locations. For example, yoga meditation for beginners involves mindfulness, and the tranquility required for this simple yoga is readily available at home.

### **Who Can take part in the Yoga for Beginners Workout?**

Because this is beginner's yoga, it is suitable for everyone regardless of gender, age, or level of competence. Basic yoga postures for beginners do not need complex positions, making them simple to master. However, you should be in good health to avoid difficulties associated with beginner yoga. Also, you can see your primary care physician or a health instructor before commencing beginners' yoga for ideas on how to practice it more effectively.

### **Who Should Abstain from Yoga for Beginners Exercises?**

While everyone may practice easy yoga, it is always a good idea to be aware of the situations in which even basic yoga for beginners is not

recommended. The following are some specific circumstances in which you should avoid introductory yoga exercises: Individuals suffering from any medical issue that causes joint pain. If you choose to practice introductory yoga at home, do so only under the supervision of a certified yoga practitioner. Those who experience pain while performing simple yoga poses should also abstain from them. Pregnant women should avoid yoga for beginners that involves stretching the body. Those who have had surgery, sprains, or fractures should avoid basic yoga sequences. Individuals who have spinal injuries should avoid beginner yoga. These individuals can begin practicing basic yoga as their condition improves. They should, however, begin with easy yoga for beginners under the direction of an expert.

### **List of the Best Yoga Workouts for Beginners**

Whether you take beginner yoga lessons online or in a class setting, there is some basic yoga that you will learn everywhere. The following is a collection of such yoga poses for beginners: Tadasana, Mountain Pose Chaturanga Uttihita Surya Namaskar, or the Sun Salutation Dandasana or Plank Balasana or Child Pose.

Many workouts presented in a step-by-step fashion

Tadasana, also known as Mountain Pose Though it is one of the most accessible forms of hatha yoga for beginners, Tadasana has been dubbed the "mother of asanas" because most asanas originate from this basic yoga stance. The term "Tada" translates as "mountain." Hence, the stance is referred to as mountain pose in English. When performed correctly, this beginner's yoga helps to improve the respiratory system, strengthens the knees, supports the digestive system, and improves blood circulation. Directions: On the yoga

mat, stand barefoot. Your feet and legs should be in a straight line. Now, slightly bend your knees and then straighten them to re-loosen the joints. Concentrate on a single point to prevent distractions. This is referred to as Drishti, and it aids in the development of mental awareness. Engage all leg muscles and press the big toe, the tiny toe, the left side, and the right side. Extend your tailbone as if it were a conduit for energy to flow through your body. Raise your head while taking a deep breath. Raise your toes gently and rebalance your body. Now, while balancing on your toes, extend your hands upward. Maintain this stance for 5-10 seconds and gradually exhale. Duration: Begin with two to three repetitions of this yoga for beginners at home and progressively increase the duration.

Chaturanga Uttihita Dandasana, also known as Plank Pose, is one of the most active beginner's yoga poses because it works on the entire body's muscles. It strengthens the arm muscles and engages the core muscles at the same time. Also, this exercise stretches the foot and Achilles tendons. Also, this yoga for beginners can assist in alleviating menopause symptoms. Assume a high plank position, with all four limbs touching the floor. To ensure comfort, you can slightly bend your elbows. Maintain a straight posture and engage the lower and upper abdominal muscles. Maintain a steady breathing pattern and a slightly lowered head. Maintain stability by separating your feet. Manage this stance for as long as possible.

Beginners should begin by holding the plank stance for ten seconds and gradually build to thirty, forty, fifty, and sixty seconds. Balasana, also known as Child Pose Balasana, is an excellent yoga for adults and an excellent form of yoga for children. Because of its resemblance to a fetus, it is also called Garbhasana and Shashankasana. It is one of the most often taught yoga poses at home for beginners. Its primary function is to regulate the breath.



You can use this yoga to enhance your digestion and ease bloating difficulties. Begin this easy yoga sequence by sitting on your heels. Maintain your knees apart or together as desired. Slowly bend your body forward and place your forehead on the floor. Your arms should be parallel to your body, palms facing upward. Gently press your torso on your thighs now. Maintain control of your breathing and hold the position for 45 seconds to 1 minute. As you inhale, see your breath traveling toward your navel and drawing your navel within. Release tension from your entire body, including your arms, as you exhale. Rep this procedure for four to twelve breaths. Placing your palms beneath your shoulders, elevate your body to the beginning position. You can attempt this beginner's yoga at home for 1-3 minutes. Surya Namaskar or Salutation to the Sun Surya Namaskar is an excellent beginner's yoga pose. Indeed, it is a blend of twelve various simple yoga poses. They aid in stress relief, physical strengthening, and flexibility improvement.

To achieve the maximum benefits, incorporate it with morning yoga for beginners. Surya Namaskar also aids in weight loss and toning the body and has a calming effect on the mind. Directions: Pranamasana (Prayer posture): Begin by standing straight in this simple yoga practice. Relax your shoulders and elevate your arms as you inhale. As you exhale, place your palms in a prayer stance. Now, in Hastauttanasana (Raised arms pose), inhale deeply and raise your hands upward, stretching them above your head. Manage your biceps close to your ears and bend your body backward. Exhale and bend your body forward to touch your toes with your fingertips in Hastapadasana (Standing forward bend).

Now move a little and push your right leg back in Ashwa Sanchalanasana (Equestrian position). Place your left knee on the floor and raise your eyes. Inhale and bring the left leg back into

Dandasana (Stick position). Your body should be in a straight line from head to toe. Ashtanga Namaskara (Eight-part or eight-point salutation): Gently lower both of your knees to the floor. With your chest and chin in contact with the floor, lift your hips gently. Eight points on your body should touch the floor, including your chin, chest, two palms, two knees, and two toes. Bhujangasana (Cobra pose): Remain relaxed and inhale deeply. Now, advance with your chest up in the manner of a snake. Your chin should be angled upward. Breathe out and raise your hips to create an inverted "v" shape with your body in Adho Mukha Svanasana (Downward facing dog posture). Return to Ashwa Sanchalanasana (Equestrian position) as described in Step 4. Hastapadasana (Standing forward bend): Bring your body into the Hastapadasana stance by bending your body forward with your palms touching the floor. Hastauttanasana (Raised arms position): Extend your arms and then return to prayer pose with palms folded. Return your folded palms to your chest and stand straight in the last pose, Tadasana (Mountain Pose). Daily Surya Namaskar should be performed 12 times.

### **The Advantages of Yoga for Beginners Workouts**

Yoga for beginners is beneficial for more than just physical wellbeing. This strategy also promotes mental health—the benefits of practicing online yoga for beginners. Beginners' yoga focuses on increasing back, spine, leg, shoulder, hip, and other body part flexibility. Several fundamental yoga positions promote the health of the digestive system, heart, and kidneys and hence help to alleviate sickness. Also, yoga promotes blood circulation. Certain yoga meditations for beginners are useful for relieving stress and anxiety. It breathes regulation. Also, some people practice yoga for weight loss and muscle tone. Also, yoga can aid individuals suffering from

lower back pain, neck discomfort, menstruation pain, and other unpleasant ailments.

### **Disadvantages of Beginning Yoga Workouts**

Yoga exercises for beginners are without drawbacks. However, various complications may arise if they are not performed appropriately. These disadvantages include: Following incorrect hatha yoga for beginner's instructions may result in muscular sprains. If you practice morning yoga for beginners while suffering from a health issue such as hypertension or have recently undergone surgery, you may feel discomfort and pain. Certain types of yoga for beginners, such as yoga for men beginning, demand abdominal contractions and quick movements, which are not safe for pregnant women or women who have recently given birth.

### **Do's and Do Not's**

**Do's** Always breathe through your nose unless the yoga instructor or online yoga for beginner's instructions specify otherwise. Have comfortable, stretchy clothing that allows you to move freely while performing yoga sequences for beginners. Latest two hours before or after the meals, practice beginner's yoga. Locate a quiet location to practice morning yoga for beginners. Always warm-up before performing even easy yoga poses to minimize injury or strain. Pre-yoga, drink water to be hydrated. **Don'ts** Do not overdo yoga for beginners, as this can cause muscle tension and damage. Avoid alcohol consumption before beginning beginner's yoga. Avoid yoga if you are actively menstruating. After practicing yoga for beginners, refrain from performing rigorous workouts. Avoid performing simple yoga quickly or hurriedly.

### **What Do You Need to Do a Yoga for Beginners Workout at Home or in a Gym?**

When practicing online yoga for beginners, no special equipment is required. However, few things might improve the quality and comfort of your yoga session. Among them are the following. For example, a Mat for Yoga, A Bottle of Water, A Towel Yoga Pants is quite comfortable.

### Basic Yoga Exercises



These are some simple yoga exercises that can be performed of day or night. These workouts are straightforward. Individuals can readily complete them whenever they have free time.

#### **Frog Stand**

1. Squat in a low position. Keep the hands on the ground, with the triceps resting on top of the kneecaps. Then, lean forward and elevate the feet off the ground, resembling a balanced frog stance. Manage this position for 30 seconds.

2. Extend one leg behind you, maintaining it diagonally to the floor and elongating the neck to maintain balance.
3. Straighten the elbows, elevate the knees, tip forward, and attempt a slow upward press into a handstand.

These exercises strengthen the entire shoulder girdle. Also, these exercises help strengthen the core muscles and increase the body's general stamina.

### **100's**

Lie faceup. Bring your legs up, being careful to maintain them straight. Assemble the legs as well. Elevate the head and shoulders off the floor, draw the abdominals in and bring the hands next to the thighs.

Then, lowering the legs as far as possible while maintaining a flat back, press the hands up and then down. Count each time you press. Following that, inhale four around five counts and expel for another five counts. Rep till the count reaches 100, then lower the legs halfway through.

### **Pose of the Tree**

To begin, stand with both feet planted, arms at your sides, and body aligned properly (make sure the ears are over the shoulders, then the shoulders are over the hips, and finally the hips are over the ankles). Following that, inhale and bend the right leg. Then, bring the heel until it rests against the inner of your left thigh. After that, re-establish equilibrium and maintain this position by slowly raising the arms overhead, ensuring the palms are touching. Then, with the knee pressed back, restrict any hip movement. Maintain the position for a further 30 seconds before changing sides. Ensure that you repeat the method two to three times.

## **Yogi Hurdler's Stretch**

1. To begin, choose a comfortable seat on the floor. Then, tuck your left heel into your crotch. Assure that the right leg is extended forward. Reach out and then grip the toes as far as possible, bending at the waist while maintaining a straight back. For 30 seconds, maintain the position. Following that, repeat on the opposite leg.

2. Place both hands on the toes and then rotate the trunk sideways using the arms to create a "window." This will serve as an excellent general physical warm-up. After that, stretch your hamstrings, calves, obliques, and upper back. Assure that the abs and internal organs are contracted during the procedure. Release tension in the hips, followed by the lower back.

## **Lunge of The Warrior**

1. Stand with your legs wide apart in a scissor-like position, as in a conventional lunge. At the knee, bend the front leg and then point the toes forward. Following that, straighten the rear leg and extend it as far back as feasible. Toes should be pointed in a sideways direction. Following that, raise the arms high above the head. Simultaneously, allow the lower body to sink, bending the knee gradually to a right-angle or 90-degree angle. Maintain the position for approximately 30 seconds before switching to the other leg.

2. Maintaining a right-angled or 90-degree knee bend. Then, with one arm forward, hold the arms roughly parallel to the ground—the other one in reverse. After 30 seconds, twist the torso. This exercise strengthens and extends the glutes and quadriceps, as well as the hip flexors and lats.

## Benefits of Yoga For Beginners

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Yoga is a scientifically validated, gentle, and non-invasive tool that offers everyone holistic health advantages. Yoga is always beneficial regardless of your age. At The Yoga Institute, the core of genuine yoga as a way of life is imparted (TYI). We teach asanas, pranayama, kriyas, and meditation based on Classical or Asthanga Yoga, infused with Yogendra Rhythm and right bhavas. Classical yoga postures are nature-inspired and aid in increasing flexibility, muscle strength, and posture correction.

The key is to breathe. It is a necessary component of yoga practice. A fantastic technique to cope with stressful, hectic lifestyle issues. Yoga's relaxation techniques can help ease persistent frozen shoulder, cervical and lower back pain, headaches, rheumatoid arthritis, and vertigo symptoms, to mention a few. Learning to breathe correctly and bringing focus to inhaling and exhaling will enhance your overall yoga asana practice in various ways. Oxygenation enhances the relaxing effect. This will assist you in achieving mental and physical balance. Also, coping with and

managing a variety of illnesses and body aches and pains becomes significantly easier.

Yoga is a path of self-discovery. Yoga is simple to enjoy. It's all about the trip, not the goal alone. Learning various positions and aligning physical parts, with proper breathing and bhavas, help create a balanced state of mind.

### **1. Increases your adaptability**

Improved flexibility is one of yoga's most immediately noticeable advantages. You're unlikely to touch your toes during your first lesson, let alone perform a backbend. However, with continued practice, you will feel a gradual relaxing of the muscles, and soon, impossible poses will become attainable. Also, you'll probably notice that aches and pains subside. This is not coincidental. Tight hips can cause strain on the knee joint because of the thigh and shinbones being misaligned. Tight hamstrings can cause the lumbar spine to flatten, resulting in back pain. Also, muscular and connective tissue inflexibility can contribute to bad postures, such as fascia and ligaments.

### **2. Strengthens muscles**

Strong muscles serve a purpose other than to look attractive. They protect us against illnesses such as arthritis and back discomfort and aid in preventing falls in the elderly. While you strengthen your body with yoga, you balance it with flexibility. If you went to the gym and did weights, you risk losing flexibility.

### **3. Helps to improve your posture**

Your brain is like a bowling ball—it is large, spherical, and hefty. When it is balanced directly over an erect spine, your neck and back muscles have far less work to do to maintain it. However, move it



several inches forward, and you strain those muscles. Maintaining that forward-leaning bowling ball for eight or twelve hours a day is exhausting. Also, weariness may not be your only issue. Back, neck, and other muscle and joint disorders can be exacerbated by poor posture. Your body may compensate for your droop by flattening the natural inward bends in your neck and lower back. This can cause spinal discomfort and degenerative arthritis.

#### **4. Prevents the degradation of cartilage and joints**

Each time you practice yoga, you fully extend the range of motion of your joints. By "squeezing and soaking" sections of cartilage that are not regularly used can help avoid degenerative arthritis or minimize impairment. Joint cartilage functions similarly to a sponge; it obtains new nutrients only after its fluid is drained and a new supply can be absorbed. Without proper care, neglected cartilage sections will eventually wear away, exposing the underlying bone, similar to worn-out brake pads.

#### **5. Protects your spine**

Spinal disks—the shock absorbers between the vertebrae that can rupture and compress nerves—desirably shift. That is their sole source of nutrition. If you have a well-balanced asana practice that includes a variety of backbends, forward bends, and twists, you can help maintain the suppleness of your disks. Long-term flexibility is a well-known advantage of yoga, but it is beneficial for spinal health.

#### **6. Promotes bone health**

Weight-bearing activity strengthens bones and aids in the prevention of osteoporosis. Many yoga positions demand you to lift your weight. Also, several poses, such as Adho Mukha Svanasana

(Downward-Facing Dog) and Urdhva Mukha Svanasana (Upward-Facing Dog), help strengthen the arm bones, which are susceptible to osteoporotic fractures. Yoga practice enhanced vertebral bone density in an unpublished study undertaken at California State University, Los Angeles. Yoga's ability to reduce cortisol levels (see Number 11) may aid in the retention of calcium in the bones.

### **7. Enhances blood flow**

Yoga stimulates the circulation of blood. More precisely, the relaxation techniques taught in yoga can improve circulation, particularly in the hands and feet. Yoga increases the amount of oxygen delivered to your cells, which operate better. Twisting stances are believed to draw venous blood out of internal organs and allow oxygenated blood to flow in once the twist is relaxed. Headstand, Adho Mukha Vrksasana (Handstand), and Shoulderstand stimulate venous blood from the legs and pelvis to return to the heart, where it may be pushed to the lungs for oxygenation. This may be beneficial if you suffer from edema in your legs due to heart or kidney problems. Also, yoga increases hemoglobin and red blood cell counts, which transport oxygen to the tissues. Also, it thins the blood by making platelets less sticky and lowering the blood's content of clot-promoting proteins. This may reduce heart attacks and strokes, as blood clots cause these deadly diseases.

### **8. Detoxifies the lymph nodes and promotes immunity**

When you tighten and stretch muscles, reposition organs, and enter and exit yoga postures, you increase lymphatic drainage (a viscous fluid rich in immune cells). This aids the lymphatic system in fighting infection, eliminating malignant cells, and eliminating harmful byproducts of cellular function.

## **9. Accelerates the heart rate**

When you consistently maintain an aerobic heart rate, you reduce your risk of heart attack and alleviate depression. While not all yoga is aerobic when practiced forcefully or in inflow or Ashtanga sessions, it can elevate your heart rate to an aerobic level. However, even yoga activities that do not elevate your heart rate significantly might help you enhance your cardiovascular conditioning. Yoga practice has been shown to decrease resting heart rate, increase endurance, and improve maximum oxygen uptake during exercise, which are indicators of improved aerobic conditioning. One study discovered that those given pranayama solely could perform more exercise with less oxygen.

## **10. Decreases blood pressure**

Yoga may be beneficial if you have high blood pressure. Two studies comparing the effects of Savasana (Corpse Pose) to merely resting on a couch were published in the British medical magazine *The Lancet*. Savasana was associated with a 26-point reduction in systolic blood pressure (the top number) and a 15-point reduction in diastolic blood pressure (the bottom number) after three months—and the greater the starting blood pressure, the greater the reduction.

## **11. Adrenal glands are regulated**

Yoga helps to reduce cortisol levels. If that does not appear to be much, consider the following. Cortisol is normally secreted by the adrenal glands in reaction to an acute crisis, temporarily enhancing immunological function. Cortisol levels that remain elevated even after a crisis can impair the immune system. Temporary increases in cortisol aid in long-term memory, but chronically elevated levels impair memory and result in lasting brain alterations. Also, elevated cortisol levels have been associated with significant depression,

osteoporosis (it takes calcium and other minerals from bones and impairs the formation of new bone), hypertension, and insulin resistance. Cortisol excess in rats results in what experts call "food-seeking behavior" (the type of behavior that motivates you to eat when you're unhappy, angry, or worried). The body distributes those extra calories as fat in the abdomen, resulting gain and an increased risk of diabetes and heart attack.

### **12. Increases your happiness**

Are you depressed? Take a seat in Lotus. Or, even better, ascend into a backbend or soar majestically into King Dancer Pose. While it is not so straightforward, one study discovered that a consistent yoga practice alleviated depression and resulted in a large boost in serotonin levels and a drop in monoamine oxidase (a neurotransmitter breakdown enzyme) and cortisol levels.

### **13. Establishes a healthy way of life**

Move more, eat less—this is a popular proverb among dieters. Yoga can aid in each of these areas. A consistent practice gets you moving and burns calories, and its spiritual and emotional components may motivate you to confront any eating or weight problems on a deeper level. Yoga may also motivate you to adopt a more mindful eating style. One benefit of Yoga is how the practices have a ripple effect throughout your life.

### **14. Decreases blood sugar levels**

Yoga improves blood sugar control and LDL ("bad") cholesterol levels while increasing HDL ("good") cholesterol levels. Yoga has been shown to reduce blood sugar levels in persons with diabetes in various ways: by lowering cortisol and adrenaline levels, increasing weight loss, and boosting sensitivity to the effects of insulin. Reduce

your blood sugar levels, and you'll lower your risk of developing diabetic complications such as heart attack, renal failure, and blindness.

### **15. Assists with concentration**

Concentrating on the present moment is a critical component of Yoga. Regular yoga practice has increased coordination, response quickness, memory, and even IQ scores. Individuals who practice Transcendental Meditation have improved problem-solving abilities and gain and recall information—likely because they are less distracted by their thoughts, which can replay indefinitely like an unending tape loop.

### **16. De-stresses the body**

Yoga teaches you to unwind, calm your breath, and focus on the present moment, rebalancing your nervous system away from the sympathetic nervous system (or fight-or-flight reaction) and toward the parasympathetic nervous system. The latter is relaxing and restorative; it slows breathing and heart rate, reduce blood pressure, and improves blood flow to the intestines and reproductive organs—all of which combine to form what Herbert Benson, M.D., refers to as the relaxation response.

### **17. Helps you maintain your equilibrium**

Regular yoga practice improves balance and proprioception (the capacity to feel what your body is doing and where it is in space). Individuals who have poor posture or disordered movement patterns frequently have impaired proprioception, linked to knee and back problems. Improved balance may cause fewer falls. For the elderly, this translated into more freedom and deferred or avoided admission to a nursing home. For the remainder of us, postures such as Tree Pose can help us feel more stable both on and off the mat.

### **18. Preserves the health of your neurological system**

Certainly, accomplished yogis have exceptional power over their bodies, many of which are mediated through the neural system. Scientists saw yogis who could create odd heart rhythms, generate certain brain wave patterns, and elevate the temperature of their hands by 15 degrees Fahrenheit using a meditation technique. If they can achieve that with Yoga, perhaps you can learn to increase blood flow to your pelvis if you're trying to conceive or create relaxation if you're having difficulty sleeping.

### **19. Helps to alleviate tension in your limbs**

Do you ever catch yourself clutching the phone or the steering wheel with an iron fist or scrunching your forehead when staring at a computer screen? These unconscious habits can cause prolonged tension, muscle fatigue, and pain in the wrists, arms, neck, shoulders, and face, all of which can contribute to increased stress and a depressed mood. As you practice Yoga, you realize the tense areas of your body: your tongue, your eyes, or the muscles of your face and neck. If you merely tune in, you may alleviate some tongue and eye stress. It may take years of effort to learn how to relax larger muscles such as the trapezius, quadriceps, and buttocks.

### **20. Assists in deeper sleep**

While stimulation is beneficial, excessive amounts stress the nervous system. Yoga can provide a welcome respite from the hectic pace of modern life. Restorative asana, yoga Nidra (a type of guided relaxation), Savasana, pranayama, and meditation promote pratyahara, the inward turning of the senses that offers the nervous system downtime. Another benefit of consistent yoga practice,

according to research, is improved sleep—which means you'll be less exhausted and agitated and hence less likely to have an accident. Sleep is one of the primary advantages of Yoga that practically every practitioner, regardless of ability level, can experience.

### **21. Enhance the function of your immune system**

While asana and pranayama are likely to promote immune function, meditation has received the most scientific backing in this area thus far. It appears to benefit the immune system's functioning, boosting it when necessary (for example, increasing antibody levels in response to a vaccine) and reducing it when necessary (for instance, mitigating an inappropriately aggressive immune function in an autoimmune disease like psoriasis).

### **22. Provides breathing space for your lungs**

Yogis typically take fewer, deeper breaths, which is both calming and efficient. A 1998 research published in *The Lancet* taught adults with lung issues caused by congestive heart failure, a yogic method called "complete breathing." Their average respiratory rate reduced from 13.4 to 7.6 breaths per minute after one month. Meanwhile, their exercise capacity and blood oxygen saturation increased dramatically. Also, Yoga has been proven to improve different measures of lung function, including maximum breath volume and exhalation efficiency.

Also, Yoga encourages nasal breathing, which filters the air, warms it (cold, dry air is more likely to cause an asthma attack in sensitive individuals), and humidifies it, removing pollen, debris, and other foreign particles from the lungs.

### **23. Prevents irritable bowel syndrome and other digestive disorders.**

Stress can aggravate ulcers, irritable bowel syndrome, and constipation. As a result, if you reduce your stress, you will experience less pain. Like any other form of physical activity, Yoga can help with constipation — and theoretically reduce the risk of colon cancer — by facilitating the movement of food and waste items through the bowels. Also, although not scientifically proven, yogis believe twisting positions may aid in the waste moves through the system.

#### **24. Provides peace of mind**

Yoga calms the mind's oscillations. It reduces the speed with which mental loops of frustration, regret, rage, fear, and want can generate stress. And because stress is linked to a wide variety of health problems—from migraines and sleeplessness to lupus, multiple sclerosis, dermatitis, hypertension, and heart attacks—learning to calm your mind increases your chances of living a longer, healthier life.

#### **25. Enhances self-esteem**

Many individuals struggle with chronic poor self-esteem. If you react badly to this—if you take drugs, overeat, work too hard, or sleep around—you may pay the price in terms of physical, mental, and spiritual health. Suppose you approach life positively and practice yoga. In that case, you will experience, initially in glances and later in more prolonged perspectives, that you are valuable or, as yogic philosophy teaches, that you are a manifestation of the Divine. If you practice consistently with the purpose of self-examination and improvement in mind — not merely as a substitute for an aerobics class — you can tap into a different aspect of yourself. You'll feel empathy, gratitude, and forgiveness, and a sense of belonging to something larger. While improved health is not the primary purpose



of spirituality, it is frequently a by-product, as many scientific studies show.

### **26. Help relieve your pain**

Yoga can help you manage your pain. Meditation, or a combination of the two, significantly reduced pain in individuals with rheumatoid arthritis, low back pain, fibromyalgia, carpal tunnel syndrome, and other chronic diseases. When you ease your pain, your mood improves, you become more active and require less medicine.

### **27. Instill inner strength in you**

Yoga can assist you in changing your life. Indeed, that may be its greatest asset. Tapas, the Sanskrit word for "heat," refers to the fire, the discipline that fuels and develops daily yoga practice. Tapas can apply to the rest of your life to overcome lethargy and change unhealthy patterns. Without making a conscious effort, you may discover that you eat healthier, exercise more, or finally quit smoking after years of unsuccessful attempts.

### **28. Establishes a link between you and guidance**

Effective yoga instructors can work wonders for your health. The exceptional ones go above and beyond, simply guiding you through the postures. They can help you improve your posture, determine whether to go deeper or back off in poses, convey difficult truths with compassion, assist you in relaxing, and enhance and customize your practice. A respectful relationship with a teacher contributes significantly to your health promotion.

### **29. Assists you in remaining drug free**

If your medicine closet resembles a pharmacy, it may be time to try yoga. Yoga has been showed to assist persons with asthma, high blood pressure, Type II diabetes, and obsessive-compulsive disorder

reduce their drug dosages and sometimes eliminate them. What are the advantages of taking fewer medications? You'll save money and are less likely to experience adverse effects or risky drug interactions. (Always see your physician before discontinuing or modifying any prescribed drug.)

### **30. Increases awareness of the need for transformation**

Yoga and meditation help to develop awareness. The more conscious you are, the easier it to overcome negative feelings such as anger. Chronic anger and hostility appear to be as strongly associated with heart attacks as smoking, diabetes, and increased cholesterol. Yoga appears to ease anger by developing compassion and connectivity and soothing the nervous system and mind. It strengthens your ability to detach from the drama of your own life and maintain your composure in the face of bad news or upsetting circumstances. You can still react swiftly when necessary — and there is evidence that yoga improves reaction time — but you can use that split second to pick a more mindful strategy, alleviating your own and others' suffering.

### **31. Contribute to the health of your relationships**

While love may not conquer all, it can undoubtedly aid in healing. Cultivating the emotional support of friends, family, and community has benefited health and healing frequently. A consistent yoga practice fosters the development of friendliness, compassion, and increased stability. Along with the emphasis on avoiding harm to others, speaking the truth, and taking exactly what you require, this may improve several relationships.

### **32. Uses sound to ease sinus congestion**

While the fundamentals of yoga—*asana*, *pranayama*, and *meditation*—all contribute to overall health improvement, there is

more to the yoga toolbox. Consider the practice of chanting. It prolongs exhalation, which alters the balance of the sympathetic nervous system toward the parasympathetic nervous system—chanting when performed in a group setting may be an especially potent physical and emotional experience.

### **33. Visualize the healing process of your body in your mind's eye (mental benefits of yoga)**

By visualizing an image in your mind's eye, as in yoga Nidra and other disciplines, you can affect change in your body. Many studies have discovered that guided visualization significantly reduces surgical pain, headache frequency and improves the quality of life in persons with cancer and HIV.

### **34. Prevents allergies and infections**

Yoga also includes prayers or purification practices. They range from fast breathing exercises to in-depth intestinal cleansing. Jala neti, which comprises a mild lavage of the nasal passages with salt water, cleanses the nose of pollen and viruses, prevents mucus buildup, and aids in sinus drainage.

### **35. Assist you in serving others**

Karma yoga (selfless service) is a fundamental part of yogic philosophy. And, while you may be opposed to serving others, doing so may benefit your health. A University of Michigan study discovered that older adults who volunteered for less than an hour per week had a threefold increased chance of survival seven years later. Serving others can provide significance to your life, and your issues may seem less intimidating when viewed through the eyes of others.

### **36. Encourages self-care**

Most patients in much of conventional medicine are passive recipients of care. What matters in yoga is what you do for yourself. Yoga equips you with the skills necessary for change, and you may notice an improvement the first time you practice. Also, you may realize that the more time you devote to practice, the more advantage you receive. This has three consequences: You become involved in your care, realize that your involvement endows you with the ability to influence change, and discovering that you can affect change instills optimism. And hope can be curative.

### **37. Assists in the maintenance of your connective tissue**

As you read the several ways yoga benefits your health, you're likely to find some commonality. That is because they are intricately entwined. By altering your posture, you can alter your breathing pattern. By altering your breathing, you can alter your nervous system. This is one of yoga's greatest lessons: Everything is interconnected—your hipbone is connected to your anklebone, you are connected to your community, and your community is connected to the world. This relationship is critical to comprehending yoga. This comprehensive system uses a variety of pathways simultaneously, resulting in additive and even multiplicative effects. This synergy may be the primary mechanism via which yoga heals.

### **38. Makes use of the placebo effect to impact change**

Simply believing that you will improve can help you improve. Unfortunately, many orthodox scientists believe that anything that works through the placebo effect is invalid. However, most patients want to get better, and if reciting a mantra—as you may do at the start or finish of a yoga session, during a meditation, or throughout the day—facilitates healing, even if it's a placebo effect, why not do it?

# Yoga for Beginners - How to Do the Sun Salutation in Easy-To-Follow Steps



The Sun Salutation, also called Sanskrit Surya Namaskara, is an excellent way to warm up and gently stretch your back, improving spinal flexibility. Most yoga lessons begin with the Sun Salutation. The Sun Salutation is a common warm-up exercise in most yoga courses.

It is composed of twelve flowing poses that allow the body to stretch forward and backward. Different yoga schools will have their version of the Sun Salutation.

The following 12 steps will walk you through the Sun Salutation as normally taught in a Sivananda Hatha Yoga class. It's simpler to focus on the poses the first few times you practice the Sun Salutation. As you become accustomed to the practice, attempt to align the movement with the breath.

**Standing Erect:** Maintain an upright posture with your head and torso straight but relaxed. The feet should be together, the knees

should be straight, and the arms should be relaxed at the sides. Take a deep inhale.

Exhale and bring the palms together in front of the heart center in the prayer position.

**Inhale from position two.** Extend your arms out from your heart center and raise them above your head. Arc your backward and maintain your arms raised alongside your ears. Maintain straight knees. Continue to stare up at your hands; give yourself a full-body stretch by extending your limbs up to the tips of your fingers.

**Exhale in position three.** Bend forward and place the hands near to the feet on the floor. If your hands do not touch the floor with your knees straight, bend your knees slightly. Allow your head to fall naturally toward the floor.

**Position 4:** Inhale and stretch the right leg back as far as possible without moving the hands. Kneel to the floor on the right. Keep the left knee close to the chest and the left knee on the floor between the hands. Extend the crown of the skull and the back of the neck (you may feel a slight stretch in the throat and right groin).

**Maintain your breath in position 5.** Retrace your left leg and place it next to your right, toes pointing front. Your body should be in a straight line, similar to how you would do a push-up or plank. Maintain a straight line between your head and body (if this position is too strong, then does this instead: - then keep both hands flat on the floor and have both knees on the floor, look up and back)

**Exhale and straighten the knees to the floor.** Maintain an upright posture. Between the hands, bring the chest straight down

to the floor. Bring your brow to the floor. Again, if this is too difficult, lower your body to the floor.

**Inhale as you glide your body forward until your hips are level with the ground.** Straighten your legs behind you. Placing the palms beneath the shoulders and the elbows close to the torso and pointing upward. Gently extend your head, neck, and chest upward. Maintain a small bend in the elbows and tuck them in toward the body (cobra position). Because the shoulders are relaxed and down, there is no strain in the neck or shoulder region.

**Rep the poses in the opposite direction.**

Exhale as you tuck your toes under. Maintaining the same position for the hands and feet, raise the hips to form an inverted V/downward dog pose. Strive to keep the heels parallel to the floor and the knees straight.

**Inhale and move the right foot forward between the palms,** forming a straight line between the fingers and toes. Drop your left leg on the floor and raise your head. (Alternatively, on all fours, lower the knees to the floor.) This is the identical position to Position 4.

Exhale and put the left foot forward next to the right foot without moving the hands. The brow is angled downward toward the knees. Assure that the fingers and toes are straight. This is identical to Position 3.

Inhale - as you reach your arms forward and then up over your head. Carry your arms beside your ears and balance on the balls of your feet. Give your body a complete backward bend. This is identical to Position 2.

**Exhale as you stand tall and bring your arms down alongside your body to return to the starting position.**

Maintain a still position and pay attention to your breath.

Once you've caught your breath, continue this routine, leading with your left leg this time.

This is a comprehensive guide to the Sun Salutation. As you gain confidence with this sequence, attempt to perform at least three to five cycles per day. You will quickly discover that your back feels suppler, supply, and flexible.

## Must-Know Yoga Poses for Beginners

### 1. Adho Mukha Svanasana/Downward-Facing Dog

- Begin on your hands and knees, stacking your hands beneath your shoulders and your knees beneath your hips.
- Extend your hands wide and press your index and middle fingers onto the mat.
- Draw your hips toward the ceiling by lifting your tailbone and pressing your buttocks up and back. Build up your legs as much as possible and softly press your heels into the floor.
- Keep your head between your arms, facing your legs, and keep your backs flat.
- Continue to hold for 5–10 breaths.

Your primary goal must be to maintain a long spine—even if that requires bending your knees. To relieve pressure on your wrists, "stretch your fingers wide, grab your mat with your fingertips, and



place extra weight on the pad where your first and third fingers meet in your palm."

## **2. Tadasana/Mountain Pose**

- Usher in a standing position with your toes together and your heels slightly apart.
- Spread your toes and disperse your weight across both feet. Join your core and tuck your hips slightly under, pointing your tailbone toward the floor. Roll your shoulders back and down.
- Inhale deeply and extend your arms overhead, pressing your hands into your feet. Also, you may place your hands in a prayer position in front of your chest or at your sides—all of these are typical variations, and your instructor may cue one directly or provide you with the option.
- Inhale and exhale slowly and deeply through your nose.
- Continue to hold for 3–5 breaths.

"Remember to keep your arms parallel to your ears," Peterson advises. extend your arms."

## **3. Utthita Ashwa Sanchalanasana/Crescent Lunge**

- With your left foot, take a large step forward to establish a staggered stance with your feet almost mat-length apart.
- Bend your front knee and maintain a straight back leg with your heel lifted off the floor. Bend your front leg in front of you until your thigh is parallel to the floor. Your hips should be squared along to the front.
- Extend your arms toward the ceiling on either side of your head and stretch upward while pressing your hips into the mat and feeling the stretch.
- Repeat on the opposite side for five breaths.

- To enter Low Lunge/Anjaneyasana, lower your back knee to the floor while maintaining a long extended leg and a flat shin on the mat.

"It is more critical to maintain a long spine than it is to straighten your back leg," Peterson says. Bend your back leg if necessary to assist you in lifting your torso and lengthening your back.

Friendly reminder: Different instructors may perceive lunge variations significantly differently. While some refer to this as Crescent Lunge, others refer to it as High Lunge, which can also refer to a similar stance with the hands on the mat on either side of the front leg.

#### **4. Virabhadrasana II/Warrior II**

- With your left foot, take a large step forward to establish a staggered stance with your feet almost mat-length apart.
- Enlarge your arms parallel to the floor.
- Bend your left knee to a 90-degree angle or close to it, parallel to the floor, while maintaining a straight right leg.
- Extend your left toes forward and extend your right foot out to the right, parallel to your left foot. Your left heel should be parallel to your right foot's arch.
- Twist your torso to the right at the same moment so that your left hip faces toward the front of the room and your right hip faces toward the back. Both your left arm and head should face forward, while your right arm should face back.
- Maintain for 1–5 breaths.

You should ensure that your left knee does not extend over your ankle. If it occurs, shallow your lunge somewhat.

#### **5. Triangle/Parkinson**

Begin with Warrior II.

- Extend your front leg straight. Then, using your left hand, stretch forward toward the earth. Tilt forward and open your torso to the right side.
- Rotate your arms to the six and twelve o'clock positions. If possible, rest your left hand on your thigh or the floor, and reach for the ceiling with your top arm fingers.
- Maintain for 5–10 breaths before switching sides.

"It is more critical to maintain a long spine than it is to reach low to your leg or floor," Peterson explains. "Add stability to this stance by placing a block beneath your lower hand."

## **6. Kumbhakasana/Plank Pose**

- Begin on all fours, knees beneath hips and hands flat on the floor just beneath your shoulders.
- Extend your legs out behind you, lifting your knees off the floor. You should now be on your toes and hands, forming one line with your body.
- Maintain a flat palm on the floor, hands shoulder-width apart, shoulders directly above the wrists, and core engaged. Maintain a neutral stance for your neck and spine by staring down towards the top of your mat.
- Remain in this position for 3 to 5 breaths.

## **7. Low Plank/Chaturanga Dandasana**

- Begin on a plank. With the palms flat on the ground, your hands shoulder-width apart, your shoulders stacked precisely above your wrists, your legs stretched, and your core engaged, assume the following pose.
- Lower yourself slowly to a Low Plank position by bending your elbows and tucking them in close to your sides until they form 90-degree angles.

- Maintain a one-breath hold.
- This pose is typically followed by Upward-Facing Dog, the next on the list.

Your shoulders should not come lower than elbow height. There is no stigma associated with performing the maneuver from your knees if it aids in maintaining perfect form.

If your instructor instructs you to perform "Chaturanga Push-ups," you will return to Plank Pose from Low Plank and repeat this technique for a few reps (essentially doing a few tricep push-ups).

## **8. Urdhva Mukha Svanasana/Upward-Facing Dog**

- From Low Plank/Chaturanga, lower your hips to the floor and flip your toes over to contact the floor with the tops of your feet.
- Squeeze your abdominals and straighten your arms to lift your chest. To open up your chest, draw your shoulders back, pinch your shoulder blades, and tilt your head toward the ceiling.

"Be free to bend your knees to relieve strain in your low back, or to forego Upward-Facing Dog and instead hold High Plank," Peterson advises.

## **9. Vrksasana/Tree**

- Begin in the mountain pose by bringing your toes together and gently separating your heels.
- Bring your right foot up to your left inner thigh. Squeeze together your foot and inner thigh. Your right knee should be turned out, and your right thigh should be bent at a 45-degree angle toward the ground.
- Once you've established your balance, raise your hands to the prayer posture in front of your chest (as indicated) or up overhead if that feels more comfortable for you.

- Maintain a fixed point in front of you to maintain equilibrium.
- Continue holding for 5–10 breaths before switching sides.

If you're experiencing difficulty balancing, Peterson suggests placing your right foot on your left shin rather than your thigh.

## **10. Natarajasana/Dancers Pose**

- Take a strong stance with your feet together.
- Bring your left foot toward your glutes by bending your left knee. With your left hand, grasp the inside arch of your left foot and slowly lift your foot toward the ceiling. Simultaneously, extend your right arm forward and upward toward the ceiling.
- Actively press your entire right foot into the floor as you open your chest and drag your raised leg up. Maintain an elevated chest.
- Concentrate on one side for 5-10 breaths before switching sides.

It is more vital to maintain a level hip than it is to raise your foot high. This will help maintain a comfortable position for your lower back and avoiding overextension.

## **11. Ardha Kapotasana/Half Pigeon Pose**

- From Downward-Facing Dog, stretch your left leg high, then bring it underneath your body and move, with your shin parallel to the top of the mat.
- Straighten your right leg behind you. Maintain contact with the floor at the top of your foot.
- Maintain a flexed left foot. Manage as much contact as possible between your right hip and the mat. Bring your left foot in closer to your body if it lifts off the floor.

- Maintain an upright position for three breaths. Then, for 5–10 breaths, fold over and rest your head on the ground.
- Repeat with the opposite leg.

If you encounter knee pain in this pose, Peterson recommends switching to Reclined Figure Four. To begin, lie on your back and cross your left foot over your right leg, maintaining a flexed left foot.

## **12. Paschimottanasana/Seated Forward Fold**

- Have a seat on the floor and extend your legs in front of you. Extend your legs. Maintain a lofty posture with a straight back.
- With your hips bent and your back straight, fold your upper body over your lower body.
- Grasp the outside of each foot, or your ankles or shins, if possible. Allow your neck to relax and your head to hang heavily.
- Continue to hold for 5–10 breaths.

"Be free to bend your knees to where your back lengthens, and your pelvis tips forward," Peterson advises. Again, maintaining a long and flat spine is more important than maintaining straight knees.

# CHAPTER TWO

## The Beginner's Guide to Every Type Of Yoga Out There



Finding the proper yoga class and teacher can be analogous to dating; while it's tempting to choose a yoga class based on its convenience for your schedule, it's worth investing the time (and a

little trial and error) to know what works for you. This suggests that you ask yourself the following questions: What are the primary two reasons you're drawn to yoga? Were you a visual or a verbal learner? "Ask your pals and your neighborhood yoga studio, as well." To begin, here is a rundown of the most popular yoga styles.

You've begun practicing yoga finally — but your head is spinning after Googling classes in your neighborhood. Should you begin with Ashtanga or Iyengar yoga? And how do hot yoga and Vinyasa differ? The variety of alternatives can be enough to scare newcomers away from the mat permanently.

### **1. Hatha Yoga**

In these slower-paced lessons, which demand you to hold each posture for a few breaths, it's all about the fundamentals. Hatha lessons are sometimes referred to as a milder version of yoga in many places. However, the Sanskrit term "Hatha" refers to any yoga that incorporates physical postures. "It is a bodily discipline, a physical practice that brings these two forces into balance. Thus, it is all hatha yoga in actuality."

Recommended for: Beginners. Hatha is an excellent class to begin your yoga practice because of its gentler pace.

### **2. Vinyasa (Flow) Yoga**

Bring your flow to life with this dynamic practice that connects movement and breath in a dance-like manner. In most courses, you will not remain in each position for an extended period, and the tempo will be brisk, so be prepared for your heart rate to soar. Teachers frequently pump music, syncing the beats to the positions' sequences.



Ideal for: HIIT enthusiasts. Vinyasa may appeal to intense exercisers because of its rapid pace. Because of the continual movement, runners and endurance athletes are also drawn to Vinyasa classes.

### **3. Iyengar Yoga**

Here, you'll become obsessive about perfection and detail, as well as the alignment of your body in each pose. Props, ranging from yoga blocks and blankets to straps and a ropes wall, will become your new best buddy, assisting you in working within a safe and productive range of motion. In contrast to Vinyasa, each position is held for a specified amount of time. If you are new to Iyengar, even if you have practiced other styles of yoga, it is recommended that you begin with a level one class to become acquainted with the method.

Ideal for: Yogis, who are meticulous in their attention to detail. If you're a nerd for anatomy, movement, and form, Iyengar is for you – teachers impart a lot of knowledge to each class. Iyengar may also be done at any age and is beneficial for those who have injuries (though a physician should be consulted first), Vilella stresses.

### **4. Yoga Ashtanga**

If you're seeking a method of yoga that is both demanding and orderly, try Ashtanga. Comprising six sequenced yoga positions, you'll flow and breathe your way through each pose to generate internal heat. The catch is that each class will comprise the same positions performed in the same order. While some studios have an instructor call out the poses, Mysore-style classes (a subset of Ashtanga) require students to practice the series independently. (But have no fear – there will always be a teacher in the room to assist you if necessary.)

Ideal for: Type-A personalities. If you're a perfectionist, Ashtanga's schedule and tight restrictions will appeal to you.

## **5. Bikram Yoga**

"All Bikram studios follow the same 90-minute schedule, so you'll always know what to do."

Prepare to sweat: Bikram yoga is a sequence of 26 poses and two breathing exercises that must be performed in an environment heated to roughly 105 degrees and 40% humidity. All Bikram studios follow the same 90-minute schedule, so once you unroll your mat, you'll know precisely what to do. Remember the rigorous practice mixed with the heat can make the lesson feel physically demanding. If you're new to Bikram, ease into it: Rest when necessary and hydrate beforehand.

Ideal for: Individuals who prefer a predictable schedule. Bikram may appeal to those who are new to yoga due to its predictable sequence.

## **6. Hot Yoga**

Hot yoga, like Bikram, is practiced in a hot environment. However, teachers are not restricted by the Bikram sequence's 26 poses. While the heat will give you the illusion of being able to move deeper into some poses than you would in a non-heated class, it is easy to overstretch, so avoid pushing yourself beyond your ability.

Ideal for: Devotees of extreme sweat. Sign up for a beginner-friendly hot class if you enjoy a challenging workout that will leave you drenched.

## **7. Kundalini Yoga**

Kundalini has developed a cult-like following due to celebrity adherents such as actor Russell Brand and author Gabrielle Bernstein. This physically and psychologically demanding practice resembles nothing like a regular yoga class. You'll practice kriyas - a combination of repetitive physical exercises and severe breath

training — while also chanting, singing, and meditating. What is the objective? To dismantle your internal boundaries, releasing the untapped energy inside you and providing you a greater sense of self-awareness.

Ideal for: Those seeking spiritual practice. Kundalini may appeal to those wanting more than a workout due to its emphasis on the interior parts of yoga, such as breath practice, meditation, and spiritual energy.

## **8. Yin Yoga**

If you're looking to calm and balance your body and mind, here is the place to go. Yin yoga is held for several minutes, in contrast to a more dynamic practice such as Ashtanga. This meditative technique restores length and flexibility to your deeper connective tissues and fascia. You'll use props to allow your body to relax into the position rather than flexing or engaging the muscles actively. As with meditation, it may make you feel antsy at first, but stick with it for a few lessons, and you may become hooked on its restorative benefits.

Ideal for: Individuals who require stretching and unwinding. Remember that yin yoga is not recommended for extremely flexible individuals (you may overdo it in some poses) or for those who have a connective tissue condition.

## **9. Yoga for Rejuvenation**

While it may appear that you are accomplishing little in a restorative yoga class, this is precisely the idea. The peaceful, slow-paced practice with extended holds lets your body engage your parasympathetic nervous system, allowing for deeper relaxation. Also, you'll use a range of props, such as blankets, bolsters, and yoga

blocks, to ensure that your body is adequately supported in each pose.

The best option for Everyone. It's an excellent yoga practice for anyone with slowing down, insomnia, or anxiety problems. It is beneficial for athletes on recuperation days.

### **10. Aerial Yoga**

Aerial yoga lessons comprise a series of yoga poses performed on a silk hammock rather than a mat. This style of yoga should aid in the development of strength and flexibility by relieving pressure on the shoulders, spine, and head. Expect to perform variations of squats, lunges, cat, cow, camel, and warrior sequences while suspended from a silk hammock. And while some postures will need you to be upside down, this should not deter you from attending class. Aerial yoga requires you to recruit more of your upper body and core to accomplish the postures, which is ideal if you wish to improve.

### **11. Yoga for Couples**

Want to strengthen your relationship with your significant other? Consider enrolling in couples' yoga sessions. This style of yoga requires you to collaborate with a partner to complete a sequence of poses. Couples yoga is not only an excellent way to increase intimacy and trust, but it also provides a challenging workout that forces you and your spouse to rely on one another's strength and flexibility. Not to mention, couple's yoga teaches you patience and helps you achieve a nice stretch because you have an extra set of hands.

### **12. Prenatal Yoga**

As the name involves, this style of yoga is geared toward expectant parents, but it is much more than that. These courses feature a moderate sequence of poses to increase the range of motion and ease pain in difficult regions such as the back and hips. Instructors with

additional prenatal certification give changes appropriate for each stage of pregnancy. Women also discuss their issues and concerns at the start of class in many studios, making these classes an important support community.

### **13. Katonah Yoga**

In the realm of yoga, Katonah yoga is a rising star. Classrooms are more akin to workshops than traditional classes. Instructors will show various positions using a variety of props and hands-on modifications. They want you to comprehend the structure and alignment of your bones and joints in each stance, as well as how each posture fits your body. Also, Taoism and Chinese medicine are incorporated into the practice.

## A 10-Minute Morning Yoga Sequence for Beginners



This short morning yoga routine for beginners is ideal for getting your blood flowing and refocusing your energies. The positions will

strengthen and lengthen your body, allowing you to feel fit and flexible throughout the day.

### **1. Tadasana**

Mountain Pose is an excellent starting point. Place your feet on the ground and apply even pressure to the four corners of each foot. Straddle the floor with your arms and draw your abdominals in and up. Hold for five to eight breaths to reacquaint yourself with your surroundings and prepare to progress deeper.

### **2. Urdhva Hastasana**

Raise your arms overhead and firmly push your palms together from Mountain Pose. Maintain a release of the tops of your shoulders away from your ears and engage your triceps. Maintain abdominal engagement and firm legs. Maintain this position for five to eight breaths.

### **3. Warrior I**

Warriors are always a great thing to do in the morning. Warriors instill confidence and strength in us and assist us in reconnecting with our inherent strength.

Step your left foot back one leg length from Urdhva Hastasana. As you lunge forward with your right knee, press the outside left foot onto the mat. The left foot should be angled at a 75% angle. Assure that the knee remains above the ankle. Maintain this position for five to eight breaths.

### **4. Warrior II**

Coming from Warrior I, As you glance forward over your right hand, slant your arms, hips, and waist to the side. Your rear toes may open somewhat over seventy-five degrees, but the toes should remain slightly forward of the heel. Assure that the front knee does not roll

inward. Draw your abs in and maintain an even torso between the legs. Remain still and take five to eight deep breaths.

### **5. Triangle**

Straighten the front leg and hinge forward from Warrior II, resting the hand on the knee, shin, or a block. Consider yourself sandwiched between two slender walls. Hold for five to eight breaths, then rise to your feet.

### **6. Side Angles Extend**

Return the front knee to its original position and lay the outer right forearm on the upper right thigh. Extend the upper arm overhead and lengthen it from the outer edge of the left foot to the left fingers. Maintain this position for five to eight breaths.

Drop your hands alongside your front foot and take a stride forward, bringing both legs together. Reintroduce Urdhva Hastasana and repeat 3-6 on the left side.

### **7. Downward Dog**

Instead of folding forward after completing the postures on the left side, rest both hands on the ground with either side of the left foot from Extended Side Angle and step the left foot back and meet the right in Downward Facing Dog Pose.

Firmly press your hands into the palms of your hands and roll your upper arms outwards. Lengthen your torso and maintain abdominal engagement. Use your legs to return your torso into space actively. It's acceptable if you need to bend your knees! Maintain this position for eight to ten breaths.

### **8. Plank with the forearms**



Roll out of Downward Facing Dog Pose (or come to hands and knees) and rest your forearms on the floor. Assure that your entire body is in a straight line from head to toe.

Maintain abdominal engagement and hold for thirty to sixty seconds to kick-start your day's powerhouse.

### **9. Baby Cobra**

Lower to your belly from the forearm plank, walk your hands slightly forward if necessary, and raise your chest into a Baby Cobra. Draw your shoulder blades together and down your back, and inhale deeply into your front torso. Hold for five breaths, then lower yourself and repeat twice more.

### **10. Pose of a Child**

Return to Child's Pose to stretch the entire back body and focus on your goals for the day. Continue for as long as you are able or desire and end in Savasana or press to stand and roll up for an outstanding day.

Whenever you get out of bed, pat yourself on the back and greet the day with some yoga postures. You will feel incredible—and you may find that you no longer require that additional cup of coffee.

### **Tips for Starting Morning Yoga.**

Ascend to your feet, yogis! It's time to rise from your bed, roll out of bed, and unfold your yoga mat. A morning yoga flow is an ideal approach to start your day by reawakening your mind and body. There is no necessity to spend thousands of dollars on extravagant yoga retreats to benefit from yoga. No, even five to ten minutes of morning yoga can assist in re-energizing your body and mind to prepare for the day ahead.

### **Is It Beneficial to Practice Yoga in the Morning?**

Yoga time is always available; there is no "bad" time for yoga. On that topic, "a morning yoga program can be an excellent method to gently warm and awaken the mind and body following a peaceful night's sleep, preparing you for whatever the day may bring."

### **Which Yoga Is the Most Beneficial in the Morning?**

Yoga comes in a variety of styles, and each style may appeal to a particular person. We do, however, advocate vinyasa yoga for morning yoga stretches. This style of yoga connects breath and movement and enables you to generate a "flow" as you progress from pose to pose.

"Much like a pre-workout warm-up, this type of dynamic yoga practice energizes the mind and body by gradually preparing the body as an integrated unit through the use of exploratory movements and foundational postures linked to the natural rhythm of the breath. To establish optimal joint stability and mobility."

"Practicing asana dynamically and intelligently sequenced gradually increases the internal temperature of the body and improves neuromuscular efficiency, assisting in the development of more effective, pain-free movement patterns and increased body awareness."

### **Yoga Routine for the Morning**

Matthews's ten-minute morning yoga routine begins with a moving breath technique called Bellow's Breath. "Also known as 'yogic coffee,' this invigorating breathing method boosts mental alertness and activation," Throughout this pattern, move at your own pace, following your breath. Suggestions for getting your morning yoga practice started Making time for a morning yoga practice can significantly improve the quality of your day. Here are some

suggestions to assist you in getting out of bed and onto your yoga mat.

### **1. Bhastrika (Bellow's Breath) with Overhead Reach**

- Assume a comfortable sat position for you, such as an easy seated stance (sukhasana). At shoulder height, bend your elbows. Ensure that your elbows are in line with your shoulders. Stack your hands loosely around your wrists.
- Maintain the length of your spine and inhale deeply through your nose two to three times.
- Inhale through your nose on the following inhalation while raising your arms upwards and outstretching your fingers.
- Breathe out your nostrils on the expiration, bending your elbows to return your arms to the starting position.
- Repeat for an even number of breath cycles (one inhale and one exhale count as one cycle).
- Place your hands on your thighs and take a seat. Turn your palms upward to absorb the energy that surrounds you.

### **2. Pose of the Bridge**

- Lie on your back with your knees bent. Sustain a straight line from your knees to your ankles. Separate your feet so that they are hip-distance apart. Extend your arms to your toes.
- With an inhale, raise the hips toward the ceiling. Maintain a lifted hip position and bring your head, neck, and shoulders into contact with the mat. (Avoid looking to the right or left to protect your neck.)
- Exhale and gradually return to the beginning position.

### **3. Pose of the Cow/Cat**

- Get down on all fours. Your shoulders should be higher than your wrists, and your hips should be higher than your knees. Neutralize your spine by drawing your abs in toward it.
- Compress your hips and shoulders closer to one another as you inhale for cow stance. Allow your chest to expand and your head to fall back between your shoulder blades.
- In cat posture, exhale and circle your spine, drawing your hips into your chest. Draw your chin into the back of your throat.
- Continue the moves to acclimate your spine.

#### **4. Variations on the Crescent Lunge**

- Starting on all fours, step forward with your right leg between your palms and stretch your left foot behind you.
- Sweep your arms above your head, keeping your biceps close to your ears. Reduce the depth of your hips. Bring your back knee to your chest.
- Exhale, extend your right arm parallel to your body and extend your left fingertips above your head. While stretching your left side, push your hips forward to intensify the stretch in your hip flexors.
- Return to all fours by passing through the center.
- Repeat on the opposite side, with the left foot forward and the right arm reaching upward and overhead.

#### **5. A Twist on the Child's Pose**

- From the tabletop. Your big toes should meet, and your knees should be hip-distance apart. Your hips should sink toward your heels, your tummy should be drawn down to the mat, and your arms should be extended forward (option to wrap your hands around your heels).

- Inhale and raise your right arm off the mat. Exhale, twist your torso, and stretch your right shoulder by threading your arm underneath your left arm.
- Neither your right arm on the subsequent inhale.
- Exhale and repeat the actions on the left side to stretch.
- Reintroduce the child's position, this time with both arms extended.
- Rep the actions until the target number of reps is achieved.

## **6. Downward Facing Dog to Plank**

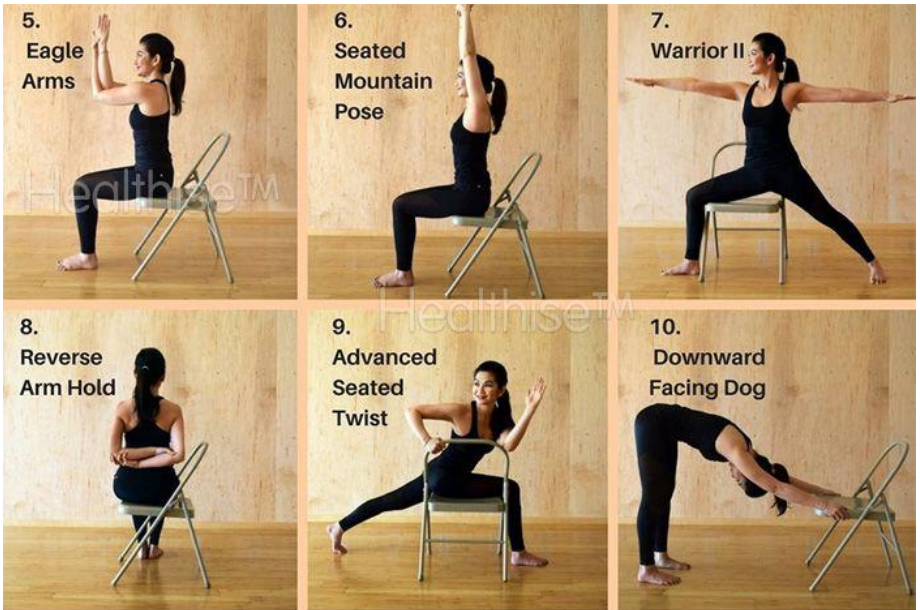
- Get back on all fours.
- Assume a plank position with your shoulders vertically above your wrists, your spine lengthened, and your legs straightened behind you.
- Pike your hips upward and lower your heels toward the mat (it is acceptable if your heels do not contact the floor). With your body, create a pyramid form.
- Straighten your arms and bring your chest closer to your thighs.
- To warm up your shoulders, you can alternate between a downward-facing dog and a plank stance.

## **7. From the Star Pose to the Goddess Pose**

- Walk your feet to your hands from a downward-facing dog. As you slowly rise to your feet, uncurl your spine until your shoulders are stacked over your hips.
- Take a wide split-leg stance with your feet three to four feet apart. Turn in your heels and out your toes.
- Inhale and raise your arms in a V-shape overhead. Maintain a broader than shoulder-width arm span and forward-facing palms. Distribute your fingers widely.

- On an exhalation, drop yourself into a deep, squat position. Bend your knees and align them with your shins. Bend your arms and draw your elbows against your ribs as you squat. Squeeze your shoulder blades together while keeping your spine lengthened.
- Maintain this breath-to-movement pattern. Straighten your hips, knees, and elbows with each inhale. Bend your hips, knees, and elbows with each exhalation, and draw your shoulder blades together.

## Chair Yoga and Five Poses to Get Started



Chair yoga is a moderate style of yoga that is performed in a seated position. Certain positions can also be performed standing with the use of a chair. You can practice chair yoga almost everywhere. There is a seat available. Chair yoga can help you improve your flexibility, concentration, and strength, as well as your mood and joint pain.

When performed regularly, yoga has been showed to improve overall wellness. As with many forms of exercise, it can be adapted to accommodate individuals with varied abilities. Chair yoga is a moderate style of yoga that can be practiced either sitting in a chair or standing on the floor with the chair as a prop. The advantages of chair yoga include:

- increased adaptability
- increased concentration
- heightened strength
- mood booster
- alleviation of tension and joint strain

You can practice chair yoga almost everywhere. There is a seat available. To get you to begin, here are some fundamental chair yoga poses (called asanas). These poses may be beneficial if you have limited mobility or wish to practice yoga at work.

### **Cat cow seated**

Begin by placing your hands on your thighs and rising tall. Exhale and round your back, drawing your abdominals into your spine, tucking your tailbone down and your chin into your chest. Keep your upper back as round as possible, pressing your mid-back toward the chair. This is known as the cat stance.

Allow your belly to expand forward as you inhale, arch your back, push your sternum forward, and lift your head toward the ceiling (if your neck is comfortable) or keep it parallel to the floor. This is known as the cow stance. This motion should be repeated many times, inhaling into the cat and exhaling into the cow.

### **Twist while seated**

Your left hand should be on your right knee, and your right arm should be draped over the back of your chair. Turn to your right and

glance over your right shoulder for four breaths. Feel your spine stretch on the inhale and twist further on the exhale. Return to the middle with an exhalation and repeat on the other side.

### **Opener of chests seated.**

Take a seat on the chair's front edge and interlace your hands behind your back. Lift your hands up and away from your back as you inhale while gently separating your chin from your chest. Lower your hands as you exhale. At least twice more, repeat this motion with your breaths. Repeat with a different grip on your hands.

### **Hip opener/chair pigeon**

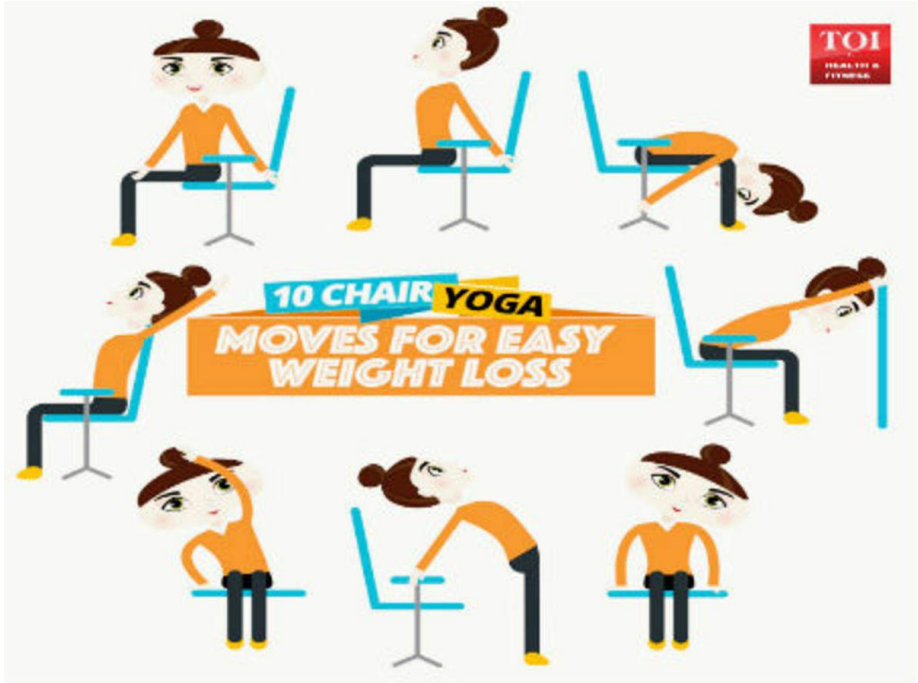
Your right ankle should be placed on top of your left knee. Allow your right knee to extend out to the side while maintaining a flexed foot. As you inhale, maintain a tall posture, and as you exhale, relax into the stretch. Increase the stretch by gently pressing your right hand against the right knee. To extend the stretch maintain a flat back and a long spin and begin tipping forward from the hips. Remain for three to five breaths on the opposite side and repeat.

### **Forward fold while seated.**

The process is by placing your hands on top of your thighs and inhaling deeply. Fold forward from the hips (rather than rounding the upper back) as you exhale, laying your body over your legs. Reduce your hands to the floor. Alternatively, you can grip each elbow with the opposing hand or let your arms drop to the floor. Allow your body to sag heavily over your legs while your head and neck remain relaxed. Enable your hands to rest on your thighs on the inhale and slowly roll back up to seated.



# Strategies for Teaching Chair Yoga Classes To Beginners



Nowadays, an increasing number of individuals recognize yoga as a beneficial exercise that may help them tone up, thin down, and reduce stress from their lives. Instructors who are sincerely committed to assisting these persons should remember that teaching chair yoga courses can be an excellent method to keep this form of practice interesting and fresh. It's necessary to keep in mind that many individuals are unfamiliar with chair yoga. As a result, teachers who wish to teach chair courses to novices must employ proven tactics to maximize the effectiveness of the process. The following four tactics will assist instructors in mastering the skill of teaching introductory chair classes:

### **1. Earn A Certification Or Enroll In A Course.**

While many instructors believe that chair courses extend traditional forms of yoga, it is crucial to know that this practice has distinct elements that must be mastered. Given this, instructors would be wise to get a professional certification or attend practice classes before teaching other chair yoga. After obtaining certification or enrolling in courses, an instructor will probably gain the substantive knowledge and expertise necessary to teach with confidence.

### **2. Rehearse**

In the world of yoga, the phrase "practice makes perfect" is unquestionably true. To truly learn the practice of chair yoga, it is critical to realize that certification or taking courses is only the beginning. Along with completing these essential stages, the instructor must practice constantly. The instructor should ideally rehearse the moves in front of a mirror to identify faults. Thus, the instructor will offer chair courses to novice students more efficiently.

### **3. Adopt a positive attitude.**

Because yoga classes require students to attempt intricate exercises while their bodies are on show, many feel uneasy or ashamed about class participation. This is frequently the case for individuals who are new to chair classes. To assist pupils in gaining confidence and feeling at ease, it is good to use encouraging language when correcting and advising on their movements. Avoid using pessimistic words such as "No" and "Do not." Rather than telling the pupil what not to do, describe clearly what they should do and commend them on any activities they are already performing well to build self-esteem and a positive attitude toward fitness.

#### **4. Maintain Current Knowledge.**

Because of technological advancements and the ongoing evolution of the exercise science sector, yoga techniques and praxis are always developing. As a result, instructors who wish to provide their students with innovative chair lessons must stay current on developing trends and best practices. It's a good idea to subscribe to recognized exercise publications and enroll in continuing education classes to reach this goal (CECs).

Yoga instructors, considering teaching chair sessions to beginners, should know that the experience can be personally enjoyable and professionally beneficial. To maximize this opportunity, implement some or all of the tactics listed above. Yoga instructors who follow this path are likely to excel at teaching chair sessions to beginners.

# CONCLUSION

Yoga is beneficial for the mind, the body, and general wellness. It can help strengthen muscles and function as a preventative strategy against joint or muscle problems as you age. For novices, start slowly and concentrate on positions that help you stretch before you begin your day.

Practicing Yoga has many health benefits. It helps us avoid diseases such as headaches, fever, flu, and asthma and maintains us healthy, flexible, and fresh throughout the day. In our daily lives, we are too preoccupied with work to think about our health. As a result, we are constantly in pain, under stress, and at risk of being ill. However, incorporating Yoga into our daily routines will help us reduce and conquer difficulties that no amount of medication can fix. Most of us work in offices all day. Even after that, not practicing Yoga or any other physical activity can cause our bodies to appear bulky and rigid. Performing the Surya Namaskar (Sun salutation) series of twelve postures, Pranayama (breathing exercises), and some joint motions can help resolve this issue.

The most critical aspect of the aforementioned yoga routines is that you retain control of your food consumption. Natural foods should be consumed. Avoid fast meals, artificially sweetened beverages, and any other unnatural market products. Yoga practice alone is only a portion of the solution; therefore, it is critical to watch your food intake. The more natural and healthful foods you consume, the more probable you will benefit more quickly.

Yoga in the morning is an excellent addition to your morning practice. If it takes an hour for you to get intellectually awake, these

stretches and clearing your mind may be more beneficial than that second cup of coffee.

Yoga is a panacea for practically every ailment. Yoga practice benefits your physical body but also assists you in achieving inner peace and relaxing your mind. Thus, there is no situation in which Yoga will not be beneficial. Also, Yoga is not a one-day activity; it is a lifelong commitment.





