

Yoga Poses For Beginners

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Practice Yoga when you're not in class!

The 7 main body movements of Yoga are flexion, extension, hyperextension, rotation, circumduction, abduction and adduction. Yoga increases strength, flexibility and balance. However, the benefits of yoga are not limited to the physical, but also extend to the psychological, increasing relaxation and decreasing the tension in the muscles and joints.

Before you get started there are a few things to bear in mind:

- 1. Know the limits of your body.** In order to enjoy Yoga, you need to push a little, but not too hard. Going too far risks injury.
- 2.** If you have any **medical conditions** or health concerns, consult with a health professional first.
- 3.** For maximum effectiveness, i.e. the best results, aim to **practice Yoga daily** for a minimum of 30 minutes.
- 4.** Your clothing should be **comfortable**, soft and loose.
- 5. Don't eat immediately before you start.** Leave at least 3 1/2 hours between eating solid food and practicing Yoga.
- 6.** The space you're using should be clean, bright (preferably natural light), spacious and **free of distractions**.

YOGA: *strike a pose*



sukhasana
(easy)



upavishtha konasana
(seated angle pose)



ardha matsyendra
(half-twist)

- for beginners
- for beginners & pregnant women
- for intermediate practitioners



svanasana
(table)



marjariasana
(cat)



bitilasana
(cow)



chakravakasana
(sunbird)



garbhasana
(child)



phalakasana
(plank)



astang pranam
(caterpillar)



bhujangasana
(modified cobra)



adho mukha svanasana
(downward dog)



ardha adho mukha svanasana
(half downward dog)



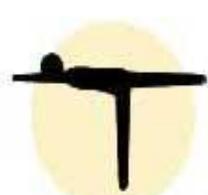
uttanasana
(standing forward bend)



utthita ashwa sanchalanasana
(high lunge)



ardha virabhadrasana
(low warrior)



virabhadrasana III
(warrior III)



virabhadrasana II
(warrior II)



parsvakonasana
modified side angle



trikonasana
(triangle)



vrksasana
(tree)



purvottanasana
(inclined plane)



dhanurasana
(bow)



ustrasana
(camel)



ardha sarvangasana
(half shoulder stand)



halasana
(plough)



shavasana
(modified corpse)