

Basic Poses and Their Benefits

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Childs pose- Resting pose that slows down the heart rate, home base. Gives you permission to take care of yourself. This pose takes concentration to begin aligning yourself with your breath. Internalizing and restoring your energy. Maintaining an inner focus.

Ujjayi breath-

Calms the body and the mind completely. Concentration and inner focus is enlivened. Your metabolism is stimulated, the Central Nervous System slows down, your breath circulation penetrates all parts of the body.

Utkatassana Twist- Inner organs are massaged and cleansed, the spine lengthens, strength comes in to the neck shoulders, hips, knees, ankles, digestion is improved, balance is challenged and stress is reduced.

Crescent lunge with variations-Creates stability on the legs, feet, shoulder girdle, torso, hips, blood circulation improves with the challenge and focus of the body and mind. When twisting the lunge: invites better digestion and stretches the torso and intercostal muscles. Hips, butt, legs get toned. Opens the chest shoulders and arms.

Side Angle pose-Wrapping the arms gives opening to the shoulders, stimulates the organs, strengthened the thighs, stretches & strengthens the pelvis girdles muscles, the spine, waist, ankles, knees and shoulders.

Humble Warrior 2- & Warrior 2

Heart opening and hips opening, rooting, leg feet strengthen, shoulders melt scapulae engage, mind softens, breath deepens CNS enlivens and relaxes, muscles, thighs and buttox sculpting, Drishti strengthens, prana increases.

Tree Pose- Rooting, spiral of energy/ prana up standing legs, heat building, strength and balance building, standing meditation, elevates the bodies healing heat.

Bridge & Wheel-Opens the chest, lungs and heart, strengthening arms, back, shoulders, hamstrings, abdomen and muscles along the spinal column. Stimulates glands such as pituitary and thyroid.

Inversions (headstand/ handstand, crow)- Calms the mind, soothes the brain- systematically reduces stress relieves tension and even mild depression and anxiety. Strengthens, arms, shoulders, spine and neck improves digestion. Therapeutic for asthma, infertility, insomnia and sinusitis.

Plow/ Shoulder stand/ Fish pose-

Calms the brain helps relieve stress and depression, tones the legs and buttox, improves digestion, reduces cramps, reduces fatigue.

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