

YOGA

CHART-2 (Set of 6)

Seated & Floor Postures



Simhasana
It is a great exercise for the facial muscles. It also relaxes the spine and other respiratory apparatus.



Siddhasana
It is excellent sitting posture for meditation. It stimulates the brain and nervous system and increases blood circulation.



Sukhasana
It eases the body and relaxes muscles of thighs, buttocks, lumbar, thoracic and pectoral muscles.



Baddha Konasana
It stimulates the abdominal organs. It is useful for people with digestive problems.



Vajrasana
It tones the legs at the end of the day. Improves digestion and relieves gas.



Krounchasana
It strengthens abdominal muscles of traps, back and abdominal muscles. It helps them reach their feet.



Uttiyana Padangusthasana
It lengthens and strengthens the waist, spine, abdomen and lumbar.



Pavangasana
It stimulates the abdominal organs and lungs. It improves the circulation of prana and our vital energy.



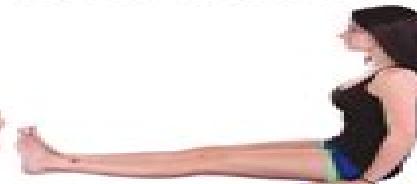
Uttita Anguli Sukhasana
It tones the toes by stretching them out in the forward bend.



Pindasana
It relieves constipation, preparing bowel in the stomach. It also strengthens the spine, heart, hepatic and stomach.



Triangla Mukhaikapada Pashchimottanasana
It improves flexibility around the hips. Decreases the stress around the hips and removes tension.



Dandasana
It strengthens legs and improves posture. It helps relax muscles with the reproductive organs.



Supita Padangusthasana
It is an excellent exercise for abdominal flexibility. It also strengthens muscles around the heels of your legs without putting much pressure on joints.



Padmasana
This is the best asana for meditation. It is helpful in concentration of mind. It is beneficial to eliminate stress, anxiety and depression.



Baddha Padmasana
This brings greater flexibility to the legs. It strengthens the shoulder blades. It helps to relieve stress. It reduces depression power tool.



Garudasana
This posture helps in a spiritual union between mind and soul. It keeps the abdominal organs in shape. It also helps to release all kinds of tension in body.



Gomukhasana
It stretches arms, neck and legs as well as the shoulders. It is very useful for arthritis and stiff joints.



Marichyasana A
This asana stretches the hamstrings, opens the hips and stimulates the blood flow in the pelvic and abdominal region.



Marichyasana B
This posture stimulates the digestive organs. It also relieves lower back pain caused by muscular tension.



Jathara Simsasana C
This posture stimulates the liver, digestive and nervous system. It improves digestion and provides relief for people suffering from headaches, migraines, high blood pressure and diabetes.

[**Yoga For Beginners Review Warranty**](#)

Rosina Ehmann

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