

# 14 EXPANSION ASANAS

EXPAND YOUR PRACTICE. ENHANCE YOUR WELL-BEING.

**15** **COBRA POSE**  
Bhujangasana  
Prone, Backbend



★ BENEFITS ★

-  Strengthens spine
-  Opens chest & lungs
-  Relieves back tension

**16** **COW FACE POSE**  
Gomukhasana  
Seated, Hip Opener



★ BENEFITS ★

-  Opens shoulders & hips
-  Relieves tension
-  Improves posture

**17** **CROCODILE POSE**  
Makarasana  
Prone, Relaxation



★ BENEFITS ★

-  Relaxes spine
-  Improves breathing
-  Reduces stress

**18** **EAGLE POSE**  
Garudasana  
Standing, Balance



★ BENEFITS ★

-  Improves balance
-  Strengthens legs
-  Enhances focus

**19** **BOUND ANGLE POSE**  
Baddha Konasana  
Seated, Hip Opener



★ BENEFITS ★

-  Opens hips
-  Improves circulation
-  Calms the mind

**20** **BRIDGE POSE**  
Setu Bandha Sarvangasana  
Backbend, Strength



★ BENEFITS ★

-  Strengthens back & glutes
-  Opens chest
-  Improves posture

**21** **CHAIR POSE (FIERCE POSE)**  
Utkatasana  
Standing, Strength



★ BENEFITS ★

-  Strengthens legs
-  Builds stamina
-  Improves balance

**22** **CAMEL POSE**  
Ustrasana  
Kneeling, Backbend



★ BENEFITS ★

-  Opens chest & throat
-  Strengthens spine
-  Relieves stress

**23** **CHILD'S POSE**  
Balasana  
Kneeling, Relaxation



★ BENEFITS ★

-  Relaxes body & mind
-  Stretches back
-  Relieves fatigue

**24** **CORPSE POSE**  
Savasana  
Supine, Relaxation



★ BENEFITS ★

-  Deep relaxation
-  Reduces stress
-  Restores energy

**25** **HALF LORD OF THE FISHES POSE**  
Ardha Matsyendrasana  
Seated, Twist



★ BENEFITS ★

-  Improves digestion
-  Detoxifies body
-  Enhances spinal flexibility

**26** **HEAD TO KNEE POSE**  
Janu Sirsasana  
Seated, Forward Bend



★ BENEFITS ★

-  Stretches spine & hamstrings
-  Improves digestion
-  Calms the mind

**27** **LOCUST POSE**  
Salabhasana  
Prone, Back Strength



★ BENEFITS ★

-  Strengthens back
-  Improves posture
-  Boosts stamina

**28** **PYRAMID POSE**  
Parsvottanasana  
Standing, Forward Bend



★ BENEFITS ★

-  Stretches hamstrings
-  Improves balance
-  Strengthens legs

CHAKRA FOCUS



**Manipura**  
(Solar Plexus Chakra)  
Confidence, Power  
& Willpower

AYURVEDIC BENEFIT



Balances Pitta & Vata  
Dosha and supports  
digestion & vitality

BREATHING



Inhale deeply,  
exhale slowly,  
and stay present  
in every pose.





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# 14 FOUNDATION ASANAS

BUILD YOUR BASE. TRANSFORM YOUR LIFE.

## 1 UTTANASANA Standing Forward Bend



### BENEFITS

- Improves digestion
- Relieves stress & anxiety
- Enhances flexibility

## 2 VAJRASANA Thunderbolt Pose



### BENEFITS

- Improves digestion
- Strengthens posture
- Calms the mind

## 3 URDHVA MUKHA SVANASANA Upward Facing Dog



### BENEFITS

- Opens chest & lungs
- Strengthens spine
- Boosts energy

## 4 VIRABHADRASANA I Warrior I



### BENEFITS

- Strengthens legs
- Improves balance
- Enhances confidence

## 5 PARIVRTTA TRIKONASANA Revolved Triangle



### BENEFITS

- Improves digestion
- Enhances balance
- Detoxifies organs

## 6 BABY CRADLE POSE



### BENEFITS

- Opens hips
- Relieves stiffness
- Improves mobility

## 7 CHATURANGA DANDASANA Four-Limbed Staff Pose



### BENEFITS

- Strengthens arms & core
- Builds endurance
- Prepares for advanced poses

## 8 VASISTHASANA Side Plank



### BENEFITS

- Builds core strength
- Improves balance
- Strengthens wrists

## 9 VRIKSHASANA Tree Pose



### BENEFITS

- Improves focus
- Strengthens legs
- Enhances stability

## 10 PURVOTTANASANA Upward Plank Pose



### BENEFITS

- Strengthens arms & legs
- Opens chest
- Improves posture

## 11 VIRABHADRASANA II Warrior II



### BENEFITS

- Strengthens lower body
- Builds stamina
- Enhances focus

## 12 SKANDASANA Side Lunge



### BENEFITS

- Opens hips
- Improves flexibility
- Strengthens legs

## 13 NAVASANA Boat Pose



### BENEFITS

- Strengthens core
- Supports digestion
- Enhances balance

## 14 MANDUKASANA Frog Pose



### BENEFITS

- Opens hips deeply
- Improves flexibility
- Supports emotional release

## YOGA IS A JOURNEY



Start where you are.  
Be consistent. Be patient.  
Your body and mind  
will thank you.

Breathe Deeply

Move Mindfully

Live Blissfully

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# 17 ADVANCED ASANAS (29-45)

DEEPEN YOUR PRACTICE. TRANSFORM YOURSELF.

**29 TADASANA**  
Mountain Pose  
Standing, Alignment



## BENEFITS

- Improves posture
- Enhances balance
- Builds body awareness

**30 UTKATASANA**  
Chair Pose  
Standing, Strength



## BENEFITS

- Strengthens legs
- Builds stamina
- Improves balance

**31 UTTHITA PARSVAKONASANA**  
Side Angle Pose  
Standing, Stretch



## BENEFITS

- Opens hips
- Strengthens legs
- Improves flexibility

**32 PARIVRTTA PARSVAKONASANA**  
Revolved Side Angle  
Twist, Detox



## BENEFITS

- Improves digestion
- Enhances balance
- Detoxifies organs

**33 CRESCENT LUNGE**  
Anjaneyasana  
Hip Opener, Strength



## BENEFITS

- Strengthens legs
- Opens hips
- Improves balance

**34 REVERSE WARRIOR**  
Viparita Virabhadrasana  
Standing, Strength



## BENEFITS

- Opens side body
- Improves flexibility
- Builds endurance

**35 BADDHA KONASANA**  
Bound Angle Pose  
Seated, Hip Opener



## BENEFITS

- Opens hips
- Improves circulation
- Relieves tension

**36 SUKHASANA**  
Easy Pose  
Seated, Meditation



## BENEFITS

- Calms the mind
- Improves posture
- Supports meditation

**37 PHALAKASANA**  
Plank Pose  
Core, Strength



## BENEFITS

- Strengthens core
- Builds arm strength
- Improves stability

**38 ARDHA NAVASANA**  
Half Boat Pose  
Core, Balance



## BENEFITS

- Strengthens core
- Improves digestion
- Enhances balance

**39 AGNI SARA**  
Fire Essence Kriya  
Kriya, Detox



## BENEFITS

- Improves digestion
- Detoxifies body
- Boosts metabolism

**40 ARDHA MATSYENDRASANA**  
Half Lord of the Fishes  
Seated Twist



## BENEFITS

- Improves digestion
- Enhances flexibility
- Detoxifies organs

**41 JATHARA PARIVARTANASANA**  
Reclining Twist  
Supine, Twist



## BENEFITS

- Relieves tension
- Improves digestion
- Calms nervous system

**42 MAKARASANA**  
Crocodile Pose  
Prone, Relaxation



## BENEFITS

- Relieves back tension
- Improves breathing
- Promotes relaxation

**43 SAVASANA**  
Corpse Pose  
Supine, Relaxation



## BENEFITS

- Relieves stress
- Calms mind
- Restores energy

**44 ARDHA BHEKASANA**  
Half Frog Pose  
Hip Opener, Backbend



- Opens thighs
- Improves flexibility
- Strengthens back

**45 UTTHITA HASTA PADANGUSTHASANA**  
Extended Hand to Big Toe  
Standing, Balance



- Improves balance
- Strengthens legs
- Enhances concentration

## CHAKRA FOCUS



**Ajna**  
(Third Eye Chakra)  
Intuition, Insight  
& Inner Wisdom

## AYURVEDIC BENEFIT



Balances Tridosha,  
improves digestion,  
detoxifies body  
and enhances vitality.

## BREATHING GUIDANCE



Inhale deeply,  
exhale slowly,  
and stay present  
in every posture.

## PRACTICE TIP



Be consistent.  
Listen to your body.  
Respect your limits.  
Enjoy the journey.



BREATHE DEEPLY



MOVE MINDFULLY



LIVE BLISSFULLY



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# DOWNWARD DOG

— ADHO MUKHA SVANASANA —

A rejuvenating inversion that stretches the entire body and calms the mind.

## BENEFITS



Stretches  
spine & legs



Strengthens  
arms



Reduces  
fatigue



CHAKRA FOCUS  
Vishuddha  
(Throat Chakra)  
Expression, Release  
& Communication



AYURVEDIC BENEFIT  
Balances Vata Dosha  
& supports overall  
energy and circulation



BREATHING  
Inhale deeply,  
exhale completely,  
and find length  
in every breath



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# ADHO MUKHA SVANASANA

— Downward Facing Dog Pose —

An energizing posture that stretches the entire body, strengthens the spine and arms, and calms the mind.

## BENEFITS



Stretches the spine, shoulders & hamstrings



Strengthens arms, shoulders & legs



Calms the mind & reduces stress



— Breathe in strength, breathe out stress. —



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# AGNI SARA

(FIRE ESSENCE KRIYA)

A cleansing kriya that stimulates digestion and internal energy.

## BENEFITS



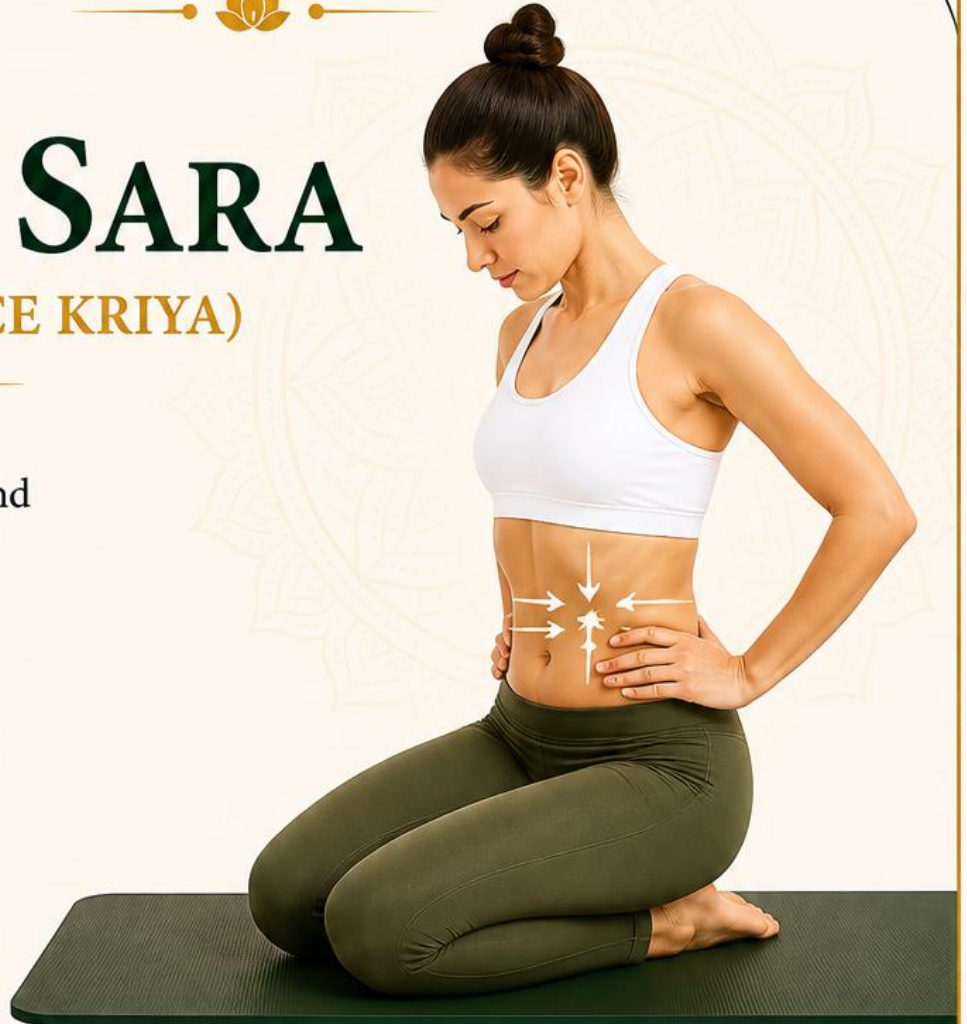
Improves digestion



Detoxifies body



Boosts metabolism



## WHAT IS AGNI SARA?



A yogic abdominal kriya that cleanses, tones, and energizes the digestive system by stimulating the abdominal organs.

## HOW TO PRACTICE

- Stand or sit in a comfortable position.
- Exhale completely.
- Inhale slightly and pump the abdominal muscles in and out.
- Continue for 20–30 cycles.
- Inhale deeply and relax.

## BEST TIME TO PRACTICE



Early morning on an empty stomach for maximum benefits.



## CLEANSE

Purify your body and organs.



## ENERGIZE

Awaken your inner fire and vitality.



## TRANSFORM

Strengthen digestion and overall well-being.



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# HAPPY BABY POSE

— ANANDA BALASANA —

A playful pose that deeply opens the hips and relaxes the body.

### BENEFITS



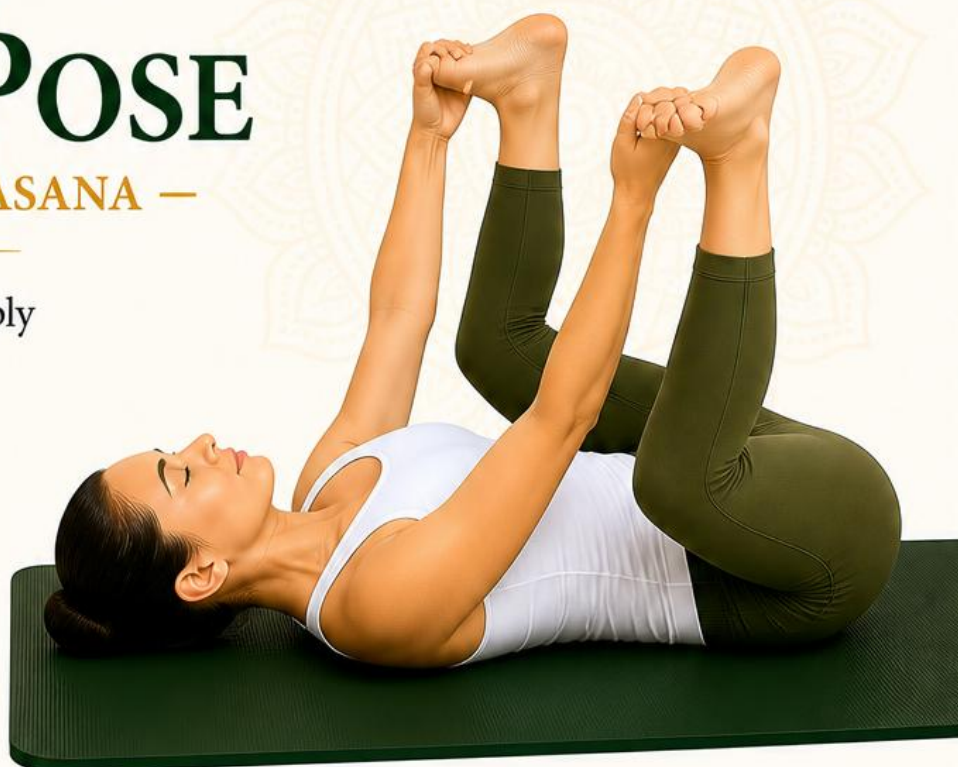
Opens hips



Relieves stress



Improves flexibility



### HOW TO PRACTICE



- ✿ Lie down on your back.
- ✿ Bend your knees and bring them toward your chest.
- ✿ Grab the outer edges of your feet.
- ✿ Gently pull your feet toward the floor.
- ✿ Keep your spine relaxed.
- ✿ Smile and breathe!

### AYURVEDIC BENEFIT



Opens the hips, reduces Vata imbalance, calms the nervous system and promotes overall relaxation and joy.

### BREATHING GUIDE



Inhale deeply and smile.  
Exhale and allow your knees to open wider.  
Breathe slow and enjoy the feeling of ease.



### OPEN

Open your hips, open your heart.



### RELAX

Relax your body, release tension.



### ENJOY

Enjoy the moment, embrace joy.



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# BABY CRADLE POSE

ANANDA BALASANA

A gentle hip opener that increases flexibility and releases tension.

## BENEFITS



Opens hips



Relieves stiffness



Improves mobility



## CHAKRA FOCUS



**Svadhithana**  
(Sacral Chakra)  
Creativity, Pleasure,  
Emotional Balance

## AYURVEDIC BENEFIT



Helps balance Vata dosha, improves circulation in the hip area and supports reproductive health.

## BREATHING GUIDE



Inhale as you hug your knees in. Exhale and relax the hips deeper.



Breathe Deeply  
Stay present



Move Mindfully  
Honor your body



Live Blissfully  
Embrace the now



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## LOW LUNGE

— ANJANEYASANA —

A grounding pose that opens the hips and chest while building strength.

### BENEFITS



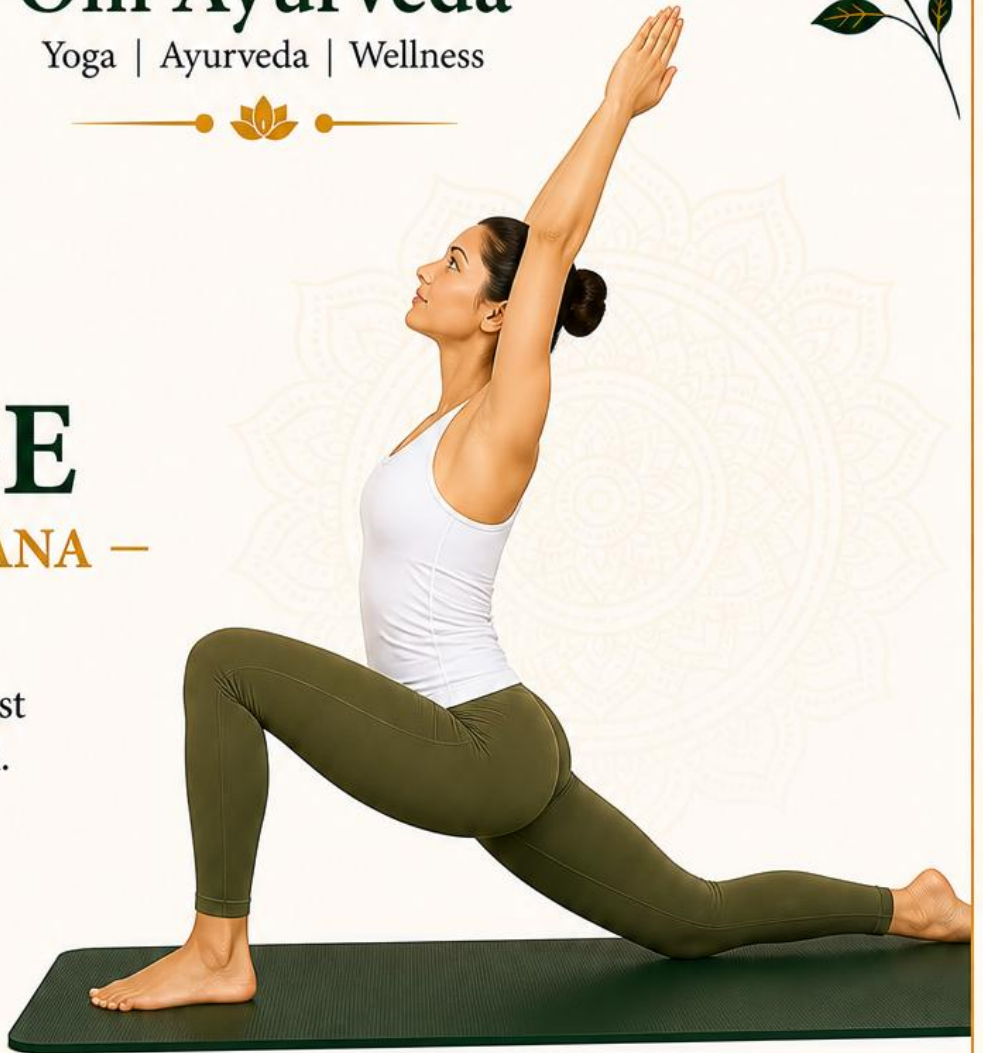
Opens hips



Strengthens legs



Improves posture



### HOW TO PRACTICE



- Start in a kneeling position.
- Step your right foot forward between your hands.
- Lower your left knee to the ground.
- Lift your arms overhead.
- Breathe deeply and hold.
- Repeat on the other side.

### AYURVEDIC BENEFIT



Balances Vata dosha, improves circulation in the pelvic region and boosts vitality.

### BREATHING GUIDE



Inhale as you raise your arms.  
Exhale and settle into the pose.  
Breathe deeply and evenly.



### GROUND

Stay strong, stay steady.



### OPEN

Open your heart, open your path.



### RISE

Rise with strength, move with grace.



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## KNEES TO CHEST POSE

— APANASANA —

A gentle restorative pose that massages internal organs and relieves lower back tension.

### BENEFITS



Improves digestion



Relieves lower back pain



Calms the mind



### HOW TO PRACTICE



- Lie down on your back.
- Bend your knees and bring them toward your chest.
- Wrap your arms around your shins.
- Gently squeeze your knees to your chest.
- Relax your head and neck.
- Hold and breathe deeply.

### AYURVEDIC BENEFIT



Stimulates the digestive fire (Agni), massages abdominal organs, balances Vata dosha and promotes elimination of toxins.

### BREATHING GUIDE



Inhale as you bring your knees to your chest.  
Exhale and relax your body.  
Breathe slow, deep and steady.



### DIGEST

Supports digestion and relieves bloating.



### RELIEVE

Relieves tension in the lower back and hips.



### CALM

Calms the mind and reduces stress.



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# HALF FROG POSE

— ARDHA BHEKASANA —

A deep stretch that opens the thighs and improves flexibility.

## BENEFITS



Opens thighs



Improves flexibility



Strengthens back



## HOW TO PRACTICE



- Start on your hands and knees.
- Slide your right knee forward outside your right hand.
- Extend your left leg straight back.
- Lower your forearms to the mat.
- Keep your hips square.
- Hold and breathe deeply.
- Repeat on the other side.

## AYURVEDIC BENEFIT



Opens the hip (Kati) region, improves circulation, and balances Vata dosha.

## BREATHING GUIDE



Inhale to lengthen your spine.  
Exhale and sink deeper into the pose.  
Breathe slowly and steadily.



## OPEN

Open your body, open your potential.



## STRETCH

Stretch beyond limits, discover flexibility.



## GROW

With every breath, you grow stronger.



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A deep stretch that opens the thighs and improves flexibility.

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## STRETCH

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# CROCODILE POSE

— MAKARASANA —

A relaxing posture that releases tension in the back and spine.

## BENEFITS

-  Relieves back tension
-  Improves breathing
-  Promotes relaxation



## HOW TO PRACTICE

- Lie on your stomach.
- Extend your legs straight.
- Fold your arms and rest your forehead on your hands.
- Relax your whole body.
- Close your eyes and breathe naturally.



## AYURVEDIC BENEFIT



Calms the nervous system, reduces stress and fatigue, and balances Vata dosha.

## BREATHING GUIDE



Breathe slowly and deeply.  
Feel your breath flow in and out.  
Let go with each exhalation.



## RELAX

Release tension, release stress.



## BREATHE

Breathe deeply, live peacefully.



## RESTORE

Rest your body, restore your energy.



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## ARDHA MATSYENDRASANA

– HALF LORD OF THE FISHES POSE –

A classic seated spinal twist that detoxifies the body, improves digestion, massages the internal organs, enhances spinal flexibility, and brings balance and harmony to body and mind.

### BENEFITS

-  Improves spinal flexibility and posture
-  Stimulates digestive fire, relieves constipation and bloating
-  Detoxifies liver, kidneys and abdominal organs
-  Relieves stress, anxiety and mental fatigue
-  Strengthens the back and core muscles



### HOW TO PRACTICE

-  Sit on the floor with both legs extended.
-  Bend your right knee and place your right foot outside your left thigh.
-  Fold your left leg and bring the left foot close to your right hip.
-  Inhale, lengthen your spine.
-  Exhale and twist your torso to the right.
-  Place your left elbow outside the right knee, and your right hand behind you.
-  Look over your right shoulder or keep your gaze soft.
-  Hold the pose for 30 seconds to 1 minute.
-  Release and repeat on the other side.

### AYURVEDIC BENEFIT



Balances Vata, Pitta and Kapha doshas, stimulates Agni (digestive fire), supports elimination of toxins, improves liver function, massages reproductive organs, and brings mental clarity, focus and emotional balance.

### BREATHING GUIDE



Inhale deeply and lengthen your spine.

Exhale and twist gently to the right.

Breathe slow, deep and steady.

Stay calm and aware of your breath.

### BETTER DIGESTION

Stimulates digestive organs, improves digestion and relieves constipation.

### DETOXIFICATION

Helps in detoxifying liver, kidneys and removes waste from the body.

### SPINAL HEALTH

Increases spinal flexibility, improves posture and relieves back pain.

### MENTAL WELL-BEING

Reduces stress, enhances concentration and promotes inner peace.





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# ARDHA MATSYENDRASANA

(HALF SPINAL TWIST POSE)

—♦— *Seated Spinal Twist Pose* —♦—

A twisting posture that massages the internal organs, improves digestion, detoxifies the body, and enhances spinal flexibility and posture.

## BENEFITS



Improves digestion & massages abdominal organs



Enhances spinal flexibility & improves posture



Detoxifies the body & calms the mind



### CHAKRA FOCUS

Manipura  
(Solar Plexus)

Personal Power,  
Confidence & Digestion



### AYURVEDIC BENEFIT

Balances Pitta Dosha  
& supports healthy  
digestion and detox



### BREATHING

Inhale to lengthen  
the spine, exhale  
to twist deeper



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# HALF BOAT POSE

— ARDHA NAVASANA —



A core-focused pose that strengthens the abdomen and improves balance.



## BENEFITS



Strengthens core



Improves digestion



Enhances balance

### CHAKRA FOCUS



**Manipura**

(Solar Plexus Chakra)

Willpower, Confidence,  
Personal Power  
& Transformation

### AYURVEDIC BENEFIT



Stimulates digestive  
fire (Agni), tones  
the abdominal  
organs and helps  
reduce sluggishness.

### BREATHING GUIDE



Inhale and lengthen  
your spine.  
Exhale and engage  
your core as you  
hold the pose.  
Breathe steadily.



**Breathe Deeply**  
Stay calm and  
centered.



**Strengthen Within**  
A strong core  
supports a balanced life.



**Live Mindfully**  
Balance your body,  
mind and spirit.

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Balance your body, mind and spirit.



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Stay calm and centered.



**Strengthen Within**  
A strong core supports a balanced life.



**Live Mindfully**  
Balance your body, mind and spirit.



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# HALF BOAT POSE

— ARDHA NAVASANA —

A core-focused pose that strengthens the abdomen and improves balance.

## BENEFITS



Strengthens core



Improves digestion



Enhances balance



### CHAKRA FOCUS



**Manipura**  
(Solar Plexus Chakra)  
Willpower, Confidence,  
Personal Power  
& Transformation

### AYURVEDIC BENEFIT



Stimulates digestive fire (Agni), tones the abdominal organs and helps reduce sluggishness.

### BREATHING GUIDE



Inhale and lengthen your spine.  
Exhale and engage your core as you hold the pose.  
Breathe steadily.



**Breathe Deeply**  
Stay calm and centered.



**Strengthen Within**  
A strong core supports a balanced life.



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## DOLPHIN POSE

— ARDHA PINCHA MAYURASANA —

A forearm balance pose that strengthens the upper body, opens the shoulders and calms the mind.

### BENEFITS



Strengthens shoulders, arms and upper back



Improves posture and spinal alignment



Calms the mind and relieves stress



### HOW TO PRACTICE



- Kneel on the floor.
- Place your forearms on the mat, elbows under shoulders.
- Interlace your fingers and press forearms down.
- Lift your hips up, straighten your legs.
- Keep your head between your arms.
- Press your chest toward your thighs and lengthen your spine.
- Hold and breathe deeply.

### AYURVEDIC BENEFIT



Stimulates Agni (digestive fire), balances Vata and Kapha, tones the nervous system, and promotes clarity, detoxification and inner harmony.

### BREATHING GUIDE



Inhale deeply to lengthen.  
Exhale and relax into the pose.  
Breathe slow, steady and smooth.



### STRENGTHEN

Builds upper body strength and endurance.



### ALIGN

Improves posture and spinal stability.



### CALM

Soothes the mind and reduces stress.



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1

UTTANASANA

Standing Forward Bend



BENEFITS

- Improves digestion
- Relieves stress & anxiety
- Enhances flexibility

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2

VAJRASANA

Thunderbolt Pose



BENEFITS

- Improves digestion
- Strengthens posture
- Calms the mind

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URDHVA MUKHA SVANASANA

Upward Facing Dog



BENEFITS

- Opens chest & lungs
- Strengthens arms & spine
- Boosts energy

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VIRABHADRASANA I

Warrior I



BENEFITS

- Strengthens legs
- Improves balance
- Enhances confidence

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PARIVRTTA TRIKONASANA

Revolved Triangle Pose



BENEFITS

- Improves digestion
- Enhances balance
- Detoxifies organs

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BABY CRADLE POSE



BENEFITS

- Opens hips
- Relieves stiffness
- Improves mobility

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CHATURANGA DANDASANA

Four-Limbed Staff Pose



BENEFITS

- Strengthens arms & core
- Builds endurance
- Prepares for advanced poses

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VASISTHASANA

Side Plank



BENEFITS

- Builds core strength
- Improves balance
- Strengthens wrists

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VRIKSHASANA

Tree Pose



BENEFITS

- Improves concentration
- Strengthens legs
- Enhances stability

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PURVOTTANASANA

Upward Plank Pose



BENEFITS

- Strengthens arms & legs
- Opens chest
- Improves posture

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VIRABHADRASANA II

Warrior II



BENEFITS

- Strengthens lower body
- Improves stamina
- Enhances focus

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SKANDASANA

Side Lunge



BENEFITS

- Opens hips
- Improves flexibility
- Strengthens legs

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NAVASANA

Boat Pose



BENEFITS

- Strengthens core
- Improves digestion
- Enhances balance

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MANDUKASANA

Frog Pose



BENEFITS

- Opens hips deeply
- Improves flexibility
- Supports emotional release

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1

**UTTANASANA**

Standing Forward Bend

**BENEFITS**

- Improves digestion
- Relieves stress & anxiety
- Enhances flexibility

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**VAJRASANA**

Thunderbolt Pose

**BENEFITS**

- Improves digestion
- Strengthens posture
- Calms the mind

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**URDHVA MUKHA SVANASANA**

Upward Facing Dog

**BENEFITS**

- Opens chest & lungs
- Strengthens arms & spine
- Boosts energy

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**VIRABHADRASANA I**

Warrior I

**BENEFITS**

- Strengthens legs
- Improves balance
- Enhances confidence

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**PARIVRTTA TRIKONASANA**

Revolved Triangle Pose

**BENEFITS**

- Improves digestion
- Enhances balance
- Detoxifies organs

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**BABY CRADLE POSE****BENEFITS**

- Opens hips
- Relieves stiffness
- Improves mobility

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**CHATURANGA DANDASANA**

Four-Limbed Staff Pose

**BENEFITS**

- Strengthens arms & core
- Builds endurance
- Prepares for advanced poses

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**VASISTHASANA**

Side Plank

**BENEFITS**

- Builds core strength
- Improves balance
- Strengthens wrists

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**VRIKSHASANA**

Tree Pose

**BENEFITS**

- Improves concentration
- Strengthens legs
- Enhances stability

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**PURVOTTANASANA**

Upward Plank Pose

**BENEFITS**

- Strengthens arms & legs
- Opens chest
- Improves posture

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**VIRABHADRASANA II**

Warrior II

**BENEFITS**

- Strengthens lower body
- Improves stamina
- Enhances focus

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**SKANDASANA**

Side Lunge

**BENEFITS**

- Opens hips
- Improves flexibility
- Strengthens legs

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**NAVASANA**

Boat Pose

**BENEFITS**

- Strengthens core
- Improves digestion
- Enhances balance

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**MANDUKASANA**

Frog Pose

**BENEFITS**

- Opens hips deeply
- Improves flexibility
- Supports emotional release

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UTTANASANA

Standing Forward Bend



BENEFITS

- Improves digestion
- Relieves stress & anxiety
- Enhances flexibility

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VAJRASANA

Thunderbolt Pose



BENEFITS

- Improves digestion
- Strengthens posture
- Calms the mind

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3

URDHVA MUKHA SVANASANA

Upward Facing Dog



BENEFITS

- Opens chest & lungs
- Strengthens arms & spine
- Boosts energy

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VIRABHADRASANA I

Warrior I



BENEFITS

- Strengthens legs
- Improves balance
- Enhances confidence

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PARIVRTTA TRIKONASANA

Revolved Triangle Pose



BENEFITS

- Improves digestion
- Enhances balance
- Detoxifies organs

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BABY CRADLE POSE



BENEFITS

- Opens hips
- Relieves stiffness
- Improves mobility

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CHATURANGA DANDASANA

Four-Limbed Staff Pose



BENEFITS

- Strengthens arms & core
- Builds endurance
- Prepares for advanced poses

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VASISTHASANA

Side Plank



BENEFITS

- Builds core strength
- Improves balance
- Strengthens wrists

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VRIKSHASANA

Tree Pose



BENEFITS

- Improves concentration
- Strengthens legs
- Enhances stability

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PURVOTTANASANA

Upward Plank Pose



BENEFITS

- Strengthens arms & legs
- Opens chest
- Improves posture

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VIRABHADRASANA II

Warrior II



BENEFITS

- Strengthens lower body
- Improves stamina
- Enhances focus

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SKANDASANA

Side Lunge



BENEFITS

- Opens hips
- Improves flexibility
- Strengthens legs

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NAVASANA

Boat Pose



BENEFITS

- Strengthens core
- Improves digestion
- Enhances balance

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MANDUKASANA

Frog Pose



BENEFITS

- Opens hips deeply
- Improves flexibility
- Supports emotional release

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**UTTANASANA**

Standing Forward Bend

**BENEFITS**

- Improves digestion
- Relieves stress & anxiety
- Enhances flexibility

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**VAJRASANA**

Thunderbolt Pose

**BENEFITS**

- Improves digestion
- Strengthens posture
- Calms the mind

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**URDHVA MUKHA SVANASANA**

Upward Facing Dog

**BENEFITS**

- Opens chest & lungs
- Strengthens arms & spine
- Boosts energy

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**VIRABHADRASANA I**

Warrior I

**BENEFITS**

- Strengthens legs
- Improves balance
- Enhances confidence

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**PARIVRTTA TRIKONASANA**

Revolved Triangle Pose

**BENEFITS**

- Improves digestion
- Enhances balance
- Detoxifies organs

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**BABY CRADLE POSE****BENEFITS**

- Opens hips
- Relieves stiffness
- Improves mobility

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**CHATURANGA DANDASANA**

Four-Limbed Staff Pose

**BENEFITS**

- Strengthens arms & core
- Builds endurance
- Prepares for advanced poses

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**VASISTHASANA**

Side Plank

**BENEFITS**

- Builds core strength
- Improves balance
- Strengthens wrists

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**VRIKSHASANA**

Tree Pose

**BENEFITS**

- Improves concentration
- Strengthens legs
- Enhances stability

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**PURVOTTANASANA**

Upward Plank Pose

**BENEFITS**

- Strengthens arms & legs
- Opens chest
- Improves posture

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**VIRABHADRASANA II**

Warrior II

**BENEFITS**

- Strengthens lower body
- Improves stamina
- Enhances focus

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**SKANDASANA**

Side Lunge

**BENEFITS**

- Opens hips
- Improves flexibility
- Strengthens legs

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**NAVASANA**

Boat Pose

**BENEFITS**

- Strengthens core
- Improves digestion
- Enhances balance

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**MANDUKASANA**

Frog Pose

**BENEFITS**

- Opens hips deeply
- Improves flexibility
- Supports emotional release

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**BOUND ANGLE POSE**

Baddha Konasana



- Seated
- Extension
- Forward Bend

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2

**BOW POSE**

Dhanurasana



- Prone
- Backbend

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**BRIDGE**

Setu Bandha Sarvangasana



- Inversion
- Backbend

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**CAMEL POSE**

Ustrasana



- Kneeling
- Backbend

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**CHAIR POSE  
(FIERCE POSE)**

Utkatasana



- Standing
- Backbend
- Extension

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**CHILD'S POSE**

Balasana



- Kneeling
- Forward Bend

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**COBRA POSE**

Bhujangasana



- Prone
- Backbend

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**CORPSE POSE**

Savasana



- Supine
- Extension

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**COW FACE POSE**

Gomukhasana



- Hip Opener
- Seated
- Extension

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**CRESCENT LUNGE**

- Standing
- Backbend
- Extension

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**CROCODILE POSE**

Makarasana



- Prone
- Backbend

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**DOWNWARD  
FACING DOG POSE**

Adho Mukha Svanasana



- Inversion
- Extension

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**EAGLE POSE**

Garudasana



- Hip Opener
- Standing
- Extension
- Forward Bend

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**EASY POSE**

Sukhasana



- Seated
- Extension

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**SIDE ANGLE POSE**

Utthita Parsvakonasana



- Hip Opener
- Standing
- Lateral Bend

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**FIRE ESSENCE**

Agni Sara



- Core
- Standing
- Forward Bend

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# 1 GARLAND POSE (DEEP SQUAT) Malasana



## BENEFITS

- ⌚ Hip Opener
- ⌚ Standing
- ⌚ Extension



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# 2 GATE POSE Parighasana



## BENEFITS

- ⌚ Kneeling
- ⌚ Lateral Bend



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# 3 HALF BOAT POSE Ardha Navasana



## BENEFITS

- ⌚ Core
- ⌚ Supine
- ⌚ Forward Bend



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# 4 HALF FROG POSE Ardha Bhikasana



## BENEFITS

- ⌚ Hip Opener
- ⌚ Prone
- ⌚ Backbend



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# 5 HALF LORD OF THE FISHES POSE Ardha Matsyendrasana



## BENEFITS

- ⌚ Seated
- ⌚ Twist



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# 6 HEAD TO KNEE POSE Janu Sirsasana



## BENEFITS

- ⌚ Seated
- ⌚ Forward Bend



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# 7 INVERTED ACTION POSE Viparita Karani



## BENEFITS

- ⌚ Inversion
- ⌚ Backbend



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# 8 LOCUST POSE Salabhasana



## BENEFITS

- ⌚ Prone
- ⌚ Backbend



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# 9 LOTUS POSE Padmasana



## BENEFITS

- ⌚ Hip Opener
- ⌚ Seated
- ⌚ Extension



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# 10 MOUNTAIN POSE Tadasana



## BENEFITS

- ⌚ Standing
- ⌚ Extension



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# 11 PLANK POSE



## BENEFITS

- ⌚ Core
- ⌚ Extension



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# 12 PYRAMID POSE Parsvottasana



## BENEFITS

- ⌚ Standing
- ⌚ Forward Bend



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# 13 RECLINED HERO POSE Supta Virasana



## BENEFITS

- ⌚ Hip Opener
- ⌚ Supine
- ⌚ Backbend



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# 14 RECLINING ABDOMINAL TWIST Jathara Parivartanasana



## BENEFITS

- ⌚ Supine
- ⌚ Twist



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# 15 REVOLVED HALF MOON REVERSE WARRIOR POSE



## BENEFITS

- ⌚ Standing
- ⌚ Lateral Bend



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# 16 REVOLVED SIDE ANGLE POSE Parivrtta Parsvakonasana



## BENEFITS

- ⌚ Standing
- ⌚ Twist



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# 17 COW POSE Bitilasana



## BENEFITS

- ⌚ Spine Extension
- ⌚ Relieves Stress
- ⌚ Improves Posture



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# 18 CAT POSE Marjariasana



## BENEFITS

- ⌚ Spine Flexion
- ⌚ Strengthens Core
- ⌚ Improves Posture



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# 19 SEATED FORWARD FOLD POSE Paschimottasana



## BENEFITS

- ⌚ Forward Bend
- ⌚ Stretches Hamstrings
- ⌚ Calms Mind



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# 20 CORPSE POSE Savasana



## BENEFITS

- ⌚ Deep Relaxation
- ⌚ Reduces Stress
- ⌚ Improves Sleep



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1

**UTTANASANA***Standing Forward Bend***BENEFITS**

- Improves digestion
- Relieves stress & anxiety
- Enhances flexibility



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2

**VAJRASANA***Thunderbolt Pose***BENEFITS**

- Improves digestion
- Strengthens posture
- Calms the mind



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3

**URDHVA MUKHA SVANASANA***Upward Facing Dog***BENEFITS**

- Opens chest & lungs
- Strengthens arms & spine
- Boosts energy



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4

**VIRABHADRASANA I***Warrior I***BENEFITS**

- Strengthens legs
- Improves balance
- Enhances confidence



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5

**PARIVRTTA TRIKONASANA***Revolved Triangle Pose***BENEFITS**

- Improves digestion
- Enhances balance
- Detoxifies organs



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**BABY CRADLE POSE****BENEFITS**

- Opens hips
- Relieves stiffness
- Improves mobility



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7

**CHATURANGA DANDASANA***Four-Limbed Staff Pose***BENEFITS**

- Strengthens arms & core
- Builds endurance
- Prepares for advanced poses



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**VASISTHASANA***Side Plank***BENEFITS**

- Builds core strength
- Improves balance
- Strengthens wrists



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9

**VRIKSHASANA***Tree Pose***BENEFITS**

- Improves concentration
- Strengthens legs
- Enhances stability



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10

**PURVOTTANASANA***Upward Plank Pose***BENEFITS**

- Strengthens arms & legs
- Opens chest
- Improves posture



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11

**VIRABHADRASANA II***Warrior II***BENEFITS**

- Strengthens lower body
- Improves stamina
- Enhances focus



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12

**SKANDASANA***Side Lunge***BENEFITS**

- Opens hips
- Improves flexibility
- Strengthens legs



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**NAVASANA***Boat Pose***BENEFITS**

- Strengthens core
- Improves digestion
- Enhances balance



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**MANDUKASANA***Frog Pose***BENEFITS**

- Opens hips deeply
- Improves flexibility
- Supports emotional release



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## BRIDGE POSE

SETU BANDHA SARVANGASANA

A gentle backbend that opens the chest, strengthens the back, and calms the mind.

— BENEFITS —

- Strengthens back & glutes
- Opens chest & lungs
- Reduces stress



CHAKRA FOCUS: Anahata (Heart Chakra) Love, Compassion & Healing

AYURVEDIC BENEFIT: Balances Vata & improves respiration

BREATHING: Inhale to lift, exhale to relax & soften

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## BOW POSE

DHANURASANA

A powerful backbend that energizes the body and improves spinal flexibility.

— BENEFITS —

- Strengthens spine
- Improves digestion
- Boosts energy



CHAKRA FOCUS: Manipura (Solar Plexus Chakra) Power, Will & Confidence

AYURVEDIC BENEFIT: Stimulates Agni (digestive fire) & energizes body

BREATHING: Inhale to lift, exhale to stay steady

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## CAMEL POSE

USTRASANA

A deep heart-opening pose that enhances flexibility and emotional release.

— BENEFITS —

- Opens chest deeply
- Improves posture
- Enhances breathing



CHAKRA FOCUS: Anahata (Heart Chakra) Openness, Love & Balance

AYURVEDIC BENEFIT: Balances Vata & relieves stress & fatigue

BREATHING: Inhale to open, exhale to expand more

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## CHILD'S POSE

BALASANA

A restorative posture that calms the nervous system and relaxes the body.

— BENEFITS —

- Relieves stress
- Stretches back
- Promotes relaxation



CHAKRA FOCUS: Ajna (Third Eye Chakra) Intuition, Calm & Clarity

AYURVEDIC BENEFIT: Calms Vata & renews the body

BREATHING: Breathe slow, deep & soothing

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## COBRA POSE

BHUJANGASANA

A gentle backbend that strengthens the spine and opens the heart.

— BENEFITS —

- Strengthens spine
- Improves flexibility
- Boosts energy



CHAKRA FOCUS: Anahata (Heart Chakra) Courage, Love & Vitality

AYURVEDIC BENEFIT: Improves digestion & relieves mild fatigue

BREATHING: Inhale to lift chest, exhale to relax

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## COW FACE POSE

GOMUKHASANA

A deep stretch that opens the shoulders and hips, improving mobility.

— BENEFITS —

- Opens shoulders
- Improves posture
- Relieves tension



CHAKRA FOCUS: Vishuddha (Throat Chakra) Expression, Purity & Truth

AYURVEDIC BENEFIT: Balances Vata & improves joint flexibility

BREATHING: Inhale to lengthen, exhale to deepen stretch

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## DOWNWARD DOG

ADHO MUKHA SVANASANA

A rejuvenating inversion that stretches the entire body and calms the mind.

— BENEFITS —

- Stretches spine & legs
- Strengthens arms
- Reduces fatigue



CHAKRA FOCUS: Muladhara (Root Chakra) Grounding, Stability & Safety

AYURVEDIC BENEFIT: Balances all Doshas & improves circulation

BREATHING: Inhale & exhale deeply, steadily & smooth

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## EAGLE POSE

GARUDASANA

A balancing pose that improves focus and strengthens the legs and arms.

— BENEFITS —

- Improves concentration
- Enhances balance
- Strengthens joints



CHAKRA FOCUS: Ajna (Third Eye Chakra) Focus, Insight & Awareness

AYURVEDIC BENEFIT: Balances Vata & improves coordination

BREATHING: Breathe slow, deep & soothing

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## LOTUS POSE

PADMASANA

A meditative posture that promotes calmness and inner awareness.

— BENEFITS —

- Improves posture
- Enhances meditation
- Calms the mind



CHAKRA FOCUS: Sahasrara (Crown Chakra) Spirituality & Inner Peace

AYURVEDIC BENEFIT: Balances all Doshas & uplifts mind & energy

BREATHING: Natural, calm & deep breathing

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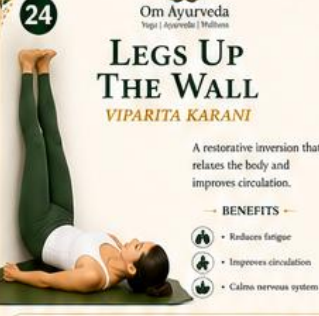
## LEGS UP THE WALL

VIPARITA KARANI

A restorative inversion that relaxes the body and improves circulation.

— BENEFITS —

- Reduces fatigue
- Improves circulation
- Calms nervous system



CHAKRA FOCUS: Anahata (Heart Chakra) Peace, Healing & Renewal

AYURVEDIC BENEFIT: Pacifies Vata & promotes deep relaxation

BREATHING: Slow, deep & soothing breaths

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## LOCUST POSE

SALABHASANA

A strengthening backbend that tones the spine and improves posture.

— BENEFITS —

- Strengthens back
- Improves posture
- Boosts stamina



CHAKRA FOCUS: Manipura (Solar Plexus Chakra) Power, Confidence & Strength

AYURVEDIC BENEFIT: Improves digestion & reduces lethargy

BREATHING: Inhale to lift, exhale to hold steady

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## HEAD TO KNEE POSE

JANU SIRASANA

A seated forward bend that stretches the spine and improves digestion.

— BENEFITS —

- Improves digestion
- Enhances flexibility
- Calms mind



CHAKRA FOCUS: Manipura (Solar Plexus Chakra) Clarity, Balance & Willpower

AYURVEDIC BENEFIT: Stimulates Agni & relieves bloating

BREATHING: Inhale to lengthen, exhale to fold deeper

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## PYRAMID POSE

PARSVOTTANASANA

A deep stretch that strengthens the legs and improves balance.

— BENEFITS —

- Stretches hamstrings
- Improves balance
- Strengthens legs



CHAKRA FOCUS: Muladhara (Root Chakra) Stability, Strength & Grounding

AYURVEDIC BENEFIT: Balances Vata & strengthens lower body

BREATHING: Inhale to lengthen, exhale to deepen

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## RECLINED HERO POSE

SUPTA VIRASANA

A deep stretch for the thighs and hips that promotes relaxation.

— BENEFITS —

- Opens thighs
- Improves flexibility
- Supports digestion



CHAKRA FOCUS: Swadhisthana (Sacral Chakra) Creativity, Flow & Emotional Balance

AYURVEDIC BENEFIT: Improves digestion & relieves bloating

BREATHING: Slow, deep & relaxed breathing

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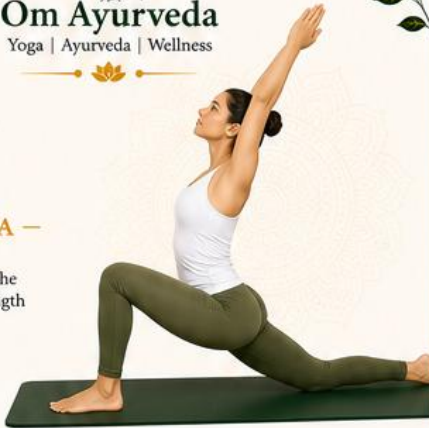
# Low Lunge

— ANJANEYASANA —

A grounding pose that opens the hips and chest and builds strength and stability.

**BENEFITS**

- Opens hips
- Strengthens legs
- Improves posture



|                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                              |                                                                                                                                                                                                                   |
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| <p><b>HOW TO PRACTICE</b></p> <ul style="list-style-type: none"> <li>Start in a kneeling position.</li> <li>Step your right foot forward between your hands.</li> <li>Lower your left knee to the ground.</li> <li>Lift your arms overhead.</li> <li>Breathe deeply and hold.</li> <li>Repeat on the other side.</li> </ul> | <p><b>AYURVEDIC BENEFIT</b></p>  <p>Balances Vata dosha, improves circulation in the pelvic region and boosts vitality.</p> | <p><b>BREATHING GUIDE</b></p>  <p>Inhale as you raise your arms. Exhale and settle into the pose. Breathe deeply and evenly.</p> |
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| <p><b>GROUND</b></p>  <p>Stay strong, stay steady.</p> | <p><b>OPEN</b></p>  <p>Open your heart, open your path.</p> | <p><b>RISE</b></p>  <p>Rise with strength, move with grace.</p> |
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# EQUESTRIAN POSE

— ASHWA SANCHALANASANA —

A pose of balance and focus that strengthens the body and expands the breath.

**BENEFITS**

- Improves balance
- Strengthens legs
- Increases focus



|                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                      |                                                                                                                                                                                                                     |
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| <p><b>HOW TO PRACTICE</b></p> <ul style="list-style-type: none"> <li>Start in Downward Dog.</li> <li>Step your right foot forward between your hands.</li> <li>Lower your left knee.</li> <li>Lift your chest and look forward.</li> <li>Hold and breathe.</li> <li>Repeat on the other side.</li> </ul> | <p><b>AYURVEDIC BENEFIT</b></p>  <p>Stimulates digestive fire (Agni), improves circulation and balances Vata.</p> | <p><b>BREATHING GUIDE</b></p>  <p>Inhale as you lift your chest. Exhale and relax your shoulders. Breathe steady and smooth.</p> |
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| <p><b>FOCUS</b></p>  <p>Focus within, succeed without.</p> | <p><b>BALANCE</b></p>  <p>Balance your body, balance your life.</p> | <p><b>BREATHE</b></p>  <p>Breathe deep, live deep.</p> |
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# WIDE-LEG FORWARD BEND

— PRASARITA PADOTTANASANA —

A grounding forward fold that stretches the spine, hamstrings and calms the mind.

**BENEFITS**

- Stretches spine and hamstrings
- Improves flexibility
- Calms the mind



|                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                    |                                                                                                                                                                                                        |
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| <p><b>HOW TO PRACTICE</b></p> <ul style="list-style-type: none"> <li>Stand with legs wide apart.</li> <li>Turn your toes slightly out.</li> <li>Inhale and lengthen your spine.</li> <li>Exhale and fold forward, placing hands on the floor.</li> <li>Relax your head and neck.</li> <li>Hold and breathe.</li> </ul> | <p><b>AYURVEDIC BENEFIT</b></p>  <p>Calms the nervous system, relieves stress and balances Pitta and Kapha.</p> | <p><b>BREATHING GUIDE</b></p>  <p>Inhale to lengthen your spine. Exhale and fold deeper. Breathe slow and deep.</p> |
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| <p><b>STRETCH</b></p>  <p>Stretch to release, not to compete.</p> | <p><b>RELAX</b></p>  <p>Relax your mind, renew your soul.</p> | <p><b>FLOW</b></p>  <p>Flow with breath, flow with life.</p> |
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# GATE POSE

— PARIGHASANA —

A side stretch that opens the body, improves flexibility and energizes the spine.

**BENEFITS**

- Stretches sides and spine
- Improves flexibility
- Energizes the body



|                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                              |                                                                                                                                                                                                                |
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| <p><b>HOW TO PRACTICE</b></p> <ul style="list-style-type: none"> <li>Kneel with your right leg extended to the side.</li> <li>Place your left hand on the floor.</li> <li>Inhale and extend your right arm overhead.</li> <li>Exhale and stretch over to the left.</li> <li>Hold and breathe.</li> <li>Repeat on the other side.</li> </ul> | <p><b>AYURVEDIC BENEFIT</b></p>  <p>Opens the ribs, improves digestion and balances Vata and Kapha.</p> | <p><b>BREATHING GUIDE</b></p>  <p>Inhale and reach your arm up. Exhale and stretch over. Breathe deeply and steadily.</p> |
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| <p><b>OPEN</b></p>  <p>Open your body, open your heart.</p> | <p><b>ENERGIZE</b></p>  <p>Energize your spine, energize your life.</p> | <p><b>BALANCE</b></p>  <p>Balance within, balance all around.</p> |
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# TRIANGLE POSE

— UTTHITA TRIKONASANA —

A foundational pose that stretches the entire body and improves balance.

**BENEFITS**

- Stretches whole body
- Improves balance
- Strengthens legs



|                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                 |                                                                                                                                                                                                            |
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| <p><b>HOW TO PRACTICE</b></p> <ul style="list-style-type: none"> <li>Stand with your feet wide apart.</li> <li>Turn your right foot out 90°.</li> <li>Inhale and extend your arms.</li> <li>Exhale and reach your right hand to your shin or floor.</li> <li>Lift your left arm up.</li> <li>Hold and breathe.</li> <li>Repeat on the other side.</li> </ul> | <p><b>AYURVEDIC BENEFIT</b></p>  <p>Improves digestion, increases stamina and balances all three doshas.</p> | <p><b>BREATHING GUIDE</b></p>  <p>Inhale to extend both arms. Exhale and fold to the side. Breathe slow and steady.</p> |
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| <p><b>ALIGN</b></p>  <p>Align your body, align your mind.</p> | <p><b>BALANCE</b></p>  <p>Balance brings inner peace.</p> | <p><b>BREATHE</b></p>  <p>Breathe with ease, live with grace.</p> |
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# RECLINING BOUND ANGLE

— SUPTA BADDHA KONASANA —

A restorative pose that opens the hips, relaxes the body and calms the mind.

**BENEFITS**

- Opens hips
- Relaxes the body
- Calms the mind



|                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                      |                                                                                                                                                                                                   |
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| <p><b>HOW TO PRACTICE</b></p> <ul style="list-style-type: none"> <li>Lie on your back.</li> <li>Bring the soles of your feet together.</li> <li>Let your knees fall to the sides.</li> <li>Place your hands on your belly or by your sides.</li> <li>Close your eyes and relax.</li> <li>Breathe deeply.</li> </ul> | <p><b>AYURVEDIC BENEFIT</b></p>  <p>Calms the nervous system, relieves fatigue and balances Vata and Pitta.</p> | <p><b>BREATHING GUIDE</b></p>  <p>Inhale deeply. Exhale and relax further. Breathe slowly and naturally.</p> |
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| <p><b>RESTORE</b></p>  <p>Restore your body, restore your energy.</p> | <p><b>RELAX</b></p>  <p>Relax completely, release everything.</p> | <p><b>RENEW</b></p>  <p>Renew your mind, renew your life.</p> |
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## EQUESTRIAN POSE

— ASHWA SANCHALANASANA —

A dynamic lunge that builds balance and coordination.

### BENEFITS



Improves balance



Strengthens legs



Enhances focus



### HOW TO PRACTICE



- Start in Downward Dog.
- Step your right foot forward between your hands.
- Lower your left knee to the ground.
- Keep your spine long and chest open.
- Hold and breathe.
- Repeat on the other side.

### AYURVEDIC BENEFIT



Stimulates digestive fire (Agni), improves circulation and balances Vata.

### BREATHING GUIDE



Inhale as you lift your chest.  
Exhale and relax your shoulders.  
Breathe steadily and smoothly.



### FOCUS

Focus within, succeed without.



### BALANCE

Balance your body, balance your life.



### BREATHE

Breathe deep, live deep.



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## ASTAVAKRASANA

— EIGHT-ANGLE POSE —

An advanced arm balance named after the sage Ashtavakra. It forms eight points of contact (two hands, two feet, two knees, chest and chin) and builds extraordinary strength, balance, flexibility and inner steadiness.

### BENEFITS



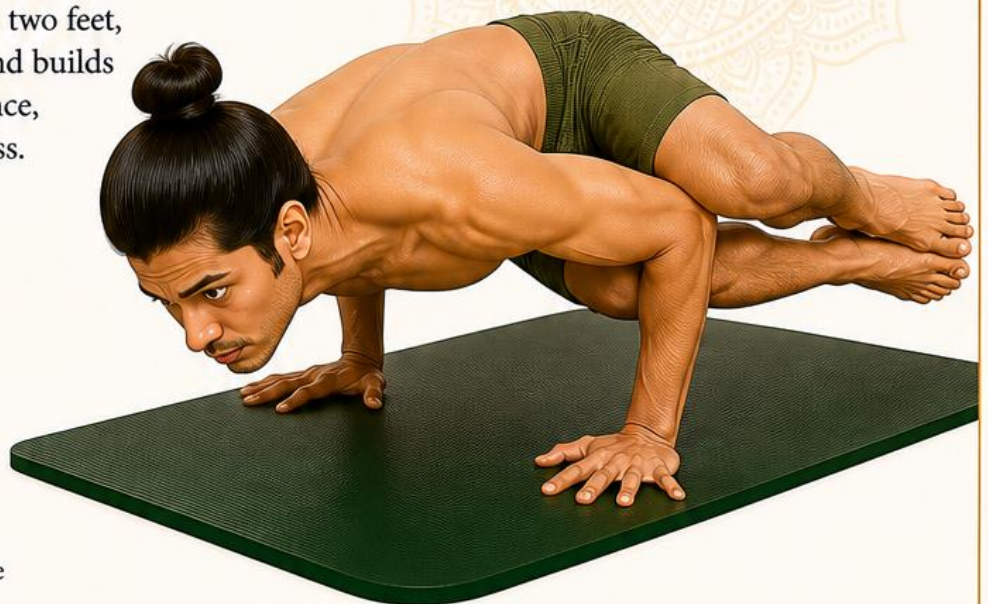
Builds immense strength in arms, wrists, shoulders, core and legs



Improves balance, focus, coordination and body control



Enhances willpower, discipline and self-confidence



### HOW TO PRACTICE



- ✦ Sit in a squat (Malasana).
- ✦ Place your hands on the floor shoulder-width apart.
- ✦ Shift your body forward.
- ✦ Place your right knee on your right upper arm and left knee on your left upper arm.
- ✦ Lift your feet off the floor and cross them, bringing the outer foot over the inner foot.
- ✦ Lean forward and rest your chest between the knees.
- ✦ Lower your chin to the floor in front of your hands.
- ✦ Engage your core and lift your hips, balancing on your hands.
- ✦ Hold the pose, breathe steadily and keep your gaze forward.
- ✦ Lower down gently and relax.

### AYURVEDIC BENEFIT



Stimulates Agni (digestive fire), strengthens internal organs, improves elimination, balances Vata and Kapha, builds Ojas (vital energy) and enhances mental resilience and clarity.

### BREATHING GUIDE



Inhale to prepare and center.

Exhale as you lean forward and lift into the pose.

Breathe slow, steady and controlled.

Stay calm, focused and aware.



### STRENGTH

Develops tremendous strength in arms, shoulders, wrists, core and legs.



### FOCUS

Sharpens concentration, discipline and mind-body coordination.



### INNER POWER

Builds willpower, courage, self-confidence and inner stability.







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# BABY CRADLE POSE

*Ananda Balasana*



A gentle hip-opening posture that massages the internal organs, relieves tension in the lower back and hips, and promotes relaxation.

## BENEFITS



Releases tension in the hips & lower back



Improves digestion & relieves gas



Promotes relaxation & reduces stress



*When the body relaxes, the mind becomes still.*



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# BOUND ANGLE POSE

—♦ BADDHA KONASANA ♦—

A seated hip opener that improves circulation and flexibility.

## BENEFITS



Opens hips



Improves circulation



Relieves tension



### CHAKRA FOCUS



**Anahata**  
(Heart Chakra)  
Love, Compassion,  
Connection &  
Emotional  
Healing

### AYURVEDIC BENEFIT



Enhances blood circulation, calms the nervous system, and promotes reproductive health.

### BREATHING GUIDE



Inhale and lengthen your spine.  
Exhale and gently press your knees down. Breathe deeply and relax.



Breathe Deeply  
Let go of tightness



Stay Grounded  
Feel the opening  
in your hips



Relax & Release  
Soothe your body  
and mind

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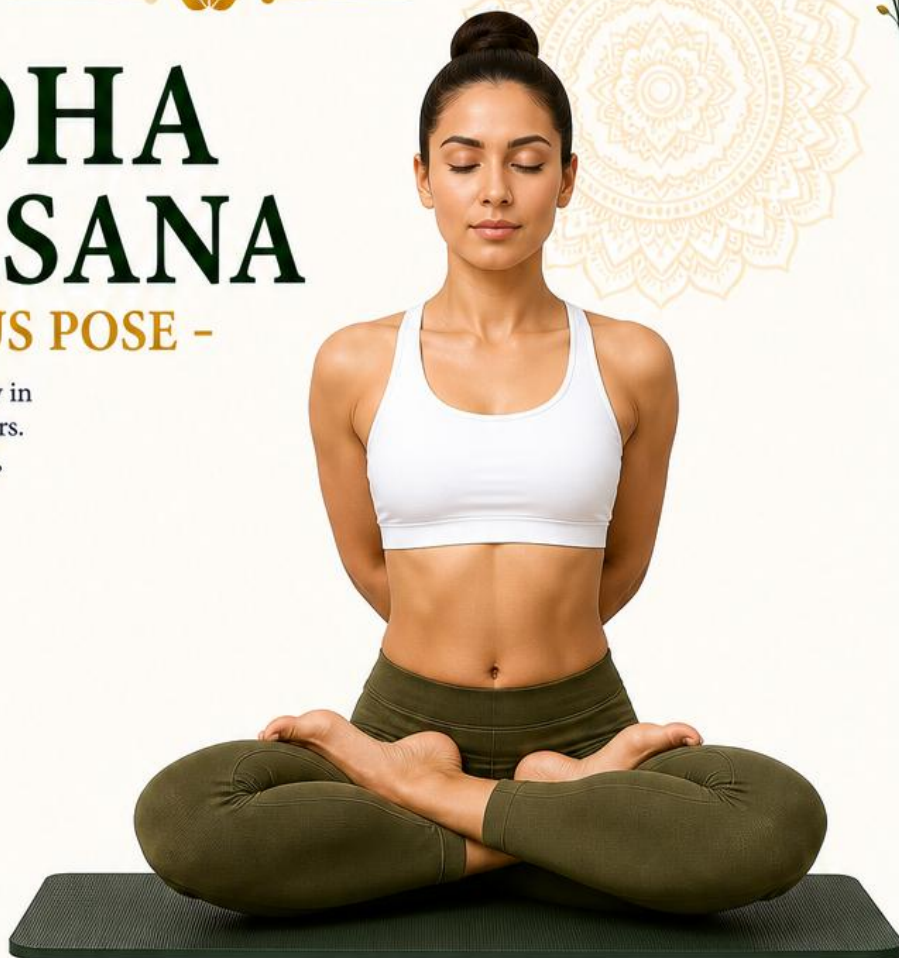
# BADDHA PADMASANA

## - BOUND LOTUS POSE -

A deep seated pose that binds the body in Lotus and opens the chest and shoulders. It enhances flexibility, calms the mind, improves posture and aids in deep meditation and inner awareness.

### BENEFITS

-  Opens the chest, shoulders and hip joints
-  Improves posture and spinal alignment
-  Enhances lung capacity and respiratory function
-  Calms the mind and reduces stress and anxiety
-  Improves flexibility and increases stamina
-  Supports deep meditation and self awareness
-  Stimulates organs and aids in digestion



POSE LEVEL  
ADVANCED

### HOW TO PRACTICE

-  Sit in Dandasana (Staff Pose) with your spine straight.
-  Place your right foot on your left thigh in Lotus position.
-  Place your left foot on your right thigh in Lotus position.
-  Inhale, lift your chest and lengthen your spine.
-  Reach your arms behind your back and clasp your hands.
-  Keep your shoulders open and chin parallel to the floor.
-  Hold the pose with steady breathing.
-  To come out, release your hands and gently unfold the legs.

### AYURVEDIC BENEFIT



Balances Vata and Kapha doshas, opens Anahata (heart chakra), promotes prana flow, strengthens the respiratory and circulatory systems, calms the mind, and supports deep states of meditation and inner harmony.



### BREATHING GUIDE

-  Inhale deeply to prepare.
-  Exhale and enter into the pose.
-  Breathe slow, deep and steady.
-  Maintain even breathing throughout.
-  Exhale and come out with control.
-  Stay calm and aware of your breath.

#### CHEST OPENER

Opens the chest and relieves stiffness.

#### FLEXIBILITY BOOSTER

Increases flexibility in hips, knees and shoulders.

#### POSTURE IMPROVER

Strengthens the spine and improves overall body alignment.

#### STRESS RELIEVER

Calms the nervous system and promotes mental peace.

#### ENERGY ENHANCER

Improves stamina, vitality and concentration.

#### DIGESTION SUPPORTER

Stimulates abdominal organs and aids healthy digestion.





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## CROW POSE

— BAKASANA —

An arm-balancing posture that builds strength, focus, and confidence.

### BENEFITS



Strengthens arms & wrists



Improves balance



Builds concentration



### HOW TO PRACTICE



- Start in a squat (Malasana).
- Place your palms on the floor shoulder-width apart.
- Bend your elbows slightly.
- Lift your hips and lean forward.
- Place your knees on upper arms.
- Shift weight forward and lift your feet off the ground.
- Hold and breathe steadily.

### AYURVEDIC BENEFIT



Stimulates digestive fire (Agni), strengthens core energy, and enhances focus and mental clarity.

### BREATHING GUIDE



Inhale to prepare.  
Exhale as you lift into the pose.  
Maintain slow, steady breathing.



### STRENGTH

Builds upper body strength and endurance.



### FOCUS

Sharpens concentration and mental discipline.



### CONFIDENCE

Regular practice builds courage and self-belief.



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# CHILD'S POSE

## BALASANA

A restorative posture that calms the nervous system and relaxes the body.

### BENEFITS



Relieves stress



Stretches back



Promotes relaxation



CHAKRA FOCUS  
Anahata  
(Heart Chakra)  
Love, Openness  
& Healing



AYURVEDIC BENEFIT  
Balances Vata Dosha  
& supports nervous  
system health



BREATHING  
Inhale to lengthen,  
exhale to relax  
and surrender



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# BALASANA

## (CHILD'S POSE)

*Restorative Pose*

A calming forward-bending pose that relaxes the body and mind, relieves stress and fatigue, and promotes deep breathing and relaxation.

### BENEFITS



Calms the mind  
& reduces stress



Stretches the back,  
hips & thighs



Improves breathing  
& promotes relaxation



**CHAKRA FOCUS**  
Ajna  
(Third Eye Chakra)  
Intuition, Calm &  
Inner Peace



**AYURVEDIC BENEFIT**  
Balances Vata Dosha  
& helps calm the nervous  
system



**BREATHING**  
Inhale deeply,  
Exhale completely  
& relax



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# COBRA POSE

*BHUJANGASANA*

A gentle backbend that  
strengthens the spine  
and opens the heart.

## BENEFITS



Strengthens  
spine



Improves  
flexibility



Boosts  
energy



CHAKRA FOCUS  
Anahata  
(Heart Chakra)  
Love, Compassion  
& Healing



AYURVEDIC BENEFIT  
Balances Vata Dosha  
& supports spine,  
heart and vitality



BREATHING  
Inhale to lift  
and open,  
exhale to relax  
and energize



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# BHUJANGASANA

## Cobra Pose

A heart-opening backbend that strengthens the spine, improves flexibility, and energizes the body and mind.

### BENEFITS



Strengthens the spine



Opens the chest & improves breathing



Reduces fatigue & boosts energy



*Open your heart, uplift your spirit.*



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## BHUJAPIDASANA

– SHOULDER PRESS POSE –

An intense arm balance where the body is lifted off the ground by pressing the arms against the knees. It builds immense strength, purifies the internal organs, and develops focus and determination.

### BENEFITS



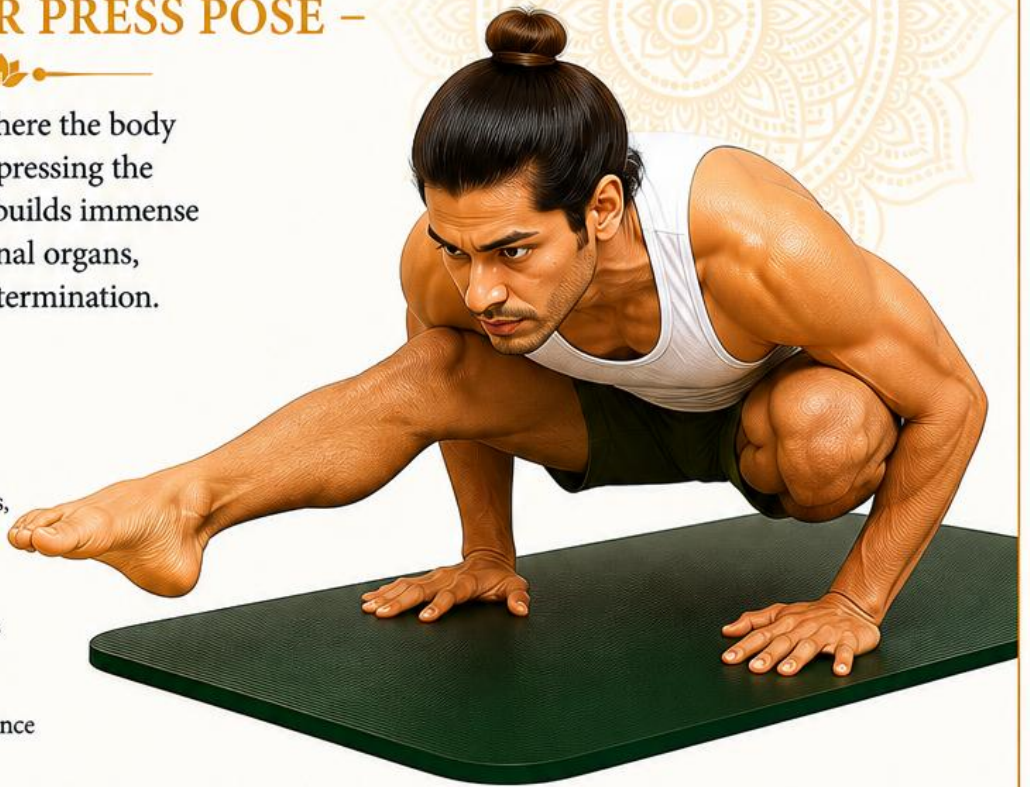
Builds extraordinary strength in arms, shoulders, wrists and core



Stimulates digestion and cleanses abdominal organs



Improves balance, focus, willpower and self-confidence



### HOW TO PRACTICE



- ✿ Sit in Dandasana (Staff Pose).
- ✿ Bend your knees and place them high towards your armpits.
- ✿ Place your palms on the floor beside your feet, fingers spread wide.
- ✿ Press your elbows firmly against the outside of your knees.
- ✿ Lean forward and lift your feet off the ground.
- ✿ Balance your body on your hands.
- ✿ Keep your spine long and core engaged.
- ✿ Hold the pose, breathing steadily.
- ✿ Lower down gently and relax.



### AYURVEDIC BENEFIT



Stimulates Agni (digestive fire), strengthens the liver, pancreas and spleen, removes toxins, balances Vata and Kapha, and builds Ojas (vital energy), mental clarity and determination.

### BREATHING GUIDE



Inhale to prepare and engage.

Exhale as you lean forward and lift into the pose.

Breathe slowly, steady and controlled.

Stay calm, focused and aware.



### STRENGTH



Builds immense strength in arms, shoulders, wrists and core.

### PURIFICATION



Stimulates digestion, detoxifies the body and energizes the internal organs.

### FOCUS & DISCIPLINE



Enhances concentration, self-discipline and inner steadiness.

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# CHAKRASANA

## - WHEEL POSE -

A deep back-bending pose that strengthens the entire body, opens the chest, improves spinal flexibility, stimulates the nervous system, and brings energy, vitality and joy.

### BENEFITS



Strengthens the arms, legs, back and core muscles



Opens the chest and lungs, improves breathing



Improves spinal flexibility and posture



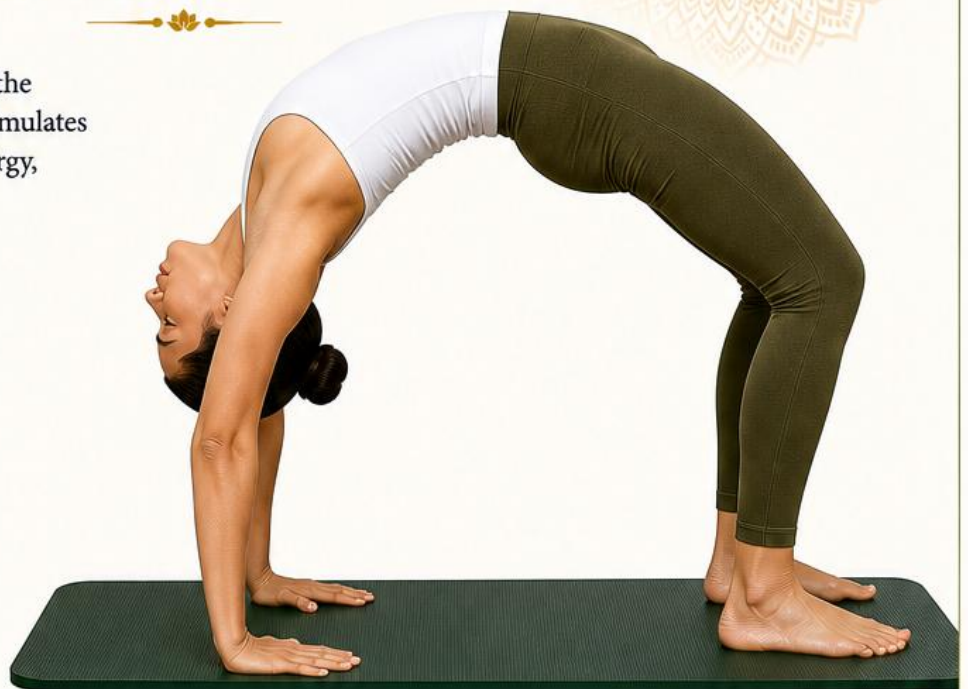
Stimulates the nervous system and brain



Boosts energy levels and reduces fatigue



Relieves stress, anxiety and mild depression



POSE LEVEL  
INTERMEDIATE  
TO ADVANCED

### HOW TO PRACTICE



1. Lie on your back with knees bent and feet hip-width apart.

2. Place your palms on the floor beside your ears, fingers pointing toward your shoulders.

3. Inhale and press your palms and feet into the floor.



4. Exhale and slowly lift your hips, chest and head off the floor.

5. Straighten your arms and legs as much as comfortable.

6. Press firmly through your hands and feet. Lift your chest up and open your heart.



7. Hold the pose for 20-30 seconds with steady breathing.

8. To come out, exhale and gently lower your head, back and hips to the floor.

9. Rest in Shavasana.

### AYURVEDIC BENEFIT



Balances Pitta and Kapha doshas, awakens Agni (digestive fire), stimulates the endocrine glands, improves circulation, tones the nervous system, nourishes the reproductive organs, and promotes vitality, confidence and mental clarity.

### BREATHING GUIDE



Inhale deeply and prepare.

Exhale and lift into the pose.

Hold and breathe slow, deep and steady.

Inhale to stay lengthened.

Exhale and lower down with control.

Stay calm and aware of your breath.



**FULL BODY STRENGTH**  
Builds strength in arms, legs, back and core.



**HEART & LUNG OPENER**  
Expands the chest, improves lung capacity and breathing.



**SPINAL FLEXIBILITY**  
Enhances flexibility of the spine and relieves stiffness and tension.



**NERVOUS SYSTEM BOOSTER**  
Stimulates the brain and nervous system, improves focus and memory.



**ENERGY & WELL-BEING**  
Increases energy, reduces fatigue, relieves stress and promotes happiness.



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# CHATURANGA DANDASANA

## FOUR-LIMBED STAFF POSE

A foundational strength pose for building core and arm stability.

### BENEFITS



Strengthens arms & core



Builds endurance



Prepares for advanced poses



### CHAKRA FOCUS



#### Manipura

(Solar Plexus Chakra)  
Confidence, Willpower,  
Strength &  
Personal Power

### AYURVEDIC BENEFIT



Stimulates Agni (digestive fire), improves metabolism and builds strength and stamina.

### BREATHING GUIDE



Inhale as you lower the body, exhale to hold steady. Maintain smooth, even breaths.



Breathe Deeply  
Calm your mind



Move Mindfully  
Strength with awareness



Live Blissfully  
Grow from within

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# CHATURANGA DANDASANA

— Four-Limbed Staff Pose —

A foundational strength pose that builds core stability, tones the arms, and cultivates focus and inner discipline.

## BENEFITS



Strengthens arms, shoulders & wrists



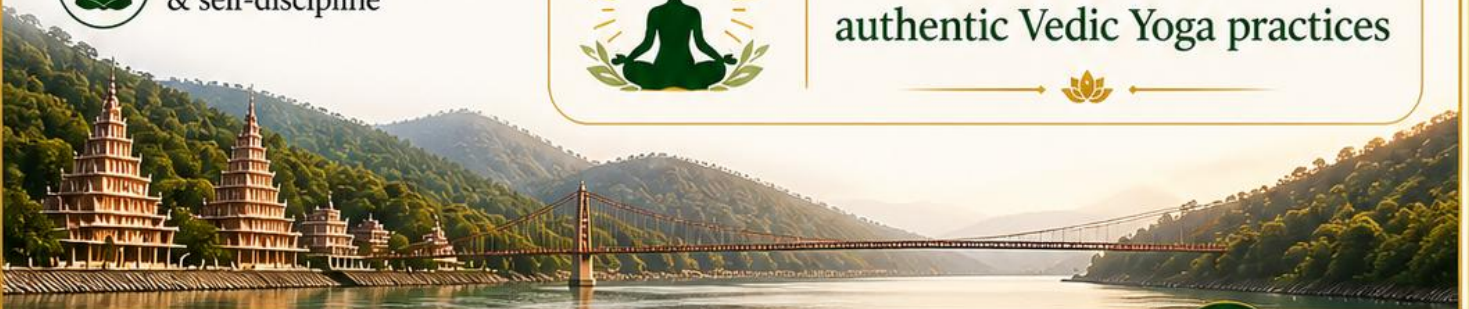
Builds core stability & tones the body



Improves focus & self-discipline



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## STANDING BOW PULLING POSE

— DANDAYAMANA DHANURASANA —

A graceful balancing pose that stretches the entire body, improves posture and brings focus and inner strength.

### BENEFITS



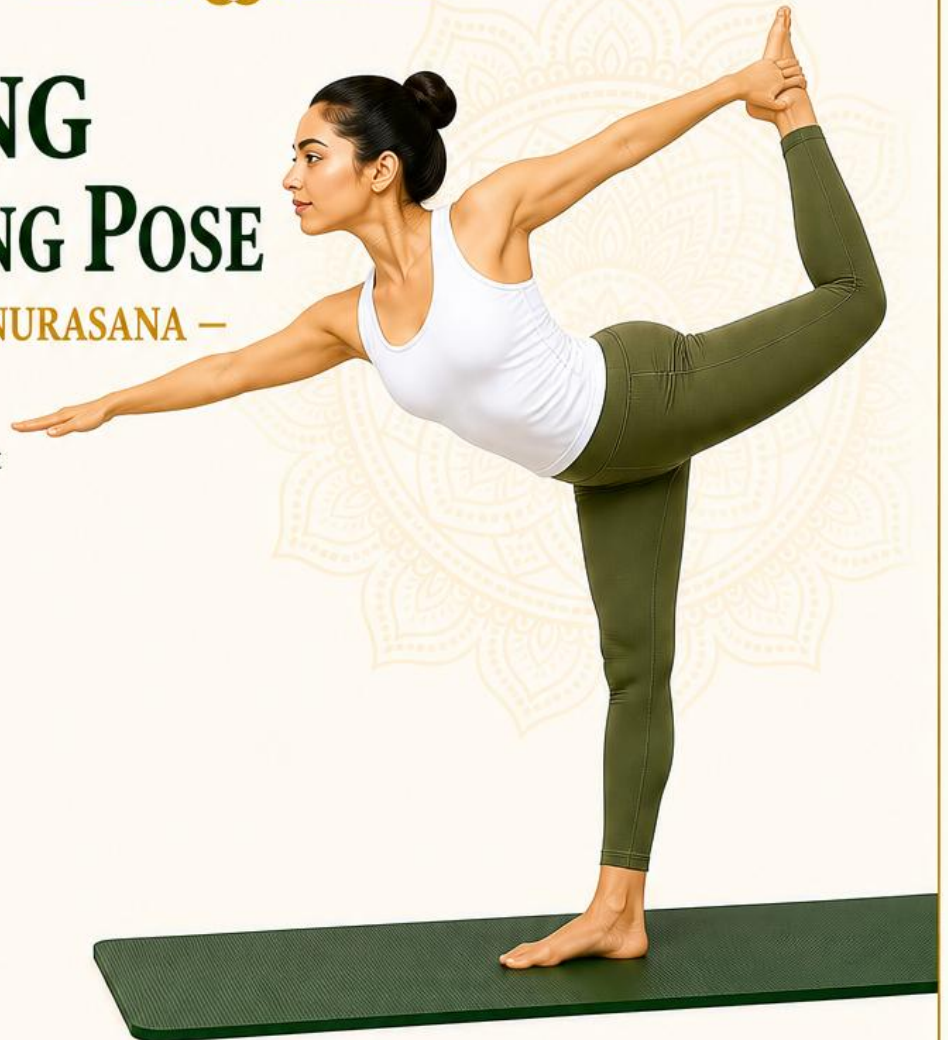
Improves balance and coordination



Stretches chest, shoulders, abdomen and thighs



Enhances concentration, posture and confidence



### HOW TO PRACTICE



- Stand tall with feet together.
- Shift your weight to your left foot.
- Bend your right knee and hold your right ankle with your right hand.
- Inhale and lift your right leg back and up.
- Lean your torso slightly forward and extend your left arm forward.
- Keep your hips square.
- Engage your core and keep your gaze forward.
- Hold and breathe steadily.
- Repeat on the other side.

### AYURVEDIC BENEFIT



Opens the heart center, balances Vata and Kapha, stimulates digestion, improves energy flow, and builds willpower and vitality.

### BREATHING GUIDE



Inhale to prepare and lengthen.

Exhale as you lift into the pose.

Breathe steady, slow and deep.



### STRENGTH

Builds full body strength, especially back, legs and core.



### BALANCE

Enhances stability, coordination and body awareness.



### FOCUS

Sharpens concentration and cultivates mental discipline.



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# DHANURASANA

## – BOW POSE –

A powerful back-bending pose that strengthens the entire body, opens the chest, improves posture, stimulates digestion, and enhances energy, vitality and focus.

### BENEFITS



Strengthens the back, spine, arms and legs



Opens the chest and improves breathing



Stimulates digestive fire and improves digestion



Boosts energy, stamina and vitality



Improves posture and relieves stiffness



Reduces stress, anxiety and fatigue



POSE LEVEL  
INTERMEDIATE

### HOW TO PRACTICE



✿ Lie on your stomach with legs straight and arms alongside your body.



✿ Bend your knees and bring your heels towards your hips.



✿ Reach back with your hands and hold your ankles.



✿ Inhale deeply, lift your chest, thighs and knees off the floor by pulling your legs up and back.



✿ Keep your gaze forward or slightly upward.

✿ Hold the pose for 20–30 seconds with steady breathing.

✿ Exhale slowly and release gently. Rest in Shavasana.

### AYURVEDIC BENEFIT



Balances Vata and Kapha doshas, kindles Agni (digestive fire), improves assimilation, nourishes the spine and nervous system, opens the heart center, and promotes courage, confidence and emotional resilience.

### BREATHING GUIDE



Inhale deeply and prepare.

Inhale and lift into the pose.

Hold and breathe slow, deep and steady.

Exhale and gently release down.

Stay calm and aware of your breath.



#### SPINAL STRENGTH

Strengthens the entire spine and improves flexibility.



#### DIGESTIVE SUPPORT

Stimulates digestive organs and relieves constipation.



#### CHEST OPENER

Opens the chest, improves lung capacity and circulation.



#### ENERGY & VITALITY

Boosts energy, stamina and overall vitality.



#### MENTAL WELL-BEING

Relieves stress, improves mood and promotes focus.



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# Bow Pose

— DHANURASANA —

A powerful backbend that energizes the body and improves spinal flexibility.

## BENEFITS



Strengthens spine



Improves digestion



Boosts energy



**CHAKRA FOCUS**  
Manipura  
(Solar Plexus Chakra)  
Power, Confidence  
& Transformation



**AYURVEDIC BENEFIT**  
Balances Pitta Dosha  
& supports healthy  
digestion and vitality



**BREATHING**  
Inhale to lift  
and energize,  
exhale to release  
and relax



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## EKA PADA KOUNDINYASANA II

– ONE-LEGGED SAGE POSE II –

An advanced arm balance that requires strength, focus and control. It tones the body, improves balance and stability, and prepares the practitioner for higher states of yoga.

### BENEFITS



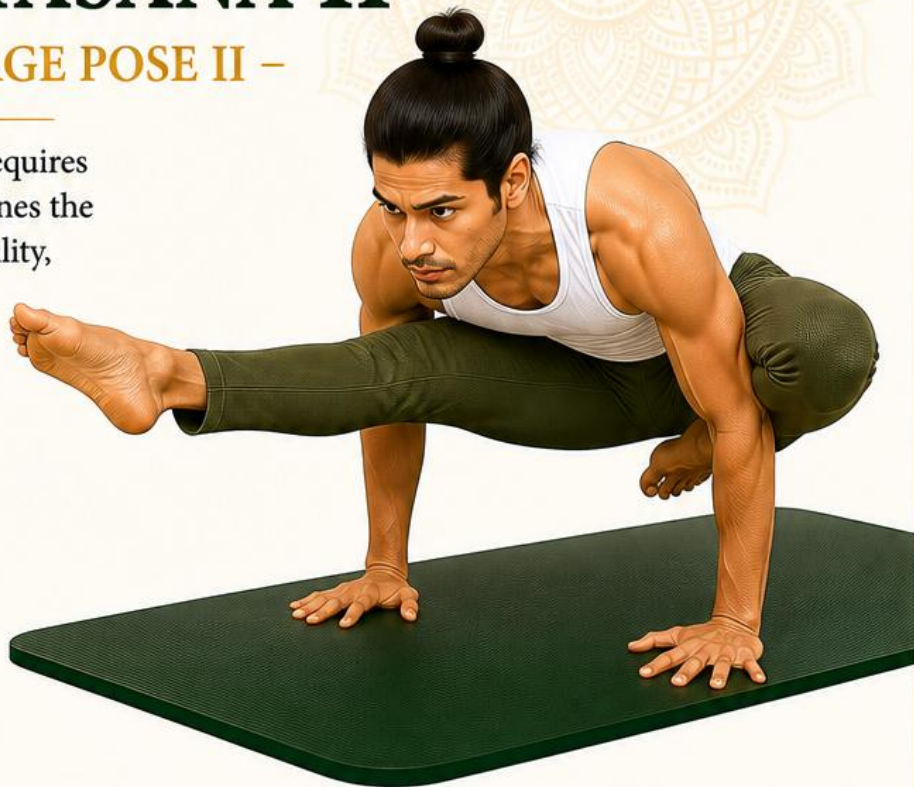
Builds exceptional strength in arms, shoulders, wrists, core and legs



Improves balance, focus, coordination and body control



Enhances willpower, discipline and self-confidence



### HOW TO PRACTICE



- Start in Malasana (yogic squat).
- Place your hands on the floor shoulder-width apart.
- Shift your weight forward.
- Place your right knee on your right upper arm (as close to the armpit as possible).
- Extend your left leg straight out to the side, parallel to the floor.
- Lean forward and lift your feet off the floor.
- Balance on your hands.
- Engage your core and keep your gaze forward.
- Hold the pose, breathe steadily and stay focused.
- Lower down gently and switch sides.

### AYURVEDIC BENEFIT



Stimulates Agni (digestive fire), strengthens internal organs, tones the muscles and nerves, balances Vata and Kapha, and builds Ojas (vital energy), mental clarity and inner resilience.

### BREATHING GUIDE



Inhale to prepare and lengthen.

Exhale as you lean forward and lift into the pose.

Breathe slow, steady and controlled.

Stay calm, focused and aware.

### STRENGTH

Builds immense strength in arms, shoulders, core, wrists and legs.



### BALANCE

Enhances balance, coordination and stability at a deep level.



### FOCUS & DISCIPLINE

Sharpens concentration, develops willpower and cultivates inner discipline.





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## EKA PADA KOUNDINYASANA I

— ONE-LEGGED SAGE POSE I —

An advanced arm balance that strengthens the entire body, develops focus and control, and prepares the body and mind for higher states of yoga.

### BENEFITS



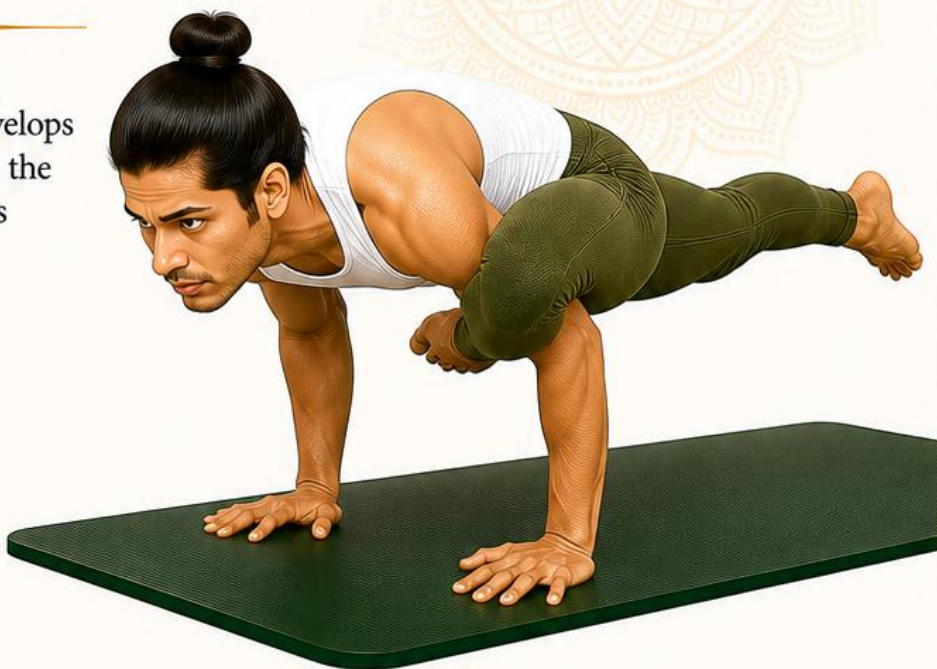
Builds strength in arms, wrists, shoulders, core and legs



Improves balance, focus, coordination and body control



Enhances willpower, discipline and self-confidence



### HOW TO PRACTICE



- Start in Malasana (yogic squat).
- Place your hands on the floor shoulder-width apart.
- Shift your weight forward.
- Place your right knee on your right upper arm (as close to the armpit as possible).
- Extend your left leg straight back, keeping it lifted.
- Lean forward and lift your feet off the floor.
- Balance on your hands.
- Engage your core and keep your gaze forward.
- Hold the pose, breathe steadily and stay focused.
- Lower down gently and switch sides.

### AYURVEDIC BENEFIT



Stimulates Agni (digestive fire), strengthens internal organs, tones the muscles and nerves, balances Vata and Kapha, and builds Ojas (vital energy), mental clarity and inner resilience.

### BREATHING GUIDE



Inhale to prepare and lengthen.

Exhale as you lean forward and lift into the pose.

Breathe slow, steady and controlled.

Stay calm, focused and aware.



### STRENGTH

Builds powerful strength in arms, shoulders, core, wrists and legs.



### FOCUS

Enhances concentration, coordination and mind-body connection.



### DISCIPLINE

Develops willpower, courage and self-discipline on and off the mat.

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## KING PIGEON POSE (ADVANCED)

— EKA PADA RAJAKAPOTASANA —  
(ADVANCED VARIATION)

An advanced hip opener that deeply stretches the hips, chest and shoulders while awakening inner energy and enhancing flexibility.

### BENEFITS



Deeply opens hips, hips flexors and chest



Improves flexibility and posture



Relieves stress and promotes inner calm



### HOW TO PRACTICE



- Start in Pigeon Pose.
- Bring your back leg up and bend the knee.
- Hold the foot with your hand (on the same side or both hands).
- Inhale and lift your chest.
- Gently arch back and open your heart.
- Keep your hips grounded and spine long.
- Hold, breathe deeply and repeat on the other side.



### AYURVEDIC BENEFIT



Balances Vata by grounding the body and calming the mind. Stimulates reproductive organs, improves digestion, relieves lower back tension and promotes emotional release and vitality.

### BREATHING GUIDE



Inhale to lengthen and open the chest.  
Exhale as you go deeper into the pose.  
Breathe slow, steady and conscious.  
Stay in awareness and surrender.

### DEEP OPENING

Opens the hips, chest, shoulders and heart center deeply.



### ENERGY FLOW

Awakens dormant energy, enhances circulation and removes blockages.



### EMOTIONAL RELEASE

Releases stored emotions, brings clarity, peace and emotional balance.



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## PIGEON POSE

— EKA PADA RAJAKAPOTASANA —

A deep hip opener that releases tension, improves flexibility and brings a sense of calm, grounding and inner peace.

### BENEFITS



Opens hips and releases deep tension



Improves flexibility and posture



Calms the mind and reduces stress



### HOW TO PRACTICE



- Start in a plank position.
- Bring your right knee forward and place it behind your right wrist.
- Extend your left leg back with the top of the foot on the mat.
- Lower your hips toward the mat.
- Keep your spine long. You may stay upright or fold forward gently.
- Rest your hands on the mat or on your right knee.
- Hold and breathe deeply.
- Repeat on the other side.



### AYURVEDIC BENEFIT



Stimulates Apana Vata, improves digestion, supports reproductive health, balances emotions and promotes a sense of groundedness and well-being.

### BREATHING GUIDE



Inhale to lengthen your spine.

Exhale and soften into the pose.

Breathe slow, steady and deep.

Release and relax with every breath.



### RELEASE

Releases stored tension in the hips and lower back.



### OPEN

Opens the hip flexors, heart and mind.



### RESTORE

Restores balance, patience and emotional harmony.



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# GARBHA PINDASANA

## – EMBRYO IN WOMB POSE –

A compact balancing pose performed in Lotus that mimics the position of a foetus in the womb. It promotes deep introspection, balance, body awareness and inner calm.

### BENEFITS



Improves balance and coordination



Calms the nervous system and mind



Enhances body awareness, introspection and focus



### HOW TO PRACTICE



- ✿ Sit in Padmasana (Lotus Pose).
- ✿ Insert your arms through the legs between the thighs and calves.
- ✿ Bend your elbows and bring your hands upward (you may hold your ears or join palms).
- ✿ Balance on your sitting bones and lift your feet off the floor.
- ✿ Keep your spine slightly rounded and core engaged.
- ✿ Hold the pose with steady breathing and relaxed focus.
- ✿ To come out, release the arms and unwind the legs slowly.



### AYURVEDIC BENEFIT



Balances Vata dosha, calms the mind, stimulates the digestive fire, massages abdominal organs, improves elimination, and promotes inner grounding, emotional stability and deep self-awareness.

### BREATHING GUIDE



Inhale gently and lengthen your spine.

Exhale and stabilize in the pose.

Breathe slow, deep and controlled.

Stay calm, centered and aware.



#### BALANCE

Improves balance, coordination and stability.



#### CALM MIND

Calms the nervous system and relieves stress.



#### INNER AWARENESS

Enhances introspection, focus and self-awareness.



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## GARBHA PINDASANA

— EMBRYO IN WOMB POSE —

A deeply introspective pose that replicates the embryonic position in the womb. It calms the nervous system, relieves stress, and brings feelings of safety, nurturing and inner stillness.

### BENEFITS



Calms the mind and nervous system



Relieves stress, anxiety and emotional tension



Promotes introspection, relaxation and healing



### HOW TO PRACTICE



- ✿ Sit in Dandasana.
- ✿ Bend your knees and bring them to your chest.
- ✿ Wrap your arms around your legs and interlock your fingers.
- ✿ Hug your knees close to your chest.
- ✿ Tuck your head down and rest your chin on or near your knees.
- ✿ Rock gently if it feels comfortable.
- ✿ Stay in the pose, breathing slowly and deeply.
- ✿ To come out, slowly release your hands and extend your legs.



### AYURVEDIC BENEFIT



Pacifies Vata dosha, nourishes the mind, strengthens the nervous system, supports emotional healing, improves digestion by massaging the abdomen, and creates a sense of security, connection and inner balance.

### BREATHING GUIDE



Inhale deeply and feel the embrace.

Exhale completely and surrender into the pose.

Breathe slow, deep and rhythmic.

Stay calm, soft and aware of your breath.



### STRESS RELIEF

Helps release tension and emotional stress.



### EMOTIONAL HEALING

Creates a sense of safety, comfort and self-nurturing.



### INNER BALANCE

Brings mental clarity, calmness and stability.

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# EAGLE POSE

GARUDASANA

A balancing pose that improves focus and strengthens the legs and arms.

## BENEFITS



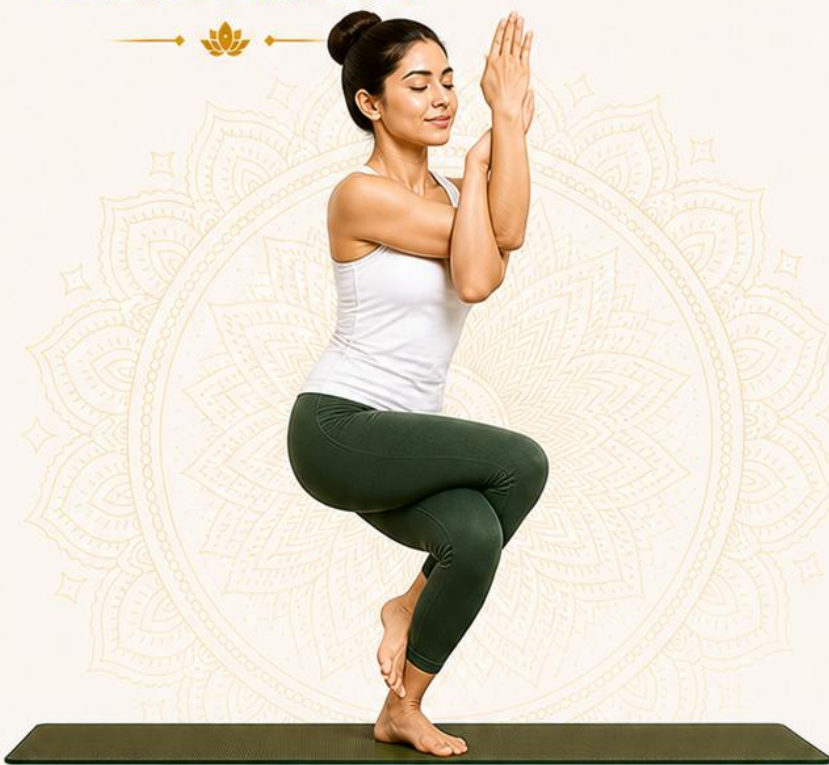
Improves concentration



Enhances balance



Strengthens joints



CHAKRA FOCUS  
Ajna  
(Third Eye Chakra)  
Intuition, Clarity  
& Inner Focus



AYURVEDIC BENEFIT  
Balances Vata Dosha  
& supports nervous  
system and stability



BREATHING  
Inhale to center,  
exhale to deepen  
focus and stay  
balanced



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# COW FACE POSE

GOMUKHASANA

A deep stretch that opens the shoulders and hips, improving mobility.

## BENEFITS



Opens shoulders



Improves posture



Relieves tension



### CHAKRA FOCUS

Anahata  
(Heart Chakra)  
Love, Compassion  
& Healing



### AYURVEDIC BENEFIT

Balances Vata Dosha  
& supports joint health,  
mobility and flexibility



### BREATHING

Inhale to lengthen  
and open, exhale  
to release and  
soften



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# HALASANA

## - PLOW POSE -

A rejuvenating inversion pose that stretches the spine, strengthens the back, tones the abdominal organs, stimulates the thyroid, and promotes calmness and clarity.

### BENEFITS

-  Stretches and lengthens the spine
-  Stimulates the thyroid gland
-  Improves digestion and relieves constipation
-  Improves blood circulation to the head and neck
-  Calms the mind and reduces stress
-  Strengthens the back and boosts overall immunity



**POSE LEVEL**  
INTERMEDIATE  
TO ADVANCED

### HOW TO PRACTICE



- ✿ Lie on your back with legs extended and arms beside your body.
- ✿ Inhale deeply and lift both legs up to 90 degrees.
- ✿ Exhale and slowly lower your legs overhead, keeping them straight.
- ✿ Place your toes on the floor behind you.
- ✿ Clasp your hands and press them into the floor.
- ✿ Keep your chin gently toward your chest.
- ✿ Hold the pose for 20–30 seconds with steady breathing.
- ✿ To come out, slowly lift your legs up and roll down vertebra by vertebra.

### AYURVEDIC BENEFIT



Balances Vata and Kapha doshas, stimulates Agni (digestive fire), tonifies the endocrine system especially the thyroid, improves assimilation, detoxifies the body, and promotes mental peace and inner stillness.



### BREATHING GUIDE



Inhale deeply to prepare.



Exhale and move into the pose.



Breathe slow, deep and steady.



Maintain gentle, smooth breathing.



Exhale and come out with control.



Stay calm and aware of your breath.



**THYROID STIMULATOR**  
Helps in healthy function of the thyroid gland.



**SPINE FLEXIBILITY**  
Enhances flexibility of the spine and strengthens back muscles.



**DIGESTIVE SUPPORT**  
Improves digestion and relieves bloating and constipation.



**BLOOD CIRCULATION**  
Increases blood flow to the head and improves oxygen supply.



**STRESS RELIEF**  
Calms the nervous system and reduces anxiety and stress.



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# HAMSASANA

## - SWAN POSE -

A graceful back-bending pose that opens the chest, stretches the spine, improves posture and brings a sense of lightness and openness.

### BENEFITS

- Improves spinal flexibility and posture
- Opens the chest and improves breathing
- Strengthens back muscles and spine
- Stimulates abdominal organs and improves digestion
- Relieves stress, fatigue and anxiety
- Enhances confidence and mental clarity



### AYURVEDIC BENEFIT

Balances Kapha and Vata doshas, stimulates Agni (digestive fire), opens Anahata Chakra (heart center) and promotes emotional balance and vitality.

### HOW TO PRACTICE

- Lie on your stomach (Makarasana).
- Place your palms on the floor beside the chest.
- Inhale deeply.
- Exhale and slowly lift your head, chest and upper body.
- Keep elbows slightly bent and close to the body.
- Open the chest and look up.
- Keep hips and legs on the floor.
- Hold the pose with steady breathing.
- Release slowly while exhaling and relax.

### AYURVEDIC FOCUS



Opens the heart, improves prana flow, supports lung capacity, enhances digestion and uplifts the mind.

Best Practice: Empty stomach in the morning.

### BREATHING GUIDE

- Inhale deeply to prepare.
- Exhale and lift your chest up.
- Maintain slow, even breathing in the pose.
- Exhale and release gently.

#### SPINE OPENER

Improves spinal flexibility and posture.

#### CHEST EXPANDER

Opens the chest and improves breathing.

#### DIGESTION BOOSTER

Stimulates digestive organs and relieves constipation.

#### STRESS RELIEVER

Calms the mind, reduces stress and anxiety.

#### ENERGY ENHANCER

Increases vitality, relieves fatigue and lethargy.

#### CONFIDENCE BUILDER

Builds self-esteem and promotes emotional balance.



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## Asanas



STANDING FORWARD BEND  
Uttanasana  
Standing, Forward Bend



SIDE PLANK  
Vasisthasana  
Arm Balance, Lateral Bend



THUNDERBOLT POSE  
Vajrasana  
Kneeling, Extension



TREE POSE  
Vrksasana  
Balance, Hip Opener, Extension



UPWARD FACING DOG  
Urdhva Mukha Svanasana  
Prone, Backbend



UPWARD PLANK POSE  
Purvottanasana  
Seated, Backbend



WARRIOR I  
Virabhadrasana I  
Standing, Backbend, Extensor



WARRIOR II  
Virabhadrasana II  
Hip Opener, Standing, Extension



REVOLVED TRIANGLE POSE  
Parivrtta Trikonasana  
Standing, Twist



SIDE LUNGE  
Skandasana  
Hip Opener, Standing, Extension



BABY CRADLE POSE  
Hip Opener, Seated, Extension



BOAT POSE  
Navasana  
Core, Seated, Extension



FOUR-LIMBED STAFF POSE  
Chaturanga Dandasana  
Core, Extension



FROG POSE  
Mandukasana  
Hip Opener, Kneeling, Extension



## Asanas



STANDING FORWARD BEND  
Uttanasana  
Standing, Forward Bend



SIDE PLANK  
Vasisthasana  
Arm Balance, Lateral Bend



THUNDERBOLT POSE  
Vajrasana  
Kneeling, Extension



TREE POSE  
Vrksasana  
Balance, Hip Opener, Extension



UPWARD FACING DOG  
Urdhva Mukha Svanasana  
Prone, Backbend



UPWARD PLANK POSE  
Purvottanasana  
Seated, Backbend



WARRIOR I  
Virabhadrasana I  
Standing, Backbend, Extensor



WARRIOR II  
Virabhadrasana II  
Hip Opener, Standing, Extension



REVOLVED TRIANGLE POSE  
Parivrtta Trikonasana  
Standing, Twist



SIDE LUNGE  
Skandasana  
Hip Opener, Standing, Extension



BABY CRADLE POSE  
Hip Opener, Seated, Extension



BOAT POSE  
Navasana  
Core, Seated, Extension



FOUR-LIMBED STAFF POSE  
Chaturanga Dandasana  
Core, Extension



FROG POSE  
Mandukasana  
Hip Opener, Kneeling, Extension



## Asanas



**BOUND ANGLE POSE**  
Baddha Konasana  
Seated, Extension, Forward Bend



**BOW POSE**  
Dhanurasana  
Prone, Backbend



**BRIDGE**  
Setu Bandha Sarvangasana  
Inversion, Backbend



**CAMEL POSE**  
Ustrasana  
Kneeling, Backbend



**CHAIR POSE (FIERCE POSE)**  
Utkatasana  
Standing, Backbend, Extension



**CHILD'S POSE**  
Balasana  
Kneeling, Forward Bend



**COBRA POSE**  
Bhujangasana  
Prone, Backbend



**CORPSE POSE**  
Savasana  
Supine, Extension



**COW FACE POSE**  
Gomukhasana  
Hip Opener, Seated, Extension



**CRESCENT LUNGE**  
Standing, Backbend, Extension



**CROCODILE POSE**  
Makarasana  
Prone, Backbend



**DOWNWARD FACING DOG POSE**  
Adho Mukha Svanasana  
Inversion, Extension



**EAGLE POSE**  
Garudasana  
Hip Opener, Standing, Extension, Forward Bend



**EASY POSE**  
Sukhasana  
Seated, Extension



**SIDE ANGLE POSE**  
Utthita Parsvakonasana  
Hip Opener, Standing, Lateral B



**FIRE ESSENCE**  
Agni Sara  
Core, Standing, Forward Bend



## Asanas



**BOUND ANGLE POSE**  
Baddha Konasana  
Seated, Extension, Forward Bend



**BOW POSE**  
Dhanurasana  
Prone, Backbend



**BRIDGE**  
Setu Bandha Sarvangasana  
Inversion, Backbend



**CAMEL POSE**  
Ustrasana  
Kneeling, Backbend



**CHAIR POSE (FIERCE POSE)**  
Utkatasana  
Standing, Backbend, Extension



**CHILD'S POSE**  
Balasana  
Kneeling, Forward Bend



**COBRA POSE**  
Bhujangasana  
Prone, Backbend



**CORPSE POSE**  
Savasana  
Supine, Extension



**COW FACE POSE**  
Gomukhasana  
Hip Opener, Seated, Extension



**CRESCENT LUNGE**  
Standing, Backbend, Extension



**CROCODILE POSE**  
Makarasana  
Prone, Backbend



**DOWNWARD FACING DOG POSE**  
Adho Mukha Svanasana  
Inversion, Extension



**EAGLE POSE**  
Garudasana  
Hip Opener, Standing, Extension, Forward Bend



**EASY POSE**  
Sukhasana  
Seated, Extension



**SIDE ANGLE POSE**  
Utthita Parsvakonasana  
Hip Opener, Standing, Lateral B



**FIRE ESSENCE**  
Agni Sara  
Core, Standing, Forward Bend



## Asanas



**GARLAND POSE (DEEP SQUAT)**  
Malasana  
Hip Opener, Standing, Extension



**GATE POSE**  
Parighasana  
Kneeling, Lateral Bend



**HALF BOAT POSE**  
Ardha Navasana  
Core, Supine, Forward Bend



**HALF FROG POSE**  
Ardha Bhikasana  
Hip Opener, Prone, Backbend



**HALF LORD OF THE FISHES POSE**  
Ardha Matsyendrasana  
Seated, Twist



**HEAD TO KNEE POSE**  
Janu Sirsasana  
Seated, Forward Bend



**INVERTED ACTION POSE**  
Viparita Karani  
Inversion, Backbend



**LOCUST POSE**  
Salabhasana  
Prone, Backbend



**LOTUS POSE**  
Padmasana  
Hip Opener, Seated, Extension



**MOUNTAIN POSE**  
Tadasana  
Standing, Extension



**PLANK POSE**  
Core, Extension



**PYRAMID POSE**  
Parsvottanasana  
Standing, Forward Bend



**RECLINED HERO POSE**  
Supta Virasana  
Hip Opener, Supine, Backbend



**RECLINING ABDOMINAL TWIST**  
Jathara Parivartanasana  
Supine, Twist



**REVOLVED HALF MOON  
REVERSE WARRIOR POSE**  
Standing, Lateral Bend



**REVOLVED SIDE ANGLE POSE**  
Parivrtta Parsvakonasana  
Standing, Twist



## Asanas



**GARLAND POSE (DEEP SQUAT)**  
Malasana  
Hip Opener, Standing, Extension



**GATE POSE**  
Parighasana  
Kneeling, Lateral Bend



**HALF BOAT POSE**  
Ardha Navasana  
Core, Supine, Forward Bend



**HALF FROG POSE**  
Ardha Bhikasana  
Hip Opener, Prone, Backbend



**HALF LORD OF THE FISHES POSE**  
Ardha Matsyendrasana  
Seated, Twist



**HEAD TO KNEE POSE**  
Janu Sirsasana  
Seated, Forward Bend



**INVERTED ACTION POSE**  
Viparita Karani  
Inversion, Backbend



**LOCUST POSE**  
Salabhasana  
Prone, Backbend



**LOTUS POSE**  
Padmasana  
Hip Opener, Seated, Extension



**MOUNTAIN POSE**  
Tadasana  
Standing, Extension



**PLANK POSE**  
Core, Extension



**PYRAMID POSE**  
Parsvottanasana  
Standing, Forward Bend



**RECLINED HERO POSE**  
Supta Virasana  
Hip Opener, Supine, Backbend



**RECLINING ABDOMINAL TWIST**  
Jathara Parivartanasana  
Supine, Twist



**REVOLVED HALF MOON  
REVERSE WARRIOR POSE**  
Standing, Lateral Bend



**REVOLVED SIDE ANGLE POSE**  
Parivrtta Parsvakonasana  
Standing, Twist





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## JANU SIRASANA

– HEAD TO KNEE POSE –

A seated forward bending pose that stretches one leg at a time. It lengthens the spine, opens the hips, stimulates the abdominal organs, and brings calmness to the mind.

### BENEFITS



Stretches the spine, hamstrings and calves



Stimulates abdominal organs and digestion



Calms the mind and reduces stress



Improves flexibility and posture



### HOW TO PRACTICE

- ✿ Sit on the floor with both legs extended forward.
- ✿ Bend your right knee and place the right foot beside your left inner thigh.
- ✿ Keep the left leg straight with toes pointing up.
- ✿ Inhale, lengthen your spine and raise your arms up.
- ✿ Exhale and fold forward from the hips over your left leg.
- ✿ Hold your left foot, ankle or shin with both hands.
- ✿ Keep your spine long and relaxed.
- ✿ Stay in the pose for 30 seconds to 2 minutes.
- ✿ Inhale and come up slowly. Repeat on the other side.



### AYURVEDIC BENEFIT



Balances Vata and Pitta doshas, soothes the nervous system, stimulates Agni (digestive fire), improves absorption and elimination, relieves lethargy and mental fatigue, and promotes inner peace and self-discipline.

### BREATHING GUIDE



Inhale deeply and lengthen your spine.

Exhale and fold forward gently.

Breathe slow, deep and steady.

Stay calm and aware of your breath.



#### SPINE HEALTH

Strengthens and lengthens the spine and improves posture.



#### BETTER DIGESTION

Massages abdominal organs and relieves constipation.



#### MENTAL CALMNESS

Reduces anxiety, improves focus and promotes mental clarity.



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# HEAD TO KNEE POSE

JANU SIRSASANA

A seated forward bend  
that stretches the spine  
and improves digestion.

## BENEFITS



Improves  
digestion



Enhances  
flexibility



Calms  
mind



### CHAKRA FOCUS

Anahata  
(Heart Chakra)  
Love, Compassion  
& Inner Harmony



### AYURVEDIC BENEFIT

Balances Vata Dosha  
& supports digestion  
and detoxification



### BREATHING

Inhale deeply,  
exhale slowly,  
and relax into  
the pose



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# RECLINING TWIST

— JATHARA PARIVARTANASANA —

A gentle twist that  
relaxes the spine and  
aids digestion.

## BENEFITS



Relieves tension



Improves digestion



Calms nervous system



## HOW TO PRACTICE



- ✿ Lie on your back with arms extended.
- ✿ Bend your knees and bring them to your chest.
- ✿ Gently drop your knees to one side.
- ✿ Keep both shoulders on the ground.
- ✿ Hold and breathe deeply.
- ✿ Repeat on the other side.

## AYURVEDIC BENEFIT



Stimulates digestive fire (Agni), helps eliminate toxins, and pacifies Vata dosha.

## BREATHING GUIDE



Inhale in the center.  
Exhale as you twist.  
Breathe slowly and evenly.



## RELAX

Release tension and stress.



## REJUVENATE

Support digestion and inner cleansing.



## RESTORE

Calm the mind and restore balance.



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# KANDASANA

## – ROOT POSE –

A deep hip opening pose that stretches the pelvic region, groins and lower back. It brings stability, grounding and strength, just like the roots of a tree.

### BENEFITS



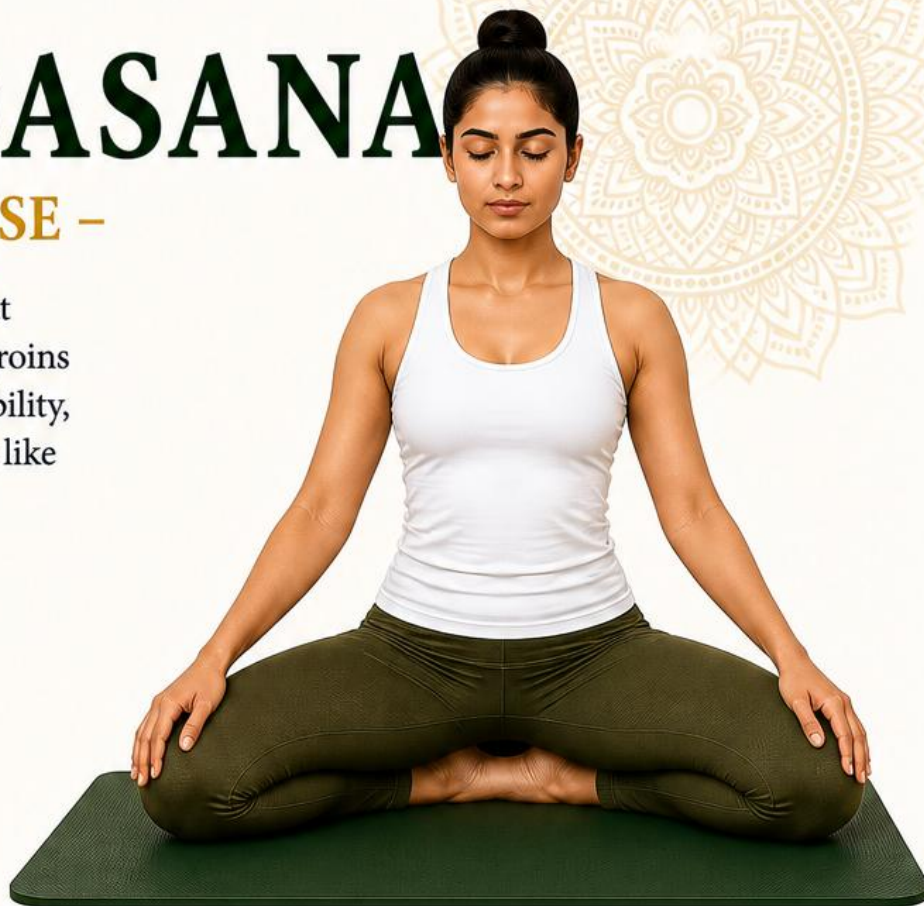
Stretches the hips, groins and pelvic muscles



Relieves lower back pain and stiffness



Promotes grounding, stability and patience



### HOW TO PRACTICE



- ✿ Sit in Vajrasana (Thunderbolt Pose).
- ✿ Separate your knees hip-width apart.
- ✿ Bring your feet wider than your hips with toes together and heels apart.
- ✿ Lower your sitting bones down between your heels.
- ✿ Place your hands on your knees or thighs.
- ✿ Keep your spine straight and chest open.
- ✿ Breathe slowly and deeply.
- ✿ Stay in the pose for 1–3 minutes or as comfortable.



### AYURVEDIC BENEFIT



Balances Vata dosha, grounds the energy, strengthens the pelvic and reproductive organs, improves circulation in the lower body, and brings emotional stability, patience and inner rootedness.

### BREATHING GUIDE



Inhale deeply and lengthen.

Exhale and relax deeply into the pose.

Breathe slow, deep and steady.

Stay calm, grounded and aware.



#### GROUNDING

Helps you feel rooted, stable and connected to the present moment.



#### STRENGTH

Builds strength in the lower body and increases flexibility in the hips and groins.



#### INNER STABILITY

Cultivates patience, calmness and emotional balance.



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## KAPOTASANA

— FULL PIGEON BACKBEND —  
(PIGEON POSE – ADVANCED)

An intense backbend that opens the hips, chest and shoulders deeply, releases stored tension and awakens inner strength, flexibility and devotion.

### BENEFITS



Deeply opens hips, chest and shoulders



Improves spinal flexibility and posture



Relieves stress, anxiety and emotional tension



### HOW TO PRACTICE



- Start in Pigeon Pose.
- Bring your back leg up and bend the knee.
- Hold the foot with both hands.
- Inhale and lift your chest.
- Exhale and gently arch back.
- Bring your head back and open the chest fully.
- Keep your hips grounded and spine long.
- Hold the pose and breathe deeply.
- Release slowly and repeat on the other side.



### AYURVEDIC BENEFIT



Balances Vata by grounding and releasing deep tension. Stimulates the digestive and reproductive organs, activates the heart chakra and enhances vitality, creativity and emotional healing.

### BREATHING GUIDE



Inhale deeply and expand the chest.  
Exhale as you go deeper into the pose.  
Breathe slow, steady and conscious.  
Stay in the flow of your breath.



### HEART OPENING

Opens the heart center and improves emotional well-being.



### FLEXIBILITY

Increases flexibility in the hips, spine and shoulders and improves posture.



### INNER RELEASE

Releases stored emotions, brings mental clarity and cultivates inner peace.



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# KARNAPIDASANA

## - EAR PRESSURE POSE -

A deep forward bending pose that stimulates the abdominal organs, improves digestion, calms the mind, relieves stress, and helps in balancing the nervous system.

### BENEFITS

-  Stimulates abdominal organs and improves digestion
-  Relieves stress, anxiety and mild depression
-  Improves blood circulation to the head
-  Calms the mind and soothes the nervous system
-  Helps in relieving constipation and gas
-  Enhances flexibility of the back and shoulders



POSE LEVEL  
INTERMEDIATE

### HOW TO PRACTICE

-  Sit in Dandasana with legs extended forward.
-  Bend your knees and bring them close to your chest.
-  Place your arms outside your knees.
-  Inhale deeply.
-  Exhale and slowly bend forward, pressing your ears against your knees.
-  Clasp your hands behind your back.
-  Hold the pose with steady breathing.
-  To come out, inhale and slowly release your hands and lift your torso up.

### AYURVEDIC BENEFIT



Balances Vata and Kapha doshas, improves Agni (digestive fire), detoxifies the abdominal organs, rejuvenates the nervous system, and promotes mental calmness and emotional stability.



### BREATHING GUIDE

-  Inhale deeply to prepare your body.
-  Exhale and fold forward into the pose.
-  Breathe slow, deep and steady.
-  Maintain calm, even breathing throughout.
-  Exhale and come out with control.
-  Stay calm and aware of your breath.



#### DIGESTIVE TONIC

Stimulates digestive organs and improves metabolism.



#### STRESS RELIEVER

Calms the mind, relieves stress and anxiety.



#### CIRCULATION BOOSTER

Improves blood flow to the head and nourishes tissues.



#### FLEXIBILITY ENHANCER

Increases flexibility of the back, shoulders and hips.



#### OVERALL WELLNESS

Supports nervous system health and overall vitality.



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Practice mindfully. Heal naturally.



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# KUKKUTASANA

## - ROOSTER POSE -

An advanced arm balance pose that strengthens the arms and wrists, improves concentration, and stimulates the digestive fire.

### BENEFITS

- Strengthens arms, wrists and shoulders
- Stimulates digestive fire and improves digestion
- Improves balance and concentration
- Enhances blood circulation
- Tones abdominal muscles
- Builds mental focus and determination



### HOW TO PRACTICE

- Sit in a squatting position (Malasana).
- Place your hands on the floor between your knees.
- Bend your elbows and place them on the inner side of knees.
- Lean forward and press your elbows into the thighs.
- Lift your feet off the ground and balance your body.
- Keep your gaze forward and maintain balance.
- Hold the pose with steady breathing.
- Release slowly and repeat 2-3 times.

### AYURVEDIC BENEFIT



Stimulates Agni (digestive fire), balances Kapha and Vata doshas, improves metabolism, and supports detoxification and elimination.



### BREATHING GUIDE



Inhale deeply to prepare.



Exhale and lift your feet, balancing the body.



Maintain slow, deep and steady breathing.

**DIGESTIVE STIMULATOR**  
Stimulates digestive organs and relieves indigestion.

**UPPER BODY STRENGTH**  
Strengthens arms, wrists, shoulders and upper back.

**BALANCE BOOSTER**  
Enhances balance, coordination and body control.

**CONCENTRATION ENHANCER**  
Improves focus, mental clarity and self-discipline.

**DETOX SUPPORT**  
Supports detoxification and improves overall vitality.





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## KUKKUTASANA

— ROOSTER POSE —

A powerful arm balance that builds strength, improves digestion, opens the hips and enhances focus, discipline and courage.

### BENEFITS



Strengthens arms, wrists, shoulders and core



Improves digestion and stimulates abdominal organs



Enhances balance, focus and self-confidence



### HOW TO PRACTICE



- Start in a squatting position.
- Place your hands on the floor, shoulder-width apart.
- Bring your knees high onto your upper arms (as close to armpits as possible).
- Lean forward and shift your weight onto your hands.
- Lift your feet off the floor, keeping your core engaged.
- Keep your gaze forward and breathe steadily.
- Hold the pose and focus.
- Lower down gently and relax.

### AYURVEDIC BENEFIT



Stimulates Agni (digestive fire), strengthens liver, pancreas and spleen, helps detoxify the body, balances Vata and Kapha, and enhances determination, willpower and mental clarity.

### BREATHING GUIDE



Inhale to prepare and center.  
Exhale as you lean forward and lift.  
Breathe steady, smooth and calm.  
Stay focused and aware in the pose.



#### STRENGTH

Builds tremendous strength in arms, shoulders and core muscles.



#### DIGESTION

Boosts digestive power, relieves constipation and improves absorption.



#### FOCUS & COURAGE

Enhances concentration, discipline, courage and inner stability.



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## KURMASANA

– TORTOISE POSE –

A deep forward bending posture that introspects the senses like a tortoise retreating into its shell. It calms the mind, stretches the back and hips, and improves flexibility and concentration.

### BENEFITS



Stretches the back, hips and thighs



Calms the mind and withdraws the senses



Improves digestion, flexibility and focus



### HOW TO PRACTICE



- ✿ Sit in Dandasana (staff pose).
- ✿ Bend your knees and bring your feet outside your hips.
- ✿ Lower your torso forward between your knees.
- ✿ Slide your arms under your thighs and clasp your hands in front.
- ✿ Rest your forehead on the floor.
- ✿ Stay in the pose with steady breathing.
- ✿ To come out, release your hands, lift your torso and extend your legs.



### AYURVEDIC BENEFIT



Calms Vata and Pitta doshas, soothes the nervous system, stimulates digestive fire, relieves stress and anxiety, promotes introspection and mental clarity, and supports overall balance of body and mind.

### BREATHING GUIDE



Inhale deeply to prepare and lengthen.

Exhale as you fold forward and relax.

Breathe slow, deep and steady.

Stay calm, still and aware of your breath.



### STRETCHES

Stretches the spine, knees, hips and thighs.



### RELAXES

Relaxes the mind, reduces stress and improves concentration.



### INTROSPECTION

Encourages withdrawal of the senses and inner awareness.





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# MALASANA

## Garland Pose

A deep squat posture that opens the hips, stretches the groins, improves digestion, and promotes grounding, stability, and inner calm.

### BENEFITS



Improves digestion  
& relieves constipation



Opens the hips  
& stretches the groins



Promotes grounding,  
stability & inner calm



#### CHAKRA FOCUS

Muladhara  
(Root Chakra)  
Grounding & Stability



#### AYURVEDIC BENEFIT

Balances Vata Dosha  
& supports healthy  
elimination



#### BREATHING

Inhale to lengthen  
the spine, exhale  
to deepen the squat



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## MAMMASANA

### – PUPPY POSE –

A deep hip-opening pose that stretches the shoulders, spine and hip flexors. It calms the mind, relieves stress and fatigue, and prepares the body for deep relaxation and meditation.

#### BENEFITS



Stretches shoulders, spine, hips and thighs



Relieves stress, anxiety and mental fatigue



Calms the nervous system and improves relaxation



#### HOW TO PRACTICE



- Start in Vajrasana (kneeling position).
- Inhale, stretch your arms forward and walk your hands out.
- Lower your chest toward the floor and rest your forehead down.
- Keep your hips above your knees and arms extended.
- Relax your shoulders and breathe deeply.
- Hold the pose for several breaths.
- To come out, walk your hands back and return to Vajrasana.



#### AYURVEDIC BENEFIT



Pacifies Vata dosha, relieves stress and tension, improves circulation to the spine and pelvic region, supports reproductive health, and promotes calmness, patience and emotional balance.

#### BREATHING GUIDE



Inhale to prepare and lengthen.

Exhale as you lower your chest.

Breathe slow, deep and even.

Stay calm, relaxed and aware.



#### STRETCH

Opens shoulders, chest, spine and hip flexors.



#### RELAXATION

Calms the mind, relieves fatigue and promotes deep relaxation.



#### BALANCE

Balances Vata, reduces stress and supports overall well-being.





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# MANDUKASANA

## - FROG POSE -

A powerful forward-bending pose that deeply stimulates the abdominal organs and improves digestion while promoting inner balance.

### BENEFITS



Improves digestion



Stimulates pancreas & abdominal organs



Helps manage diabetes



Relieves bloating



Enhances flexibility



### HOW TO PRACTICE



Sit in Vajrasana  
(Thunderbolt Pose)



Make fists and place them on  
the abdomen (near navel)



Inhale deeply



Exhale and bend forward



Press abdomen with fists



Keep spine straight as possible



Hold with steady breathing

### AYURVEDIC BENEFIT



Strongly stimulates  
Agni (digestive fire),  
balances Kapha, and  
supports metabolic  
health and  
detoxification.



### BREATHING GUIDE



Inhale  
to prepare



Exhale and  
bend forward



Maintain slow,  
controlled  
breathing

#### DIGESTIVE BOOSTER



Improves digestion  
and relieves  
constipation.



#### PANCREAS STIMULATOR

Stimulates pancreas  
and helps in managing  
diabetes.



#### DETOXIFIER

Aids in detoxification  
by stimulating internal  
organs.



#### STRESS RELIEVER

Calms the mind and  
relieves stress and  
anxiety.



#### FLEXIBILITY ENHANCER

Improves flexibility  
in hips, thighs and  
lower back.



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# FROG POSE

MANDUKASANA

A deep hip opener that releases stored tension and improves mobility.

## BENEFITS



Opens hips deeply



Improves flexibility



Supports emotional release



### CHAKRA FOCUS

Swadhisthana  
(Sacral Chakra)  
Creativity, Flow &  
Emotional Balance



### AYURVEDIC BENEFIT

Balances Vata Dosha  
& releases tension for  
better mobility



### BREATHING

Inhale to expand,  
exhale to relax  
and surrender



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# MARICHYASANA

## – SAGE MARICHI POSE –

A powerful seated spinal twist named after Sage Marichi. It detoxifies the body, massages the internal organs, improves spinal flexibility, and brings clarity and balance to mind and body.

### BENEFITS



Improves spinal flexibility and posture



Massages abdominal organs and improves digestion



Detoxifies liver, kidneys and removes toxins



Relieves stress, anxiety and mental fatigue



Strengthens the back and core muscles



### HOW TO PRACTICE



- ✿ Sit on the floor with both legs extended.
- ✿ Bend your right knee and place the right foot outside the left knee.
- ✿ Place your left elbow outside the right knee.
- ✿ Twist your torso to the right and place your right hand behind you.
- ✿ Lengthen your spine and look over your right shoulder.
- ✿ Inhale to lengthen, exhale to twist deeper.
- ✿ Hold the pose for 30 seconds to 1 minute.
- ✿ Release and repeat on the other side.



### AYURVEDIC BENEFIT



Balances Vata and Kapha doshas, stimulates digestive fire (Agni), improves elimination, supports liver function, and purifies the body. It brings mental clarity, self-discipline and inner strength.

### BREATHING GUIDE



Inhale deeply and lengthen your spine.

Exhale and twist gently to the right.

Breathe slow, deep and steady.

Stay calm and aware of your breath.



#### DIGESTIVE HEALTH

Improves digestion, relieves constipation and bloating.



#### DETOXIFICATION

Massages internal organs and supports natural detox.



#### SPINAL HEALTH

Enhances spinal flexibility and relieves back stiffness.



#### MENTAL BALANCE

Relieves stress, improves focus and emotional balance.



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# MATSYASANA

## - FISH POSE -

A gentle backbend that opens the chest and throat, improves breathing, and energizes the body while promoting relaxation.

### BENEFITS



Opens the chest and lungs



Improves breathing capacity



Stimulates the thyroid gland and throat



Relieves fatigue and increases vitality



Enhances posture and reduces stiffness



POSE LEVEL  
BEGINNER TO  
INTERMEDIATE

### HOW TO PRACTICE



✿ Lie on your back with legs extended.



✿ Place your hands under your hips with palms facing down.



✿ Press your elbows gently into the floor to lift the chest.



✿ Inhale and lift your chest upward, arching your back.



✿ Gently drop your head back so the crown of the head touches the floor.



✿ Keep the weight on your elbows and forearms, not on your head.



✿ Hold the pose with steady and calm breathing.



✿ To come out, inhale, lift your head and chest, and release.

### AYURVEDIC BENEFIT



Balances Kapha and Vata doshas, stimulates the Vishuddha (throat chakra), supports thyroid health, improves respiration, enhances energy flow, and promotes mental calmness and clarity.



Vishuddha Chakra  
(Throat Center)

### BREATHING GUIDE



Inhale slowly and deeply to lift your chest.



Exhale and relax into the pose.



Maintain slow, deep and even breathing throughout.



Stay calm and aware of your breath.



#### RESPIRATORY HEALTH

Opens the lungs and improves breathing.



#### THYROID STIMULATION

Supports healthy thyroid function.



#### IMMUNITY BOOSTER

Helps strengthen immunity and vitality.



#### ENERGY ENHANCER

Fights fatigue and rejuvenates the body.



#### MENTAL WELL-BEING

Relieves stress, anxiety and promotes relaxation.



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# MAYURASANA

## - PEACOCK POSE -

A powerful arm balance pose that strengthens the body, stimulates digestion, and awakens inner fire and confidence.

### BENEFITS

-  Stimulates digestive fire and improves digestion
-  Detoxifies liver and pancreas
-  Tones abdominal organs and strengthens core
-  Boosts immunity and vitality
-  Strengthens arms, wrists and shoulders
-  Improves concentration and mental clarity



### AYURVEDIC BENEFIT

Kindles Agni (digestive fire), balances Kapha, detoxifies the body, purifies the blood, and promotes tissue strength and radiant health.

### HOW TO PRACTICE

-  Kneel down and place your hands flat on the floor.
-  Fingers pointing towards the feet, close together.
-  Bend your elbows and place them on the abdomen, near the navel.
-  Lean forward, shift your weight onto your hands.
-  Slowly stretch your legs back and lift them off the ground.
-  Keep the body straight and parallel to the floor.
-  Gaze forward and maintain steady breathing.
-  Hold the pose as long as comfortable.
-  Release slowly and rest in Balasana (Child's Pose).

### AYURVEDIC FOCUS



Activates Manipura Chakra, strengthens digestive organs, eliminates toxins, and promotes physical and mental resilience.

Best Practice: Empty stomach in the morning.

### BREATHING GUIDE



Inhale deeply to prepare.



Hold the breath or exhale gently as you lift and balance.



Breathe normally while holding the pose.

#### DIGESTION ENHANCER

Stimulates digestive fire and relieves constipation.

#### LIVER DETOXIFIER

Purifies the liver and aids in detoxification.

#### CORE STRENGTH

Strengthens abdominal muscles and core.

#### IMMUNITY BOOSTER

Improves immunity and overall vitality.

#### MENTAL CLARITY

Enhances focus, concentration and self-confidence.

#### ENERGY ENHANCER

Boosts energy levels and stamina.





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## MAYURASANA

— PEACOCK POSE —

An advanced arm balance that strengthens digestion, detoxifies the body, builds tremendous arm and core strength, and awakens inner fire and determination.

### BENEFITS



Improves digestion and stimulates abdominal organs



Builds strong arms, wrists and core strength



Detoxifies the body and boosts metabolism and vitality



### HOW TO PRACTICE



- 🌿 Kneel on the floor.
- 🌿 Place your palms on the mat, fingers pointing back.
- 🌿 Bend your elbows and rest them high on your abdomen, just below the navel.
- 🌿 Lean forward and shift your weight onto your hands.
- 🌿 Lift your legs off the ground, keeping the body straight and parallel to the floor.
- 🌿 Hold the pose, breathe steadily and focus.
- 🌿 Lower down gently and rest.



### AYURVEDIC BENEFIT



Kindles Agni (digestive fire) and supports liver, pancreas and spleen health. Helps eliminate toxins, balances Pitta and Kapha dosha, improves metabolism and promotes vitality and mental clarity.

### BREATHING GUIDE



Inhale to prepare and focus.  
Exhale as you lean forward and lift into the pose.  
Breathe steady, smooth and calm.  
Stay aware and energetic.



#### DIGESTION BOOSTER

Enhances digestion, relieves constipation and supports healthy metabolism.



#### DETOX & PURIFY

Detoxifies internal organs and blood, promotes clear skin and overall wellness.



#### INNER FIRE

Ignites willpower, builds discipline and awakens inner strength and focus.



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# MOUNTAIN POSE

TADASANA

A foundational standing posture that improves alignment and awareness.

## BENEFITS



Improves posture



Enhances balance



Builds body awareness



### CHAKRA FOCUS

**Muladhara**  
(Root Chakra)  
Stability, Grounding  
& Security



### AYURVEDIC BENEFIT

Balances Vata,  
provides grounding  
and improves focus  
and stability.



### BREATHING GUIDE

Inhale deeply,  
exhale slowly,  
and stay present  
in your body.



Stand tall. Breathe deep,  
Be rooted like a mountain.



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# BOAT POSE

NAVASANA

A core-strengthening posture that builds balance and endurance.

## BENEFITS



Strengthens core



Improves digestion



Enhances balance



### CHAKRA FOCUS

Manipura  
(Solar Plexus Chakra)  
Confidence, Willpower  
& Inner Strength



### AYURVEDIC BENEFIT

Balances Pitta Dosha  
& supports healthy  
digestion



### BREATHING

Inhale to lengthen,  
exhale to engage  
and stabilize



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# BOAT POSE

NAVASANA

A core-strengthening posture  
that builds balance and endurance.

## BENEFITS



Strengthens core



Improves digestion



Enhances balance



## CHAKRA FOCUS



**Manipura**

(Solar Plexus Chakra)

Willpower, Confidence,  
Strength &  
Personal Power

## AYURVEDIC BENEFIT



Stimulates Agni (digestive  
fire), improves metabolism  
and tones abdominal  
organs.

## BREATHING GUIDE



Inhale to lengthen  
the spine.  
Exhale and engage  
the core, hold  
steady.



Breathe Deeply  
Stay centered



Move Mindfully  
Build strength within



Live Blissfully  
Balance body & mind

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# PADMASANA

## - IN SIRSASANA -

### LOTUS IN HEADSTAND

A powerful inversion that combines the stability of Headstand with the calm and balance of Lotus Pose. It enhances concentration, spiritual awareness, and inner strength while improving circulation and overall vitality.

#### BENEFITS



Enhances concentration, memory and mental clarity



Improves blood circulation to the brain



Calms the mind and promotes deep inner peace



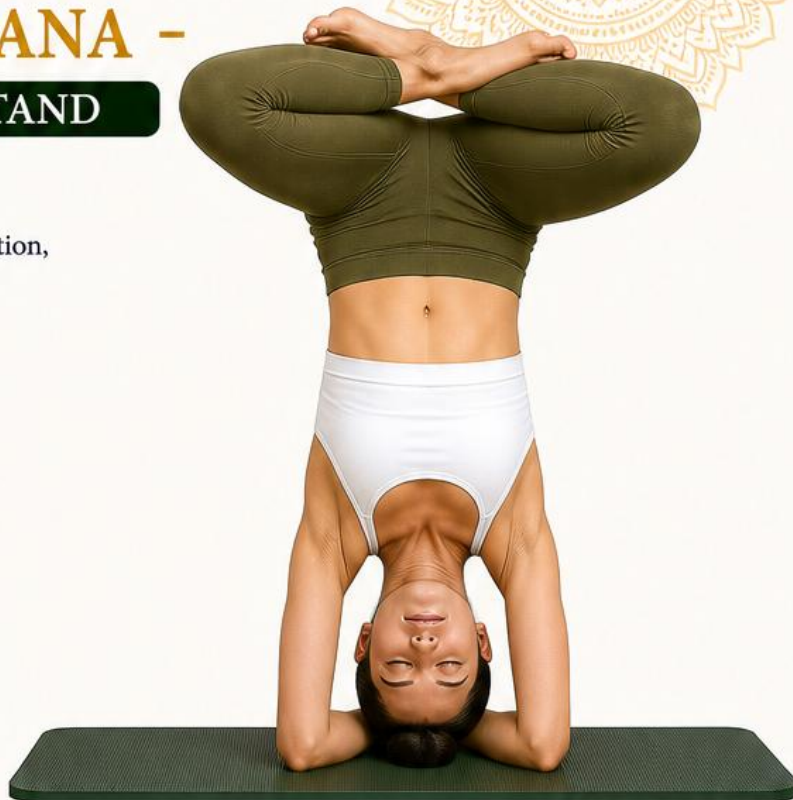
Strengthens the shoulders, neck and core



Boosts immunity and improves vitality



Supports spiritual growth and self awareness



POSE LEVEL  
ADVANCED

#### HOW TO PRACTICE



Get into a stable Headstand (Sirsasana) with proper alignment.



Maintain a steady base with forearms and head.



Slowly bend one knee and place the foot on the opposite thigh.



Bend the other knee and bring the foot onto the opposite thigh to form Lotus Pose.



Engage your core and keep your spine straight.



Hold the pose with steady breathing and complete balance.



To come out, release the legs, straighten them up and slowly lower down from Headstand.

#### AYURVEDIC BENEFIT



Balances Vata and Kapha doshas, stimulates the Sahasrara (crown chakra) and Ajna (third eye chakra), improves Ojas (vitality), nourishes the brain and nervous system, and promotes mental stillness, spiritual awareness and higher consciousness.



#### BREATHING GUIDE



Inhale deeply to prepare.



Exhale and come into Headstand.



Breathe slow, deep and steady.



Maintain even breathing throughout.



Exhale and come out with control.



Stay calm and aware of your breath.



**BRAIN ENERGIZER**  
Increases oxygen flow to the brain and sharpens mental function.



**HORMONAL BALANCER**  
Stimulates the pituitary gland and supports hormonal balance.



**NERVOUS SYSTEM TONIC**  
Strengthens the nervous system and reduces stress and anxiety.



**CIRCULATION BOOSTER**  
Enhances blood flow and improves overall circulation.



**IMMUNITY ENHANCER**  
Strengthens immunity and helps the body fight diseases.



**SPIRITUAL ELEVATOR**  
Enhances inner awareness, intuition and spiritual connection.



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# LOTUS POSE

PADMASANA

A meditative posture that promotes calmness and inner awareness.

## BENEFITS



Improves posture



Enhances meditation



Calms the mind



CHAKRA FOCUS  
Sahasrara  
(Crown Chakra)  
Spirituality, Wisdom  
& Enlightenment



AYURVEDIC BENEFIT  
Balances Vata Dosha  
& supports mental  
clarity and peace



BREATHING  
Inhale deeply,  
exhale slowly,  
and stay present  
within



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# GATE POSE

## (PARIGHASANA)

*Lateral Stretch Pose*

A side-bending posture that opens the rib cage, stretches the sides of the body, improves flexibility, and enhances breath awareness and energy flow.

### BENEFITS



Opens the chest & rib cage and improves breathing



Stretches the sides of the body & improves flexibility



Improves digestion & energizes the body



#### CHAKRA FOCUS

Anahata  
(Heart Chakra)  
Love, Openness  
& Compassion



#### AYURVEDIC BENEFIT

Balances Vata Dosha  
& supports respiratory  
health and energy flow



#### BREATHING

Inhale as you reach  
up, exhale as you  
side bend and open



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# PARIVRTTA TRIKONASANA

*Revolved Triangle Pose*

A powerful twisting posture that improves balance, aids digestion, and detoxifies the body and mind.

## BENEFITS



Improves  
digestion



Enhances  
balance



Detoxifies  
body & mind



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## SIDE CROW POSE

— PARVA BAKASANA —

A challenging arm balance that builds strength, balance and deep inner focus.



### BENEFITS



Strengthens arms, wrists and core



Improves balance and coordination



Enhances focus and mental clarity

### HOW TO PRACTICE



- Start in a squat (Malasana).
- Place your hands on the floor slightly wider than shoulders.
- Shift your weight forward.
- Place your right knee on your right upper arm.
- Lean to the right and lift your feet off the ground.
- Engage your core and look forward or slightly ahead.
- Hold and breathe steadily.
- Repeat on the other side.

### AYURVEDIC BENEFIT



Stimulates digestive fire (Agni), strengthens willpower, balances Vata and Kapha dosha, and promotes detoxification and mental resilience.

### BREATHING GUIDE



Inhale to prepare.  
Exhale as you shift forward and lift into the pose.  
Breathe slow, steady and calm.



### STRENGTH

Builds upper body strength and stability.



### BALANCE

Enhances balance and body awareness.



### FOCUS

Sharpens concentration and inner confidence.



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# PYRAMID POSE

## PARSVOTTANASANA

A deep stretch that  
strengthens the legs  
and improves balance.

### BENEFITS



Stretches  
hamstrings



Improves  
balance



Strengthens  
legs



#### CHAKRA FOCUS

Anahata  
(Heart Chakra)  
Love, Balance  
& Compassion



#### AYURVEDIC BENEFIT

Balances Vata Dosha  
& supports healthy  
circulation and flexibility



#### BREATHING

Inhale deeply,  
exhale slowly,  
and lengthen  
with each breath



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## PASCHIMOTTANASANA

### - SEATED FORWARD BEND -

A deep forward bending pose that stretches the entire back body, calms the mind, improves digestion, and promotes flexibility and inner stillness.

#### BENEFITS



Stretches the spine, hamstrings, calves and lower back



Stimulates abdominal organs and improves digestion



Calms the mind, relieves stress and anxiety



Detoxifies the liver, kidneys and reproductive organs



Improves posture, flexibility and promotes inner relaxation



POSE LEVEL  
INTERMEDIATE

#### HOW TO PRACTICE

- Sit on the floor with both legs extended in front of you.
- Keep your spine tall and feet flexed.
- Inhale deeply, raise your arms up overhead.
- Exhale and hinge forward from your hips.
- Lengthen your spine and reach for your feet.
- Hold your big toes, feet or ankles (as per comfort).
- Keep your head relaxed and avoid rounding the back.
- Breathe slowly and deeply.
- Hold the pose for 30 seconds to 2 minutes.
- Inhale and come up slowly with a straight spine.



#### AYURVEDIC BENEFIT



Balances Vata and Pitta doshas, soothes the nervous system, improves Agni (digestive fire), helps in detoxification, nourishes the reproductive organs, relieves fatigue and promotes mental calmness and emotional stability.

#### BREATHING GUIDE



Inhale deeply and lengthen your spine.

Exhale and fold forward.

Breathe slow, deep and steady.

Allow each exhale to take you deeper.

Stay calm and aware of your breath.



#### SPINAL HEALTH

Stretches and lengthens the entire spine and relieves stiffness.



#### BETTER DIGESTION

Stimulates digestion, relieves constipation and bloating.



#### DETOXIFICATION

Massages internal organs and helps eliminate toxins from the body.



#### MENTAL CALMNESS

Reduces stress, anxiety and induces deep relaxation.



#### FLEXIBILITY

Improves flexibility of the back body and hamstrings.



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# PLANK POSE

→ PHALAKASANA →

A core-strengthening posture that builds stability and endurance.

## BENEFITS



Strengthens core



Builds arm strength



Improves stability



## CHAKRA FOCUS



**Manipura**  
(Solar Plexus Chakra)  
Personal Power,  
Confidence,  
Discipline &  
Transformation

## AYURVEDIC BENEFIT



Ignites digestive fire (Agni), tones the abdomen, removes lethargy, and builds energy and stamina.

## BREATHING GUIDE



Inhale to prepare. Exhale and engage your core as you step back and hold the pose. Breathe steadily.



Breathe Steadily  
Maintain smooth  
and even breaths.



Engage Your Core  
Draw your navel in and  
keep your body strong.



Stay Focused  
Hold with awareness  
and determination.

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## PINCHA MAYURASANA

— FOREARM STAND —

A powerful inversion that builds upper body strength, improves balance and concentration while stimulating circulation and enhancing mental clarity.

### BENEFITS



Strengthens shoulders, arms, back and core



Improves concentration, balance and mental focus



Stimulates circulation and boosts energy



### HOW TO PRACTICE



- Kneel and place forearms on the mat, elbows under shoulders.
- Interlace your fingers and press forearms firmly.
- Tuck your toes and lift your hips up in a Downward Dog.
- Walk your feet closer to your head.
- Lift one leg up, then the other, to come into forearm balance.
- Keep your body in a straight line from shoulders to toes.
- Engage your core and breathe steadily.

### AYURVEDIC BENEFIT



Balances Vata and Kapha, improves blood flow to the brain, tones the nerves and muscles, enhances willpower and concentration, and revitalizes the body and mind.

### BREATHING GUIDE



Inhale deeply to prepare and engage.

Exhale as you lift your legs up.

Breathe slow, steady and controlled.

Stay calm and focused on your breath.



### STRENGTH

Builds upper body strength, core stability and endurance.



### FOCUS

Sharpens concentration and improves mental clarity.



### ENERGY

Boosts circulation, vitality and overall well-being.



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# PINDASANA

- IN SIRSASANA -

EMBRYO POSE IN HEADSTAND

An advanced inversion where the body is folded into a compact shape in Headstand. It calms the mind, improves concentration, and deeply nourishes the nervous system.

## BENEFITS



Enhances concentration, memory and mental clarity



Strengthens the nervous system and boosts immunity



Improves blood circulation to the brain



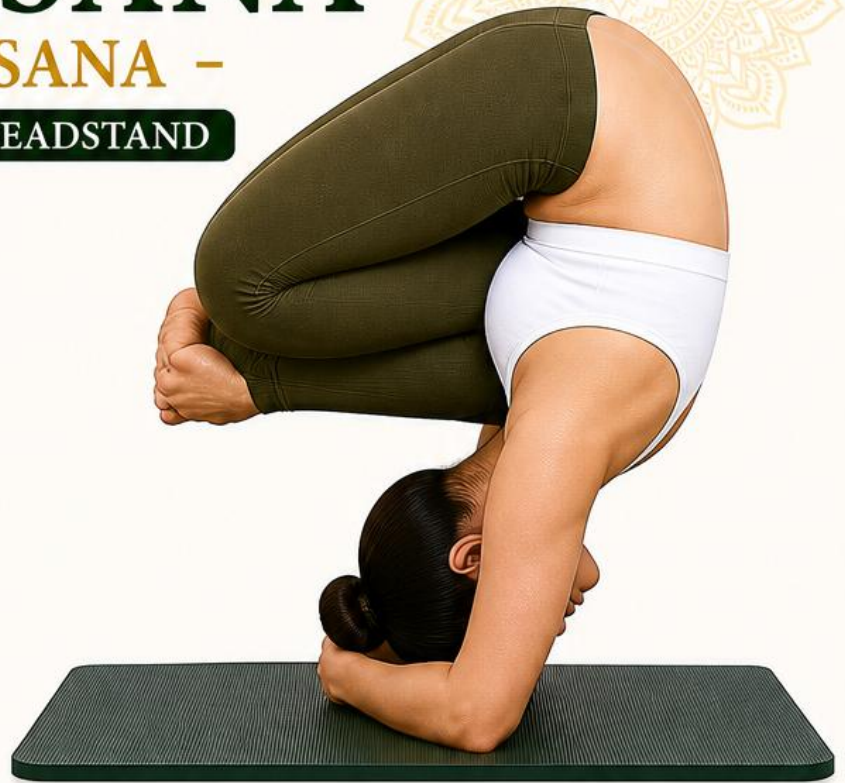
Calms the mind and relieves stress and anxiety



Balances hormones and supports digestion



Builds core strength, balance and stability



POSE LEVEL  
ADVANCED

## HOW TO PRACTICE



Get into a stable Headstand (Sirsasana).



Inhale and engage your core.



Exhale and slowly bend your knees toward your chest.



Bring your thighs close to your torso.



Hold your shins or ankles and fold into a compact embryo shape.



Keep your balance steady and breathe smoothly.



To come out, release your legs, straighten them up slowly and return to Headstand, then gently lower.

## AYURVEDIC BENEFIT



Balances Vata and Kapha doshas, strengthens Majja Dhatu (nervous tissue), nourishes the brain and senses, enhances Ojas (vitality), and promotes mental stillness and inner growth.



## BREATHING GUIDE



Inhale deeply to prepare.



Exhale and fold into the pose.



Breathe slow, deep and steady.



Maintain even breathing throughout.



Exhale and come out with control.



Stay calm and aware of your breath.



**BRAIN NOURISHER**  
Improves memory, focus and mental performance.



**NERVES TONIC**  
Strengthens the nervous system and reduces fatigue.



**CIRCULATION BOOSTER**  
Increases blood flow to the brain and improves oxygenation.



**STRESS RELIEVER**  
Calms the mind and promotes relaxation and confidence.



**HORMONE BALANCER**  
Supports endocrine harmony and overall well-being.



**IMMUNITY ENHANCER**  
Boosts immunity and helps the body resist diseases.



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## WIDE-LEG FORWARD BEND

— PRASARITA PADOTTANASANA —

A deep forward fold that stretches the spine and legs.

### BENEFITS



Stretches hamstrings



Improves flexibility



Calms mind



### HOW TO PRACTICE



- Stand with legs wide apart.
- Turn your toes slightly out.
- Inhale and lengthen your spine.
- Exhale and fold forward, placing hands on the floor.
- Relax your head and neck.
- Hold and breathe.

### AYURVEDIC BENEFIT



Calms the nervous system, relieves stress and balances Pitta dosha.

### BREATHING GUIDE



Inhale to lengthen your spine.  
Exhale and fold deeper.  
Breathe slowly and steadily.



### STRETCH

Stretch deeply, grow freely.



### RELAX

Relax your body, relax your mind.



### CALM

Calm your mind, find your balance.



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# UPWARD PLANK POSE

*PURVOTTANASANA*

An energizing pose that opens the front body and strengthens the back.

## BENEFITS



Strengthens arms & legs



Opens chest



Improves posture



### CHAKRA FOCUS

Manipura  
(Solar Plexus Chakra)  
Confidence, Willpower  
& Personal Power



### AYURVEDIC BENEFIT

Balances Pitta Dosha  
& boosts energy,  
metabolism & vitality



### BREATHING

Inhale to lift up,  
exhale to stay steady  
in the pose



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# LOCUST POSE

SALABHASANA

A strengthening backbend  
that tones the spine and  
improves posture.

## BENEFITS



Strengthens  
back



Improves  
posture



Boosts  
stamina



CHAKRA FOCUS  
Manipura  
(Solar Plexus Chakra)  
Confidence, Willpower  
& Personal Strength



AYURVEDIC BENEFIT  
Balances Vata & Kapha  
Dosha and enhances  
digestion and vitality



BREATHING  
Inhale deeply,  
exhale steadily,  
and feel the  
inner strength



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## SAMAKONASANA

– STRADDLE SPLIT POSE –

A powerful seated pose that opens the inner thighs and groins, improves flexibility, and promotes stability, confidence and mental calm.

### BENEFITS



Opens inner thighs, hips and groins



Improves flexibility and mobility



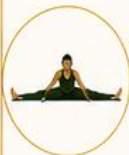
Enhances posture, stability, confidence and focus



### HOW TO PRACTICE



- ✿ Sit on the floor with your legs extended wide apart.
- ✿ Keep your toes pointing upward and knees straight.
- ✿ Inhale, lengthen your spine.
- ✿ Exhale, gently walk your hands forward and lower your torso.
- ✿ Keep your back long and chest open.
- ✿ Go only as far as comfortable without straining.
- ✿ Hold the pose with steady breathing.
- ✿ To come out, walk your hands back and sit up.



### AYURVEDIC BENEFIT



Balances Vata dosha, opens channels of energy in the pelvis and legs, improves circulation, stimulates digestion and elimination, nurtures reproductive organs, and promotes mental steadiness, patience and emotional balance.

### BREATHING GUIDE



Inhale to lengthen and prepare.

Exhale as you fold forward.

Breathe slow, deep and steady.

Stay calm, relaxed and aware.



### FLEXIBILITY

Deeply stretches inner thighs, hamstrings and hips.



### STABILITY

Improves balance, posture and body alignment.



### FOCUS & CALM

Calms the mind, builds confidence and promotes inner peace.

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# SARVANGASANA

## - SHOULDER STAND -

The mother of all asanas, this inversion nourishes the whole body, improves circulation, stimulates the thyroid, strengthens the immune system, and promotes overall balance and vitality.

### BENEFITS



Stimulates the thyroid gland and balances hormones



Improves blood circulation to the head, neck and upper body



Strengthens the immune system and increases vitality



Improves respiratory function and lung capacity



Calms the mind, reduces stress and mild depression



Strengthens shoulders, neck and upper back



Aids digestion and relieves constipation



POSE LEVEL  
INTERMEDIATE  
TO ADVANCED

### HOW TO PRACTICE



1. Lie on your back with legs straight and arms by your sides.



2. Inhale and slowly lift your legs up to 90 degrees.



3. Exhale and lift your hips off the floor, supporting your lower back with your hands.



4. Bring your body into a straight line from shoulders to toes.



5. Keep your chin gently toward your chest. Do not turn your head.



6. Hold the pose with steady breathing.



7. To come out, slowly lower your legs and hips down, one vertebra at a time.

### AYURVEDIC BENEFIT



Balances Vata and Kapha doshas, stimulates Agni (digestive fire), supports the endocrine system (especially the thyroid), detoxifies the body, nourishes the brain and nervous system, and promotes longevity and radiance.



### BREATHING GUIDE



Inhale to prepare.



Exhale and lift into the pose.



Breathe slow, deep and steady.



Maintain even breathing throughout.



Exhale and come out with control.



Stay calm and aware of your breath.



**THYROID STIMULATOR**  
Helps regulate thyroid function and hormone balance.



**BLOOD CIRCULATION**  
Increases blood flow to the head and upper body.



**IMMUNE BOOSTER**  
Strengthens immunity and protects against diseases.



**MIND CALMER**  
Relieves stress, anxiety and promotes mental clarity.



**ENERGY ENHANCER**  
Improves energy levels and reduces fatigue naturally.



**OVERALL WELL-BEING**  
Promotes balance, hormonal health and inner harmony.



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# CORPSE POSE

— SAVASANA —

A deep relaxation pose  
that integrates body  
and mind.

## BENEFITS



Relieves stress



Calms mind



Restores energy



### CHAKRA FOCUS



**Sahasrara**  
(Crown Chakra)  
Promotes deep  
relaxation, peace  
and spiritual  
connection.

### AYURVEDIC BENEFIT



Balances Vata dosha,  
calms the nervous  
system and  
rejuvenates the  
body and mind.

### BREATHING GUIDE



Breathe naturally.  
Inhale peace,  
exhale tension.  
Stay present in  
the moment.



**RELAX**  
Release all tension  
and let go.



**SURRENDER**  
Surrender to the present  
and trust the process.



**RENEW**  
Restore your energy  
and inner harmony.

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# BRIDGE POSE

— SETU BANDHA SARVANGASANA —

A gentle backbend that opens the chest, strengthens the back, and calms the mind.

## BENEFITS



Strengthens back & glutes



Opens chest & lungs



Reduces stress



CHAKRA FOCUS  
Anahata  
(Heart Chakra)  
Love, Compassion  
& Healing



AYURVEDIC BENEFIT  
Balances Vata Dosha  
& supports heart and  
lung function



BREATHING  
Inhale to lift  
and open, exhale  
to relax and soften



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## SETU BANDHASANA

### - BRIDGE POSE -

A rejuvenating back-bending pose that strengthens the back, opens the chest, stretches the neck and spine, stimulates the thyroid, improves circulation, and calms the mind.

#### BENEFITS

-  Strengthens the back, hips, thighs and glutes
-  Opens the chest and improves breathing
-  Stimulates the thyroid gland and improves metabolism
-  Improves circulation and reduces fatigue
-  Relieves stress, anxiety and mild depression
-  Helps calm the mind and improves sleep



**POSE LEVEL**  
BEGINNER TO  
INTERMEDIATE

#### HOW TO PRACTICE

-  Lie on your back with knees bent and feet hip-width apart.
-  Place your arms alongside your body, palms down.
-  Inhale and press your feet and arms into the floor.
-  Exhale and lift your hips up towards the ceiling.
-  Clasp your hands under your body, or keep them parallel with palms down.
-  Roll your shoulders under and lift your chest.
-  Keep your chin slightly away from the chest.
-  Hold the pose for 20–30 seconds with steady breathing.
-  Inhale and slowly lower your hips down, vertebra by vertebra. Relax.

#### AYURVEDIC BENEFIT



Balances Vata and Kapha doshas, kindles Agni (digestive fire), stimulates the thyroid and parathyroid glands, improves prana flow, nourishes the reproductive organs, relieves lethargy and boosts vitality, confidence and emotional stability.

#### BREATHING GUIDE



Inhale and lift your hips up.  
Hold with normal and steady breathing.  
Exhale and slowly lower down.  
Breathe slow, deep and conscious.  
Stay calm and aware of your breath.



#### BACK STRENGTH

Strengthens the entire back and improves spinal support.



#### THYROID STIMULATION

Stimulates the thyroid gland and helps balance hormones.



#### CHEST OPENER

Opens the heart center and improves lung capacity.



#### CIRCULATION BOOSTER

Enhances blood circulation and reduces tiredness.



#### CALM & RELAX

Relieves stress and promotes deep relaxation.



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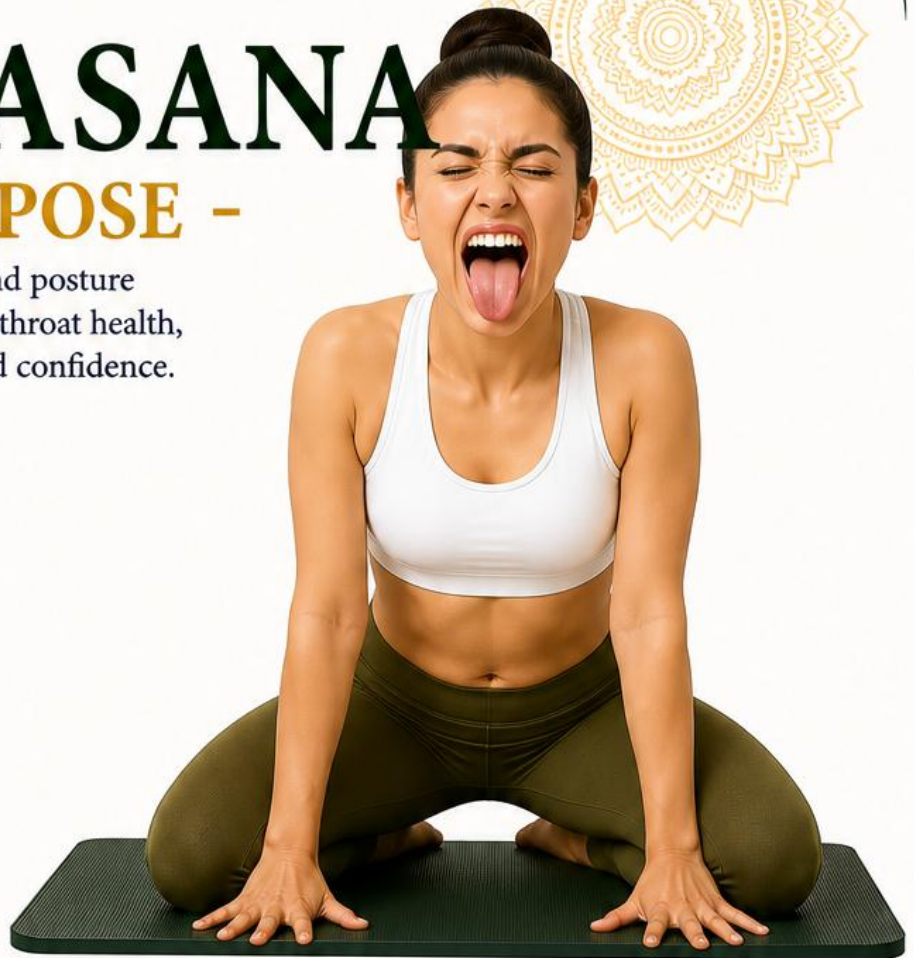
# SIMHASANA

## - LION POSE -

A powerful facial expression and posture that releases tension, improves throat health, and awakens inner courage and confidence.

### BENEFITS

-  Strengthens throat muscles and vocal cords
-  Relieves stress and tension
-  Improves respiration
-  Stimulates thyroid gland
-  Improves facial glow and blood circulation
-  Boosts confidence and releases negative emotions



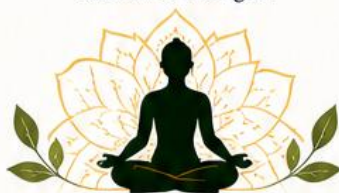
### HOW TO PRACTICE

-  Sit in Vajrasana (Thunderbolt Pose).
-  Place your hands on your knees, fingers spread wide.
-  Inhale deeply through the nose and open your mouth wide.
-  Exhale and stick out your tongue as far as possible.
-  Roll your eyes upward and focus on the brow center.
-  Make a "ha" sound from the throat.
-  Hold the pose for a few seconds and relax.
-  Repeat 3-5 times.

### AYURVEDIC BENEFIT



Balances Kapha and Vata doshas, clears the throat and respiratory channels, stimulates thyroid function, enhances Agni, and promotes self-expression and inner strength.



### BREATHING GUIDE



Inhale deeply through the nose



Exhale completely while sticking out the tongue and making "ha" sound



Breathe normally and relax



**THROAT TONER**  
Strengthens throat muscles and improves voice quality.



**STRESS RELIEVER**  
Helps release built-up tension and calms the mind.



**RESPIRATORY HEALTH**  
Enhances lung capacity and supports healthy breathing.



**THYROID STIMULATOR**  
Stimulates thyroid gland and helps maintain hormonal balance.



**CONFIDENCE BOOSTER**  
Enhances self-expression and boosts courage and positivity.



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# SIRSASANA

## - HEADSTAND POSE -

The king of all asanas. This inversion improves concentration, boosts circulation to the brain, stimulates the pituitary gland, strengthens the body and mind, and promotes clarity, balance and vitality.

### BENEFITS



Improves concentration and memory



Increases blood flow to the brain



Stimulates pituitary gland and balances hormones



Strengthens the immune system



Reduces stress, anxiety and fatigue



Improves posture and body alignment



Promotes mental clarity, balance and inner calm



POSE LEVEL  
ADVANCED

### HOW TO PRACTICE



Kneel on the floor and clasp your hands, placing forearms on the mat.



Place the crown of your head on the floor inside your hands.



Lift your knees and walk your feet closer to your head.



Slowly lift one knee at a time and bring both legs up.



Extend your body straight up from head to toes.



Hold the pose with steady breathing.



To come out, slowly lower your legs and rest in Child's Pose.

### AYURVEDIC BENEFIT



Balances Vata and Kapha doshas, stimulates the Sahasrara (crown chakra), enhances mental function, improves circulation to the brain and senses, nourishes the nervous system, and supports overall vitality and ojas (vital energy).



### BREATHING GUIDE



Inhale deeply to prepare.



Exhale and lift into the pose.



Breathe slow, deep and steady.



Maintain even breathing throughout.



Exhale and come out with control.



Stay calm and aware of your breath.



#### BRAIN BOOSTER

Enhances memory, focus and mental performance.



#### BETTER CIRCULATION

Increases blood flow to the brain and nourishes the body.



#### HORMONE BALANCER

Stimulates pituitary gland and supports hormonal balance.



#### IMMUNITY ENHANCER

Strengthens the immune system and helps the body fight diseases.



#### STRESS RELIEVER

Calms the mind, relieves stress and promotes emotional stability.



#### ENERGY ELEVATOR

Boosts energy, reduces fatigue and promotes inner vitality.



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POSE LEVEL  
ADVANCED

### HOW TO PRACTICE



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### BREATHING GUIDE



Inhale deeply to prepare.



Exhale and lift into the pose.



Breathe slow, deep and steady.



Maintain even breathing throughout.



Exhale and come out with control.



Stay calm and aware of your breath.



#### BRAIN BOOSTER

Enhances memory, focus and mental performance.



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Increases blood flow to the brain and nourishes the body.



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#### STRESS RELIEVER

Calms the mind, relieves stress and promotes emotional stability.



#### ENERGY ELEVATOR

Boosts energy, reduces fatigue and promotes inner vitality.







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# SIDE LUNGE

SKANDASANA

A deep lateral movement that improves flexibility and strength.

## BENEFITS



Opens hips



Improves flexibility



Strengthens legs



### CHAKRA FOCUS

Anahata  
(Heart Chakra)  
Love, Balance &  
Harmony



### AYURVEDIC BENEFIT

Balances Vata Dosha  
& improves circulation  
and mobility



### BREATHING

Inhale to lengthen,  
exhale as you  
sink deeper



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# EASY POSE

→ SUKHASANA →

A simple seated posture for meditation and relaxation.

## BENEFITS



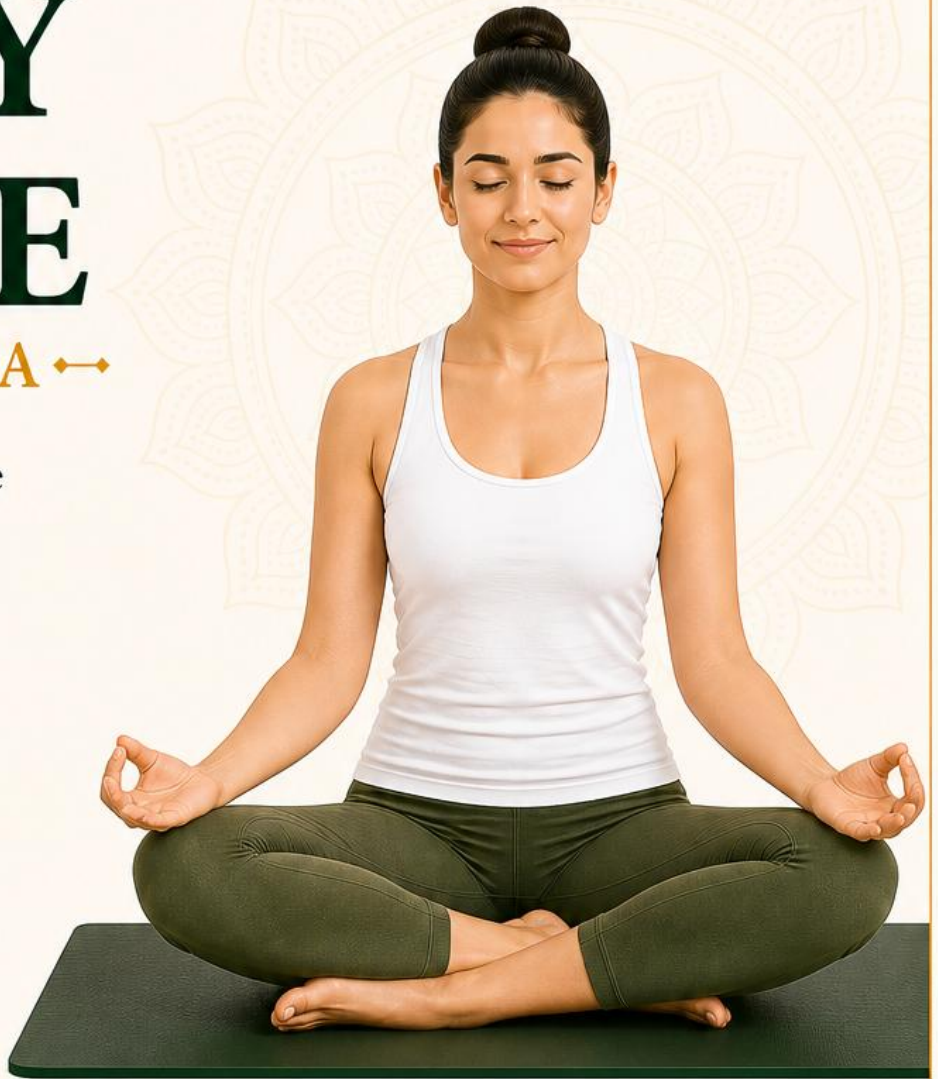
Calms the mind



Improves posture



Supports meditation



### CHAKRA FOCUS



Anahata

(Heart Chakra)

Love, Compassion,  
Inner Peace &  
Emotional Balance

### AYURVEDIC BENEFIT



Balances Vata and  
Pitta doshas, calms  
the nervous system,  
and promotes mental  
clarity and relaxation.

### BREATHING GUIDE



Inhale deeply  
and exhale slowly.  
Focus on your  
breath and  
stay present.



Breathe Deeply  
Let go of stress  
with every exhale.



Stay Centered  
Be still, be present,  
be you.



Live Mindfully  
Embrace peace  
in every moment.

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## RECLINING BOUND ANGLE

— SUPTA BADDHA KONASANA —

A restorative pose that opens the hips and relaxes the body.

### BENEFITS



Opens hips



Relieves stress



Calms nervous system



### HOW TO PRACTICE



- Lie down on your back.
- Bring the soles of your feet together.
- Let your knees fall open to the sides.
- Place your hands on your belly or beside you.
- Relax your shoulders and close your eyes.
- Breathe deeply and hold.

### AYURVEDIC BENEFIT



Pacifies Vata and Pitta dosha, calms the mind, supports reproductive health and promotes relaxation.

### BREATHING GUIDE



Inhale deeply and relax.

Exhale slowly and soften your body.

Breathe long and evenly.



### OPEN

Open your hips, open your heart.



### RELAX

Relax your body, release your stress.



### RESTORE

Restore your energy, renew your spirit.



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# SUPTA KURMASANA

## – SLEEPING TORTOISE POSE –

An advanced forward bending pose that calms the nervous system, stretches the entire back body, opens the hips, and brings deep relaxation and inner stillness.

### BENEFITS



Stretches the entire back, hips, and hamstrings



Calms the mind and nervous system



Relieves stress and fatigue, promotes deep relaxation



### HOW TO PRACTICE



- ✿ Sit in Dandasana (staff pose).
- ✿ Bend your knees and bring your feet wide apart.
- ✿ Lower your torso forward between your knees.
- ✿ Slide your arms under your thighs and extend them forward.
- ✿ Rest your forehead on your hands or on the floor.
- ✿ Relax your body and breathe slowly.
- ✿ Stay in the pose for several breaths.
- ✿ To come out, slide your arms back, lift your torso and extend your legs.



### AYURVEDIC BENEFIT



Balances Vata and Pitta doshas, cools the nervous system, stimulates digestion and elimination, stretches and nourishes the spine and pelvic region, and promotes deep relaxation, mental clarity and emotional balance.

### BREATHING GUIDE



Inhale deeply to prepare and lengthen.

Exhale as you fold forward and relax into the pose.

Breathe slow, deep and steady.

Stay calm, still and aware of your breath.



### STRETCHES

Stretches the spine, back body, hips and hamstrings.



### RELAXES

Relaxes the mind, reduces stress and induces deep relaxation.



### INNER STILLNESS

Encourages introspection, patience and inner peace.



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## SUPTA PADANGUSTHASANA

– RECLINED HAND TO BIG TOE POSE –

A supine stretch that lengthens the hamstrings, improves flexibility, calms the mind and relieves tension in the lower back. It is a therapeutic pose suitable for all levels.

### BENEFITS



Stretches hamstrings, calves and hips



Improves flexibility and posture



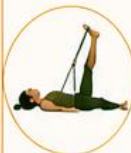
Relieves lower back tension, stress and fatigue



### HOW TO PRACTICE



- ✿ Lie down on your back with both legs extended.
- ✿ Inhale and raise your right leg up toward the ceiling.
- ✿ Loop a strap or belt around the ball of your right foot.
- ✿ Hold the strap with both hands and gently pull the leg toward you.
- ✿ Keep the left leg grounded and relaxed.
- ✿ Lengthen your spine and relax your shoulders.
- ✿ Hold the pose, breathing slowly and steadily.
- ✿ Release and repeat on the other side.



### AYURVEDIC BENEFIT



Pacifies Vata dosha, calms the nervous system, improves circulation to the pelvic organs, stimulates digestion and elimination, and promotes relaxation, mental clarity and emotional balance.

### BREATHING GUIDE



Inhale to lengthen and prepare.

Exhale as you stretch and hold.

Breathe slow, deep and even.

Stay calm, relaxed and aware.



### FLEXIBILITY

Enhances flexibility of the hamstrings and hips.



### RELAXATION

Relieves stress and promotes deep relaxation.



### THERAPEUTIC

Helps in sciatica, mild back pain and improves sleep quality.



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# RECLINED HERO POSE

—♦— *SUPTA VIRASANA* —♦—

A deep stretch for the thighs and hips that promotes relaxation.

## —♦— BENEFITS —♦—



Opens thighs



Improves flexibility



Supports digestion



### CHAKRA FOCUS

Manipura  
(Solar Plexus Chakra)  
Power, Stability  
& Control



### AYURVEDIC BENEFIT

Balances Vata & Pitta  
Dosha and supports  
digestion and vitality



### BREATHING

Inhale deeply,  
exhale slowly,  
and relax into  
the posture



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# MOUNTAIN POSE

TADASANA

A foundational standing posture that improves alignment and awareness.

## BENEFITS



Improves posture



Enhances balance



Builds body awareness



### CHAKRA FOCUS

**Muladhara**  
(Root Chakra)  
Stability, Grounding  
& Security



### AYURVEDIC BENEFIT

Balances Vata,  
provides grounding  
and improves focus  
and stability.



### BREATHING GUIDE

Inhale deeply,  
exhale slowly,  
and stay present  
in your body.



Stand tall. Breathe deep,  
Be rooted like a mountain.



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# MOUNTAIN POSE

→ TADASANA →

A foundational standing posture that improves alignment and awareness.

## BENEFITS



Improves posture



Enhances balance



Builds body awareness



### CHAKRA FOCUS



**Muladhara**  
(Root Chakra)  
Stability, Security,  
Grounding &  
Inner Strength

### AYURVEDIC BENEFIT



Balances Vata dosha, improves stability and coordination, and strengthens the musculoskeletal system.

### BREATHING GUIDE



Inhale and lengthen your spine.  
Exhale and root down through your feet.  
Breathe naturally and stay present.



**Breathe Deeply**  
Connect with your breath



**Move Mindfully**  
Align your body and mind



**Live Blissfully**  
Be present in every moment

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## TITIBASANA

– FIREFLY POSE –

An advanced arm balance that resembles the lightness and spread of a firefly's wings. It opens the hips deeply, builds strength and stability, and cultivates focus and effortless balance.

### BENEFITS



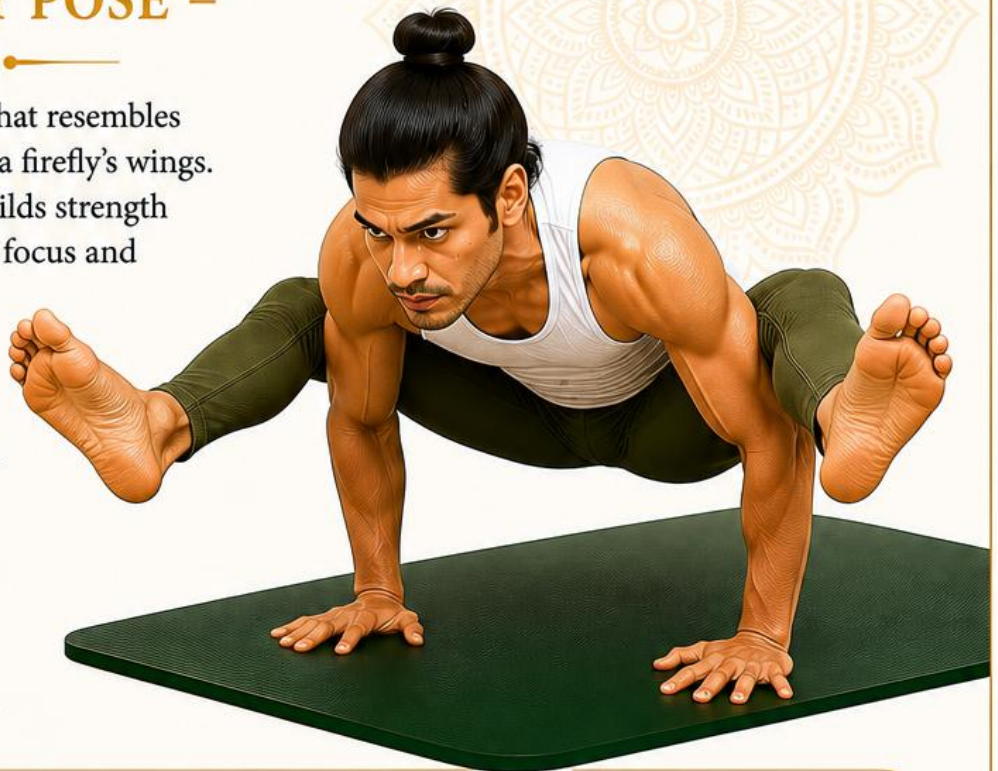
Strengthens arms, shoulders, wrists, core and hips



Opens hips and groins, improves flexibility and mobility



Enhances balance, focus, concentration and willpower



### HOW TO PRACTICE



- ✿ Sit in a deep squat, feet wider than hips.
- ✿ Place your palms on the floor between your legs, fingers spread wide.
- ✿ Bend your elbows and place your knees on your upper arms (triceps).
- ✿ Lean forward and shift your weight onto your hands.
- ✿ Lift your feet off the ground and extend your legs out to the sides.
- ✿ Keep your back straight, core engaged and gaze forward.
- ✿ Breathe steadily and hold.
- ✿ Lower down gently and relax.

### AYURVEDIC BENEFIT



Stimulates Agni (digestive fire), strengthens the liver, pancreas and kidneys, improves elimination, balances Vata and Kapha, nourishes the joints and tissues, and cultivates mental clarity, lightness and vitality.

### BREATHING GUIDE



Inhale to prepare and engage.

Exhale as you lift and extend.

Breathe slowly, steadily and controlled.

Stay calm, focused and aware.



#### STRENGTH

Builds upper body, core and hip strength.



#### FLEXIBILITY

Deeply opens the hips, groins and hamstrings.



#### FOCUS & BALANCE

Improves concentration, equilibrium and inner discipline.





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## TOLASANA

— SCALE POSE —

An advanced arm balance where the body is lifted parallel to the floor, like a scale. It builds immense strength, improves balance and control, and awakens inner lightness, focus and determination.

### BENEFITS



Builds exceptional strength in arms, shoulders, wrists and core



Improves balance, body control and coordination



Enhances focus, willpower and self-confidence



### HOW TO PRACTICE



- Start in a squat with feet together.
- Place your palms on the floor shoulder-width apart.
- Arch your back and lift your arms (as close to the elbows as comfortable).
- Shift your weight onto your hands and lift one leg straight back.
- Lift the other leg to meet it, extending both legs together.
- Engage your core, press the hands firmly into the floor and lift your body parallel to the ground.
- Keep your gaze forward and breathe steadily.
- Hold the pose and then lower down gently.

### AYURVEDIC BENEFIT



Strengthens Agni (digestive fire), supports liver, pancreas and spleen, removes toxins, balances Vata and Kapha, instills determination and improves mental clarity and vitality.

### BREATHING GUIDE



Inhale to prepare and lengthen.  
Exhale as you lean forward and lift into the pose.  
Breathe steady, smooth and calm.  
Stay focused and aware in the pose.



### STRENGTH

Builds immense strength in arms, shoulders, wrists and core.



### BALANCE

Improves balance, body control and coordination at a deep level.



### FOCUS & DISCIPLINE

Enhances concentration, willpower, inner discipline and mental clarity.





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# UPAVISHTA KONASANA

## – SEATED ANGLE POSE –

A wide-legged seated forward bend that opens the hips, stretches the inner thighs and spine, and calms the mind. It promotes flexibility, circulation and inner harmony.

### BENEFITS



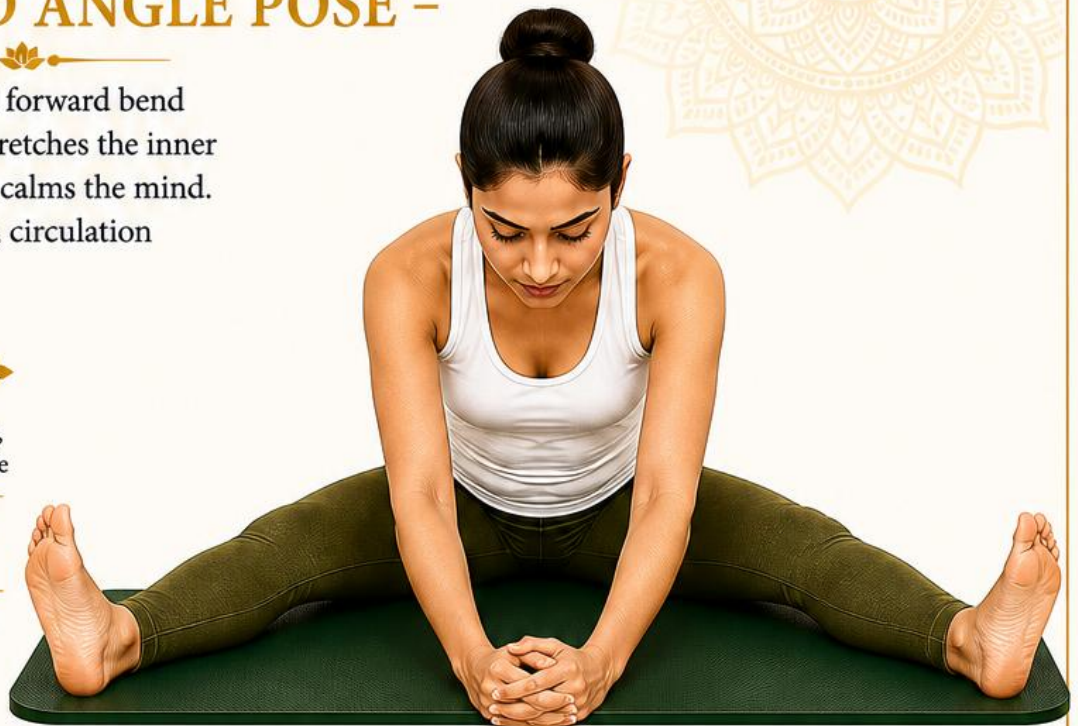
Stretches hips, groins, inner thighs and spine



Calms the mind and relieves stress



Improves circulation and digestion



### HOW TO PRACTICE

- ✿ Sit on the floor with your legs spread wide apart.
- ✿ Keep your spine tall and feet flexed.
- ✿ Place your hands on the floor, in front of you or hold your big toes.
- ✿ Inhale deeply and lengthen your spine.
- ✿ Exhale gently and fold forward from the hips.
- ✿ Keep your back straight as much as possible.
- ✿ Relax your head and neck, and breathe.
- ✿ Stay in the pose for 30 seconds to 3 minutes.



### AYURVEDIC BENEFIT



Balances Vata dosha, stimulates Apana Vayu, improves digestion and elimination, nourishes reproductive organs, calms the nervous system, and promotes emotional balance and mental clarity.

### BREATHING GUIDE



Inhale deeply to lengthen the spine.

Exhale and fold forward gently.

Breathe slow, deep and steady.

Stay calm, relaxed and aware of your breath.



### FLEXIBILITY

Increases flexibility of hips, inner thighs and lower back.



### CALM MIND

Reduces anxiety and stress, brings peace and relaxation.



### BETTER DIGESTION

Stimulates abdominal organs and supports healthy digestion.



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# URDHVA MUKHA SVANASANA

*Upward Facing Dog*

A heart-opening backbend that energizes the body, opens the chest and lungs, and strengthens the spine.

## BENEFITS



Opens chest & lungs



Strengthens arms & spine



Boosts energy



*When the heart opens, the mind finds peace  
and the body awakens with energy.*



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## STANDING SPLIT

— URDHVA PRASARITA —  
EKA PADAASANA

A powerful balancing pose that improves flexibility, balance and concentration while cultivating strength and grace.

### BENEFITS



Improves balance and coordination



Stretches hamstrings, hips and calves



Enhances focus, discipline and mental clarity



### HOW TO PRACTICE



- Stand tall with feet together.
- Shift your weight to your left foot.
- Inhale and lift your right leg straight up.
- Hold your right foot or ankle with your right hand.
- Keep your hips square and extend your left arm forward.
- Engage your core and gaze steady.
- Hold and breathe steadily.
- Repeat on the other side.

### AYURVEDIC BENEFIT



Balances Vata and Kapha dosha, stimulates circulation, tones the muscles and nerves, and enhances willpower, focus and vitality.

### BREATHING GUIDE



Inhale to prepare and lengthen.

Exhale as you lift into the pose.

Breathe steady, calm and controlled.



### STRENGTH

Builds leg strength, stability and endurance.



### FLEXIBILITY

Increases flexibility of legs, hips and spine.



### FOCUS

Sharpens concentration, builds discipline and inner confidence.

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# CAMEL POSE

USTRASANA

A deep heart-opening pose that enhances flexibility and emotional release.

## BENEFITS



Opens chest deeply



Improves posture



Enhances breathing



### CHAKRA FOCUS

Anahata  
(Heart Chakra)  
Love, Compassion  
& Healing



### AYURVEDIC BENEFIT

Balances Vata Dosha  
& supports heart,  
lungs and well-being



### BREATHING

Inhale to open  
and expand,  
exhale to release  
and soften



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# CHAIR POSE

✦ UTKATASANA ✦

A strengthening pose that builds heat and endurance in the lower body.

## BENEFITS



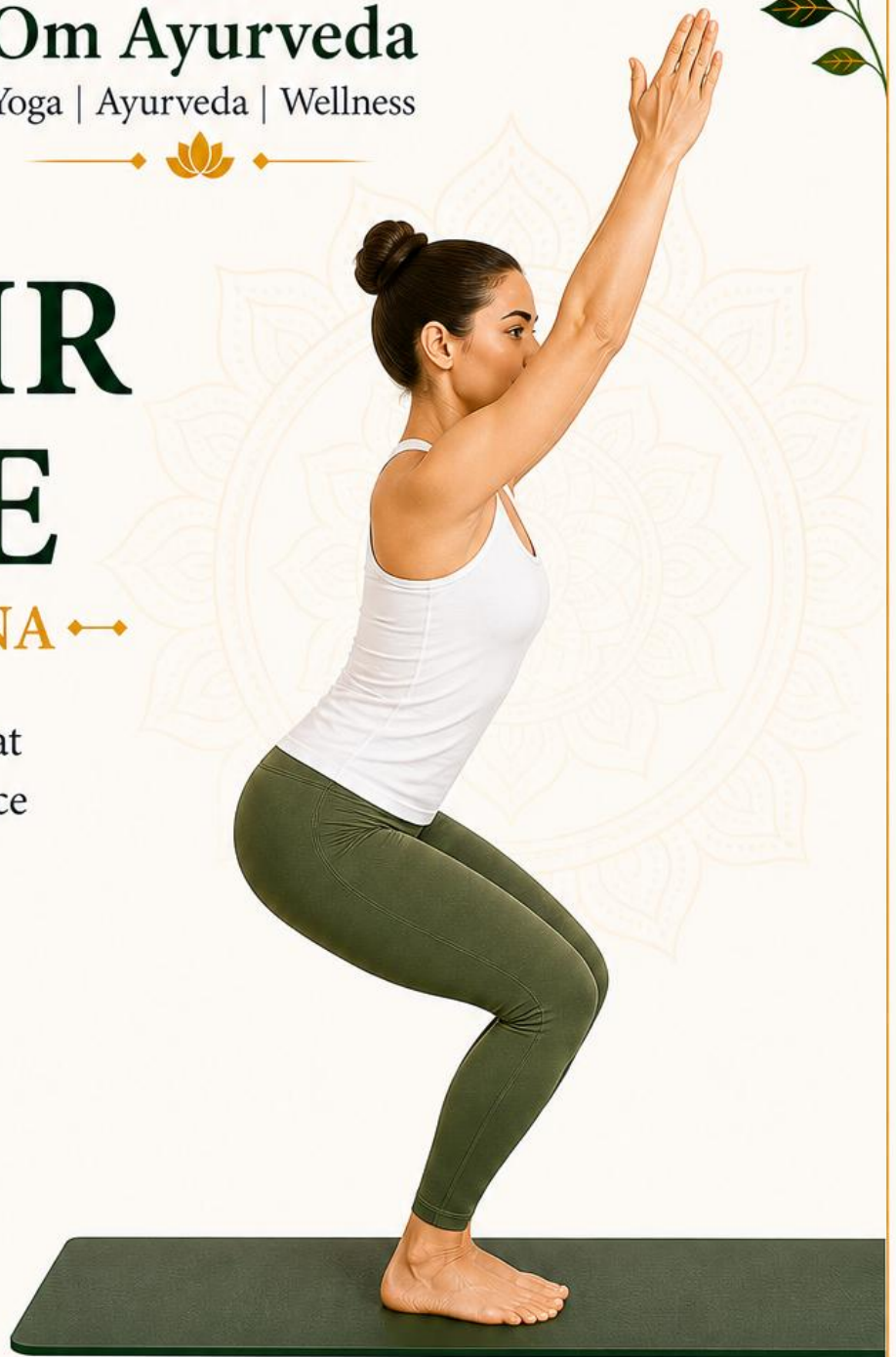
Strengthens legs



Builds stamina



Improves balance



### CHAKRA FOCUS



**Manipura**  
(Solar Plexus Chakra)  
Personal Power,  
Confidence,  
Willpower &  
Determination

### AYURVEDIC BENEFIT



Ignites digestive fire (Agni), boosts metabolism, and promotes energy and vitality.

### BREATHING GUIDE



Inhale and raise your arms up. Exhale and sit back into the pose. Breathe steadily and hold.



Breathe Deeply  
Stay steady



Move Mindfully  
Build inner strength



Live Blissfully  
Embrace your power

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# UTTANA MANDUKASANA

## - EXTENDED FROG POSE -

A deep forward-bending pose that stretches the hips and groins while massaging the abdominal organs and improving digestion.



### BENEFITS



Stimulates digestive fire and improves digestion



Massages abdominal organs and pancreas



Helps regulate blood sugar levels



Relieves bloating and constipation



Stretches hips, groins and inner thighs



Calms the mind and reduces stress



### HOW TO PRACTICE



Sit in Vajrasana (Thunderbolt Pose)



Spread your knees wide apart



Bring the toes together behind you



Place fists on the abdomen, on either side of the navel



Inhale deeply and lengthen your spine



Exhale and bend forward, lowering your chest and forehead to the ground



Relax your body completely and breathe steadily



Hold the pose for a few breaths and come up slowly

### AYURVEDIC BENEFIT



Stimulates Agni (digestive fire), balances Kapha and Vata, detoxifies the body, and promotes overall metabolic health and vitality.



### BREATHING GUIDE



Inhale to prepare



Exhale and fold forward



Maintain slow, deep and steady breathing



#### DIGESTION BOOSTER

Enhances digestion and relieves indigestion.



#### PANCREAS STIMULATOR

Helps in managing diabetes and supports pancreatic health.



#### DETOXIFIER

Helps detoxify the body by stimulating internal organs.



#### STRESS RELIEVER

Calms the nervous system and reduces anxiety.



#### FLEXIBILITY ENHANCER

Improves flexibility in hips, groins and lower body.



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## PUPPY POSE

— UTTANA SHISHOSANA —  
(PUPPY POSE)

A gentle heart-opening and stretching pose that lengthens the spine, releases tension and promotes relaxation.

### BENEFITS



Opens the shoulders and chest



Lengthens the spine and relieves back tension



Calms the mind and reduces stress



### HOW TO PRACTICE



- Start on your hands and knees (Tabletop position).
- Walk your hands forward on the mat.
- Lower your chest toward the mat.
- Keep your hips above your knees.
- Rest your forehead on the mat.
- Relax your arms and shoulders.
- Hold and breathe deeply.

### AYURVEDIC BENEFIT



Pacifies Vata dosha, calms the nervous system, relieves fatigue, improves circulation to the brain and promotes mental clarity and emotional balance.

### BREATHING GUIDE



Inhale deeply to lengthen.  
Exhale and soften into the pose.  
Breathe slow, deep and steady.



#### OPEN

Open your heart, open to possibilities.



#### RELAX

Release tension, find peace within.



#### REJUVENATE

Restore energy, refresh body and mind.



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# UTTANASANA

*Standing Forward Bend*



A calming posture that stretches the spine, hamstrings, and calms the nervous system.

## BENEFITS



Improves digestion



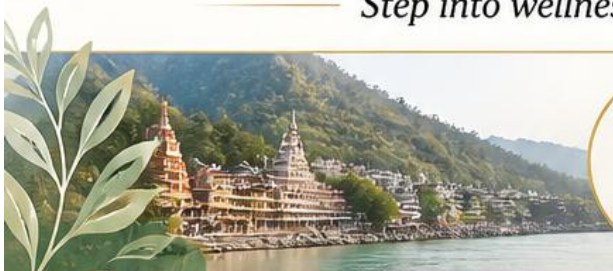
Relieves stress & anxiety



Enhances flexibility



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# EXTENDED HAND TO BIG TOE

— UTTHITA HASTA  
PADANGUSTHASANA —

A balancing pose that  
strengthens the legs  
and improves focus.

## BENEFITS



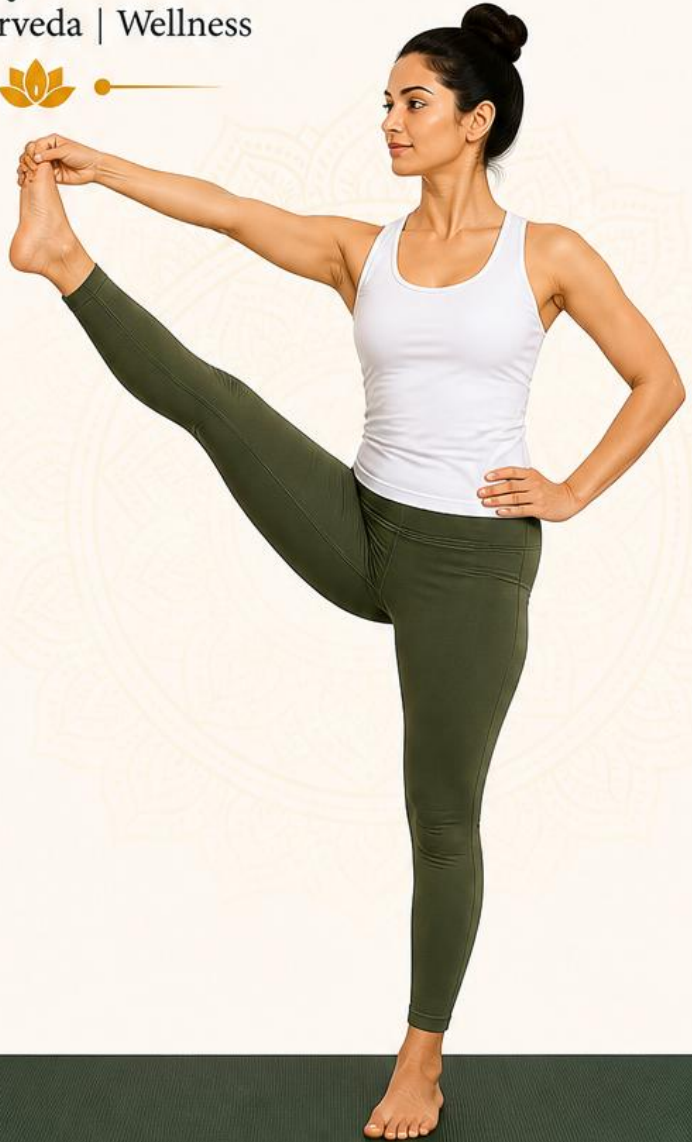
Improves balance



Strengthens legs



Enhances concentration



## HOW TO PRACTICE

- Stand tall in Tadasana.
- Shift your weight to one leg.
- Hold your big toe with your hand.
- Extend the leg to the side or front.
- Keep your spine straight and gaze steady.
- Hold and breathe.

## AYURVEDIC BENEFIT



Enhances stability (Vata balance), builds strength (Kapha balance) and improves mental clarity (Sattva).

## BREATHING GUIDE



Inhale as you lift the leg.  
Exhale and hold the pose.  
Breathe steadily and relax.



## FOCUS

One point.  
One breath.  
One step closer to balance.



## BE PRESENT

Gather your energy,  
steady your mind  
and stay in the now.



## GROW STRONG

Strength in the body  
brings clarity to  
the mind.



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# SIDE ANGLE POSE

✦ UTTHITA PARSVAKONASANA ✦

A deep lateral stretch that  
opens the hips and  
strengthens the legs.

## BENEFITS



Opens hips



Strengthens legs



Improves flexibility



## CHAKRA FOCUS



**Manipura**  
(Solar Plexus Chakra)  
Confidence,  
Willpower,  
Personal Power  
& Motivation

## AYURVEDIC BENEFIT



Stimulates digestion,  
improves absorption,  
and energizes the  
body while reducing  
lethargy.

## BREATHING GUIDE



Inhale and lengthen  
your side body.  
Exhale and deepen  
into the pose.  
Breathe steadily  
and stay calm.



Breathe Deeply  
Expand your breath



Move Mindfully  
Strengthen with  
awareness



Live Blissfully  
Feel strong, open  
and balanced

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## TRIANGLE POSE

— UTTHITA TRIKONASANA —

A foundational standing pose that improves alignment and balance.

### BENEFITS



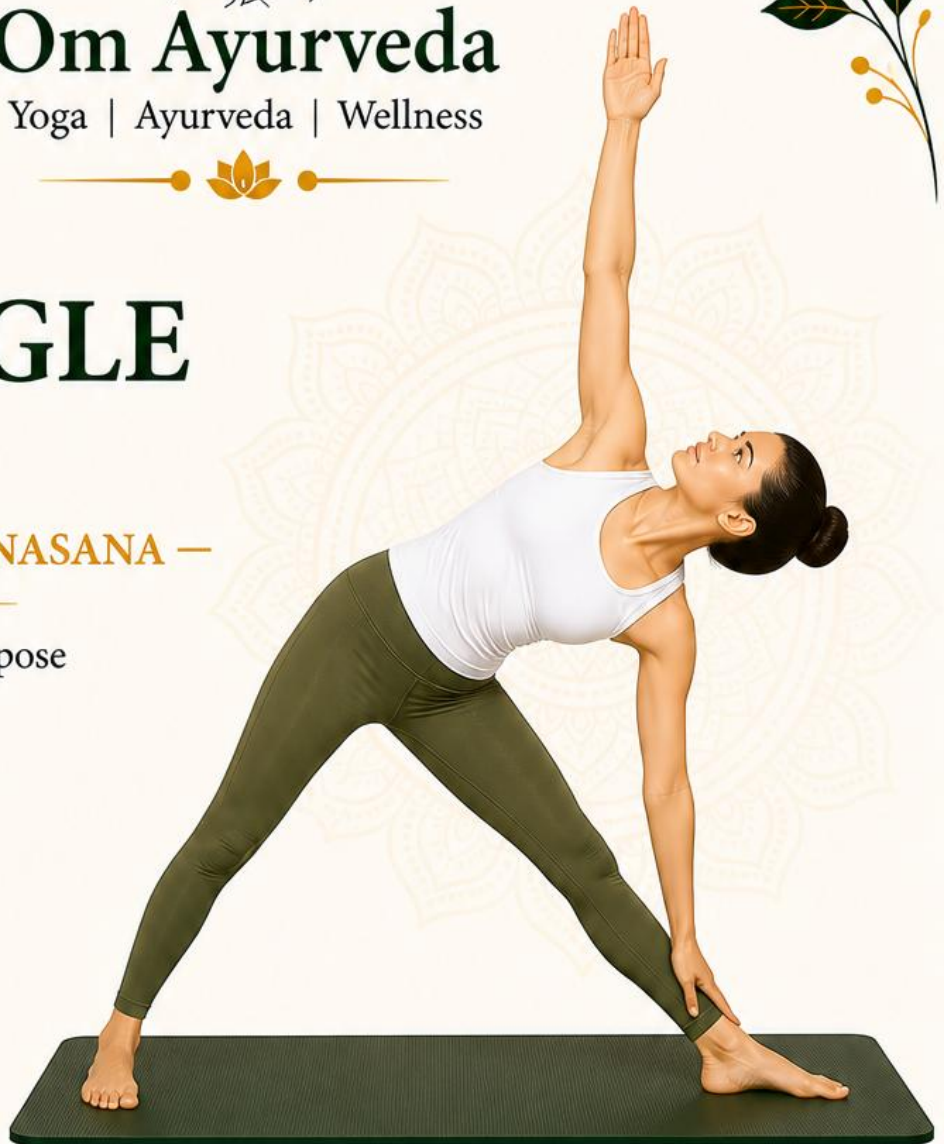
Strengthens legs



Improves balance



Stretches entire body



### HOW TO PRACTICE



- Stand with your feet wide apart.
- Turn your right foot out 90°.
- Inhale and extend your arms parallel to the floor.
- Exhale and reach your right hand to your shin or floor.
- Lift your left arm up.
- Hold and breathe.
- Repeat on the other side.

### AYURVEDIC BENEFIT



Improves digestion, increases stamina and balances all three doshas.

### BREATHING GUIDE



Inhale to extend your spine.  
Exhale and fold to the side.  
Breathe slow and steady.



### ALIGN

Align your body, align your mind.



### BALANCE

Balance brings harmony within.



### BREATHE

Breathe with ease, live with awareness.

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# VAJRASANA

*Thunderbolt Pose*

A powerful seated posture that aids digestion, strengthens posture and calms the mind.

## BENEFITS



Improves digestion



Strengthens posture



Calms the mind



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# VASISTHASANA

## Side Plank Pose

A powerful balancing posture that strengthens the core, arms, and wrists, improves stability, and builds mental focus and endurance.

### BENEFITS



Strengthens core, arms & shoulders



Improves balance & stability



Enhances focus & builds endurance



**CHAKRA FOCUS**  
Manipura  
(Solar Plexus)



**AYURVEDIC BENEFIT**  
Balances  
Vata & Kapha Dosha



**BREATHING**  
Inhale, engage  
your core & hold



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# LEGS UP THE WALL

## VIPARITA KARANI

A restorative inversion that relaxes the body and improves circulation.

### BENEFITS



Reduces fatigue



Improves circulation



Calms nervous system



#### CHAKRA FOCUS

Sahasrara  
(Crown Chakra)  
Spiritual Awareness,  
Wisdom & Inner Peace



#### AYURVEDIC BENEFIT

Balances Vata Dosha  
& supports restful  
sleep and recovery



#### BREATHING

Inhale deeply,  
exhale slowly,  
and relax completely



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# REVERSE WARRIOR

→ VIPARITA VIRABHADRASANA →

A graceful pose that stretches the side body and builds stamina.

## BENEFITS



Opens side body



Improves flexibility



Builds endurance



### CHAKRA FOCUS



**Manipura**  
(Solar Plexus Chakra)  
Confidence,  
Willpower,  
Personal Power  
& Transformation

### AYURVEDIC BENEFIT



Stimulates Agni  
(digestive fire),  
boosts circulation,  
and enhances energy  
and vitality.

### BREATHING GUIDE



Inhale and reach  
your arm up.  
Exhale and sink  
deeper into the pose.  
Breathe steadily  
and stay strong.



Breathe Deeply  
Stay present



Move Mindfully  
Strengthen body  
and mind



Live Blissfully  
Embrace your inner  
warrior

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# WARRIOR II

— VIRABHADRASANA II —

A powerful stance that builds endurance and mental focus.

## BENEFITS



Strengthens lower body



Improves stamina



Enhances focus



**CHAKRA FOCUS**  
Manipura  
(Solar Plexus Chakra)  
Confidence, Willpower  
& Personal Power



**AYURVEDIC BENEFIT**  
Balances Pitta Dosha  
& builds strength  
and endurance



**BREATHING**  
Inhale as you open,  
exhale to ground  
and stabilize



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# VIRABHADRASANA I

(WARRIOR I)



A grounding posture that builds strength, improves balance, and awakens inner courage and focus.

## BENEFITS



Strengthens legs



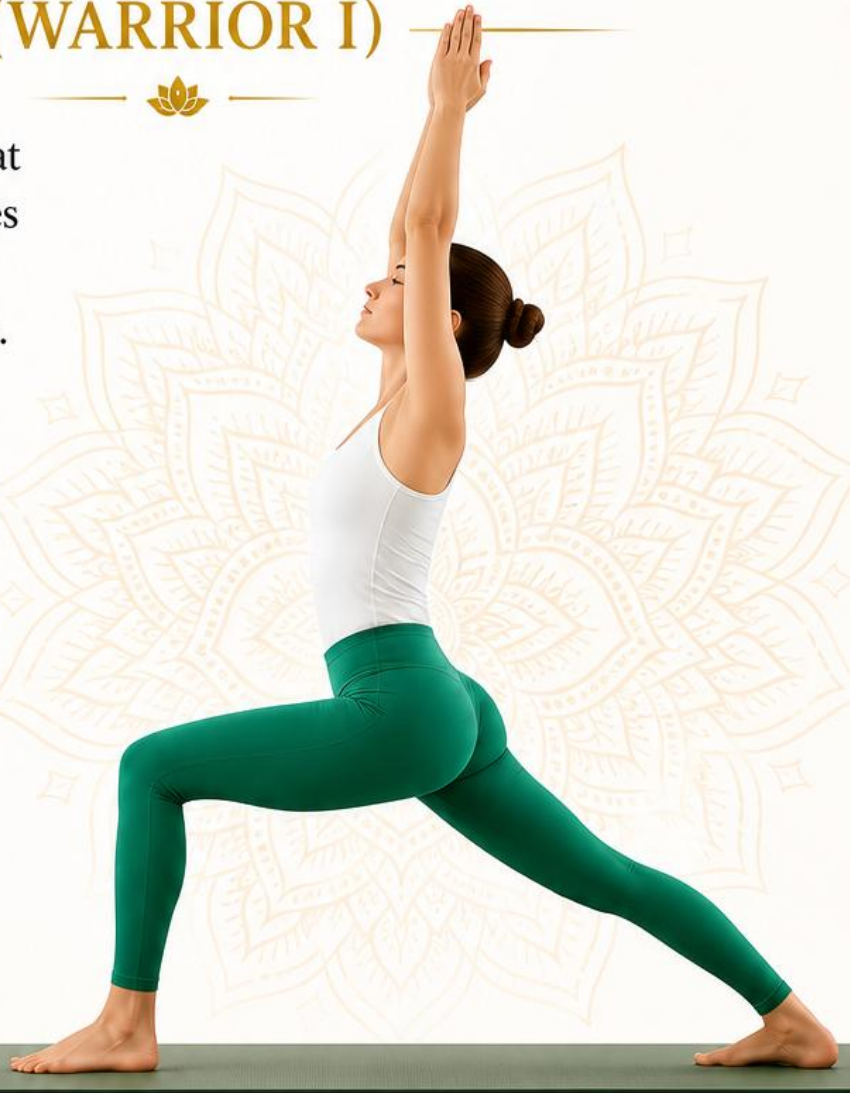
Improves balance



Enhances confidence



Awakens inner strength & focus



*Be strong. Be steady. Be you.*



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## VISVAMITRASANA

— SIDE PLANK POSE —

A powerful side body stretch and strengthening pose that builds stability, opens the chest and hips, improves balance, and enhances concentration and inner strength.

### BENEFITS



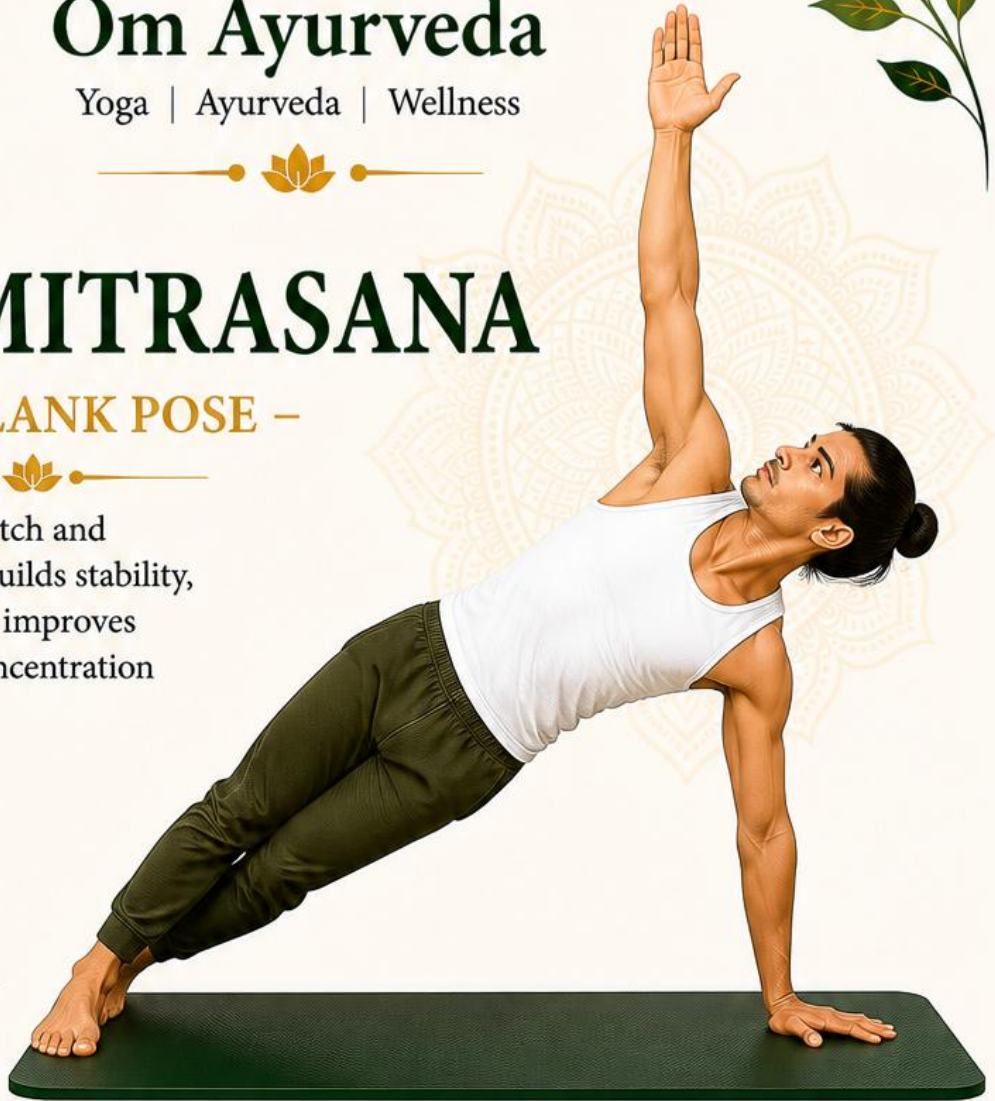
Strengthens arms, wrists, shoulders, core and legs



Improves balance, stability and body alignment



Opens the chest, hips and side body, enhances focus and willpower



### HOW TO PRACTICE



- Start in Dandasana (Staff Pose).
- Place your right palm on the floor beside your right hip.
- Press into your right hand and left foot.
- Lift your hips off the floor, stacking your body in a straight line.
- Extend your left arm up towards the ceiling.
- Open your chest and gaze towards your left hand.
- Hold the pose, breathing steadily.
- Lower down with control.
- Repeat on the other side.



### AYURVEDIC BENEFIT



Stimulates Agni (digestive fire), strengthens the muscles and bones, improves elimination, balances Vata and Kapha, and enhances mental clarity, confidence and determination.

### BREATHING GUIDE



Inhale to prepare and lift.

Exhale and stabilize the pose.

Breathe slow, steady and controlled.

Stay calm, focused and aware.



#### STRENGTH

Builds strength in arms, shoulders, core and legs.



#### BALANCE

Improves balance, stability and body control.



#### FOCUS & WILLPOWER

Enhances concentration, self-discipline and inner resilience.

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# TREE POSE

— VRIKSHASANA —

A grounding posture  
that cultivates balance  
and focus.

## BENEFITS



Improves concentration



Strengthens legs



Enhances stability



### CHAKRA FOCUS

Anahata  
(Heart Chakra)  
Love, Balance & Harmony



### AYURVEDIC BENEFIT

Balances Vata Dosha  
& supports grounding  
and mental clarity



### BREATHING

Inhale to grow tall,  
Exhale to root  
yourself down



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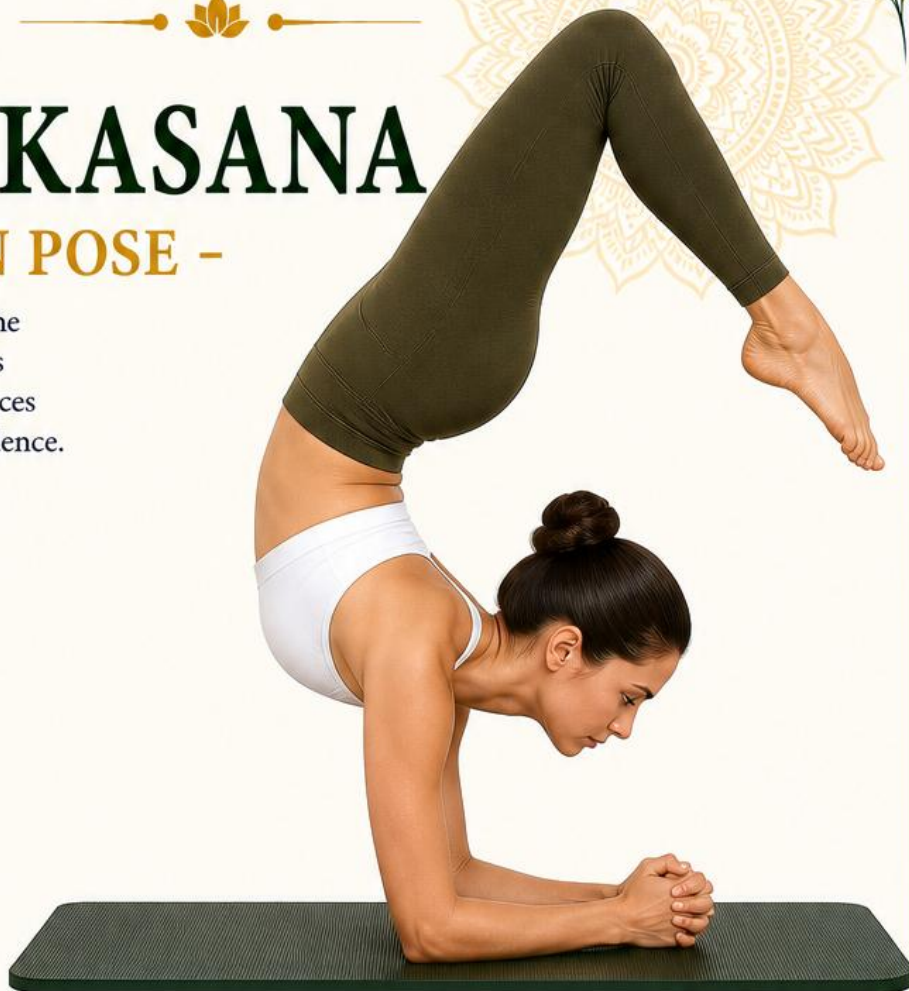
# VRSCHIKASANA

## - SCORPION POSE -

An intense backbend that opens the shoulders, chest and spine, builds strength and flexibility, and enhances concentration, balance and confidence.

### BENEFITS

- Deeply opens the chest, shoulders and spine
- Strengthens arms, shoulders and back
- Improves lung capacity and breathing
- Enhances concentration, focus and will power
- Improves balance, flexibility and coordination
- Boosts confidence and reduces stress
- Improves blood circulation and energy flow



POSE LEVEL  
ADVANCED

### HOW TO PRACTICE

- Start in a forearm stand (Sirsasana) with proper alignment.
- Slowly bend one knee and lower your foot toward your head.
- Keep the other leg straight up for balance.
- Gently place the bent foot toward the back of your head.
- Engage your core and keep your shoulders strong and stable.
- Hold the pose with steady breathing.
- To come out, lift the bent leg up, straighten both legs and return to Headstand, then slowly lower.

### AYURVEDIC BENEFIT



Balances Vata and Kapha doshas, opens Anahata (heart chakra) and Ajna (third eye chakra), improves prana flow, enhances mental clarity, and promotes courage and inner strength.



### BREATHING GUIDE

- Inhale deeply to prepare.
- Exhale and move into the pose.
- Breathe slow, deep and steady.
- Maintain even breathing throughout.
- Exhale and come out with control.
- Stay calm and aware of your breath.



**SPINE FLEXIBILITY**  
Increases flexibility and mobility of the spine.



**HEART OPENER**  
Opens the chest and improves posture.



**STRENGTH BUILDER**  
Builds upper body strength and endurance.



**MENTAL FOCUS**  
Enhances concentration and mental clarity.



**ENERGY ACTIVATOR**  
Stimulates energy flow and reduces fatigue.



**EMOTIONAL BALANCE**  
Relieves stress and promotes inner balance.



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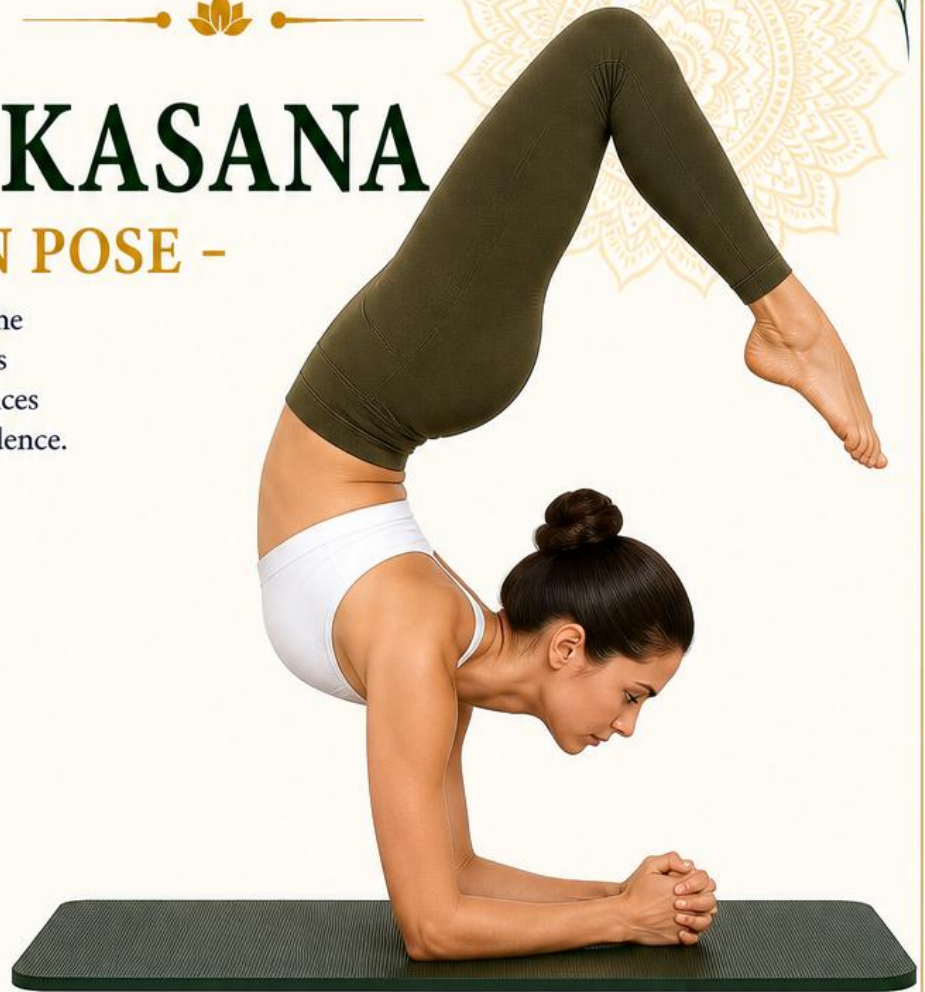
# VRSCHIKASANA

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POSE LEVEL  
ADVANCED

### HOW TO PRACTICE

- Start in a forearm stand (Sirsasana) with proper alignment.
- Slowly bend one knee and lower your foot toward your head.
- Keep the other leg straight up for balance.
- Gently place the bent foot toward the back of your head.
- Engage your core and keep your shoulders strong and stable.
- Hold the pose with steady breathing.
- To come out, lift the bent leg up, straighten both legs and return to Headstand, then slowly lower.

### AYURVEDIC BENEFIT



Balances Vata and Kapha doshas, opens Anahata (heart chakra) and Ajna (third eye chakra), improves prana flow, enhances mental clarity, and promotes courage and inner strength.



### BREATHING GUIDE

- Inhale deeply to prepare.
- Exhale and move into the pose.
- Breathe slow, deep and steady.
- Maintain even breathing throughout.
- Exhale and come out with control.
- Stay calm and aware of your breath.



**SPINE FLEXIBILITY**  
Increases flexibility and mobility of the spine.



**HEART OPENER**  
Opens the chest and improves posture.



**STRENGTH BUILDER**  
Builds upper body strength and endurance.



**MENTAL FOCUS**  
Enhances concentration and mental clarity.



**ENERGY ACTIVATOR**  
Stimulates energy flow and reduces fatigue.



**EMOTIONAL BALANCE**  
Relieves stress and promotes inner balance.





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# YOGA MUDRASANA

## - PSYCHIC UNION POSE -

A deep forward-bending meditative pose that promotes inner awareness, humility, and connection between body, mind, and spirit.

### BENEFITS



Improves digestion



Calms the mind



Enhances flexibility



Stimulates abdominal organs



Promotes introspection



### HOW TO PRACTICE



Sit in Padmasana (Lotus Pose)



Place hands behind the back (hold wrist or bind)



Inhale and lengthen the spine



Exhale and bend forward from hips



Bring forehead or chin toward the floor



Keep shoulders relaxed



Hold with steady breathing

### AYURVEDIC BENEFIT



Balances Vata and Pitta, stimulates Agni (digestive fire), and promotes deep mental calmness and inner grounding.



### BREATHING GUIDE



Inhale to lengthen



Exhale to fold forward



Maintain slow, deep breathing



**DIGESTIVE HEALTH**  
Stimulates digestive organs and improves metabolism.



**MENTAL CALMNESS**  
Calms the mind, reduces stress and promotes peace.



**INNER AWARENESS**  
Encourages introspection, self-awareness and spiritual growth.



**SPINAL FLEXIBILITY**  
Improves flexibility of spine, hips and shoulders.



**OVERALL WELL-BEING**  
Brings balance to body, mind and spirit for holistic well-being.



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# YOGA NIDRA

## YOGIC SLEEP – FINAL INTEGRATION –

Rest Deeply. Heal Completely. Awaken Within.

*In stillness lies  
transformation.  
In awareness lies  
freedom.*



Yoga Nidra is a guided meditative relaxation technique done lying down. It brings deep rest to the body, calms the mind, and restores balance on all levels.



### BENEFITS

- Induces deep relaxation and reduces stress
- Improves sleep quality and relieves insomnia
- Balances nervous system and calms the mind
- Enhances focus, memory and creativity
- Supports emotional healing and inner peace
- Lowers blood pressure and reduces anxiety
- Promotes overall well-being and vitality



### WHAT IS YOGA NIDRA?

A systematic practice of conscious relaxation that takes you between wakefulness and sleep. You remain aware while the body and mind enter a state of profound rest and rejuvenation.

#### NO EFFORT

You just lie down and follow the guidance.

#### DEEP REST

Equal to hours of rest and more restorative.

#### AWARENESS

You remain conscious while relaxing deeply.

#### TRANSFORMATION

Reprograms the subconscious and cultivates positivity.

### HOW TO PRACTICE

- 1 Lie down in Shavasana (Corpse Pose).
- 2 Close your eyes and take a few deep breaths.
- 3 Set your Sankalpa (positive intention).
- 4 Follow the steps of Yoga Nidra:
  - Body Awareness • Breath Awareness
  - Sense Withdrawal • Visualization
  - Sankalpa • Awareness Expansion
- 5 Stay aware and follow the guidance.
- 6 Remain relaxed and let go completely.
- 7 Return slowly with awareness.
- 8 Sit quietly for a few moments and then open your eyes.

Best Time: Anytime, especially before sleep or during stress and fatigue.

### WHAT TO EXPECT

- Deep calm and mental clarity
- Emotional release and healing
- Better sleep and refreshed body
- Renewed energy and positivity
- A sense of connection and gratitude

*Yoga Nidra is the doorway  
to your inner sanctuary.*

### PREPARATION & TIPS

- Practice on an empty or light stomach.
- Choose a quiet, comfortable place.
- Use a mat, blanket, or cushion.
- Wear comfortable, loose clothing.
- You may use an eye pillow or light blanket.
- Allow 20–45 minutes for the practice.
- Be regular and patient with yourself.

You don't have to do anything.  
Just be aware and allow.

### YOGA NIDRA – A HOLISTIC REST FOR BODY, MIND & SOUL



**STRESS RELIEVER**  
Calms the mind and relaxes the nervous system.



**BETTER SLEEP**  
Improves sleep quality and reduces insomnia.



**HEALING SUPPORT**  
Supports physical, emotional and mental healing.



**PERFORMANCE BOOSTER**  
Enhances focus, memory and creativity.



**EMOTIONAL BALANCE**  
Releases negative emotions and cultivates peace.



**INNER GROWTH**  
Deepens self-awareness and spiritual connection.

*“When the body rests, the mind settles. When the mind settles, the soul awakens.”*



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# YOGA NIDRASANA

## – YOGIC SLEEP POSE –

A pose of complete relaxation that calms the nervous system, relieves stress and fatigue, and brings the body and mind into deep rest and rejuvenation.

### BENEFITS



Relaxes the body and calms the mind deeply



Reduces stress, anxiety and mental fatigue



Improves sleep quality and promotes healing



### HOW TO PRACTICE

- Lie down flat on your back on a mat.
- Keep your legs comfortably apart and arms slightly away from the body.
- Turn your palms upward and close your eyes.
- Relax your entire body from toes to head.
- Focus on your natural breath and let go of all thoughts.
- Stay in the pose for 5–20 minutes.
- To come out, gently move your fingers and toes, stretch your arms overhead and sit up slowly.



### AYURVEDIC BENEFIT



Balances Vata and Pitta doshas, soothes the nervous system, nourishes the mind and heart, rejuvenates the body, improves concentration, and promotes emotional balance, inner peace and overall well-being.

### BREATHING GUIDE



Inhale slowly and gently.

Exhale completely and relax.

Breathe naturally, deep and calm.

Allow the breath to flow on its own.

Stay calm, relaxed and aware.



### RELAXATION

Induces deep relaxation and relieves physical and mental tension.



### RESTORATION

Restores energy, reduces fatigue and supports the body's natural healing process.



### MENTAL CALM

Calms the mind, improves sleep and brings clarity, peace and emotional balance.

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