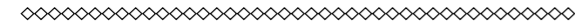


SPECIAL EDITION



30 ASANAS IN 30 DAYS

Master your yoga and
asana practice

A guided step by step holistic approach to yoga
poses, alignment, benefits and contraindications



AEGIALIS
SCHOOL OF YOGA

amorgos - greece



WELCOME TO YOUR YOGA JOURNEY GUIDE

This asana holistic guide was designed specifically to assist you with mastering your asana practice and develop a stronger foundation in your yoga journey. Together with over 25 international yoga teachers, we've created this guide including 30 asanas, with step by step guidance, physical and therapeutic benefits and contraindications. As you learn to master each asana, you can try out the different variations provided and explore your practice further.

HOW TO USE THIS GUIDE

Whether you are trying to master an asana, understand how to get into one or create a strong foundation in your practice, you will find it all in here. There are four main sections to this guide each one focusing on the therapeutic benefits of the postures. Section one is about getting grounded through the standing postures; section two focuses on letting go of tension through hip openers; section three encourages opening up through backbends and the heart centre and section four is about cultivating strength through core and arm balancing postures. The bonus

“Yoga is an exploration of all parts of the self, leading us to realise the light and truth we seek are always found within.”

section is all about inversions and upside down postures. Whilst practicing asanas can definitely impact the physical body, over time, the mind becomes more clear, focused and steady. Through awareness and non-attachment to our practice and commitment to discipline the body and mind, we can discover our true nature and explore life as an experience in every moment.

The energetic benefits are outlined relating to the chakras. These are the energy channels in the body through which the prana/life force flows. Each chakra governs specific parts of the body, mind and emotional self. There are 7 main chakras (root chakra, sacral chakra, solar plexus chakra, heart chakra, throat chakra, third eye and crown chakra). In this guide you will become familiar with some of them as they play an important role in the categories outlined.





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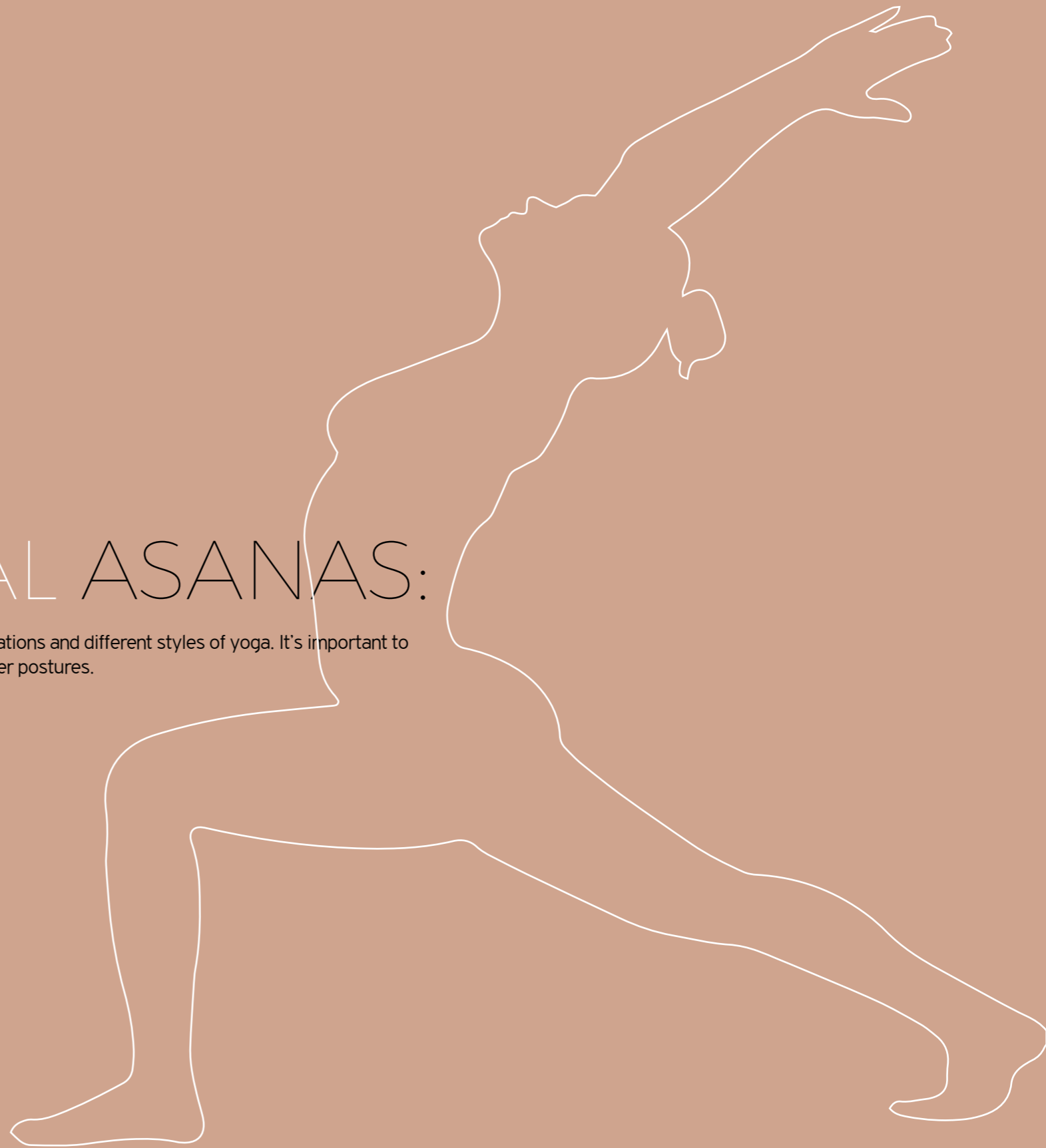
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FOUNDATIONAL ASANAS:

The foundational postures are used in many different sequences, sun salutations and different styles of yoga. It's important to understand these and the correct alignment, as they provide a base for other postures.





STANDING FORWARD FOLD - UTTANASANA

Miriam Indries
@miriamindries

PHYSICAL BENEFITS:

- Stretches the leg muscles, particularly the hamstrings
- Tones the legs and buttocks
- Lengthens the spine
- Stimulates digestion and the reproductive system
- Boost blood circulation to the head
- Stretches the arms

THERAPEUTIC BENEFITS:

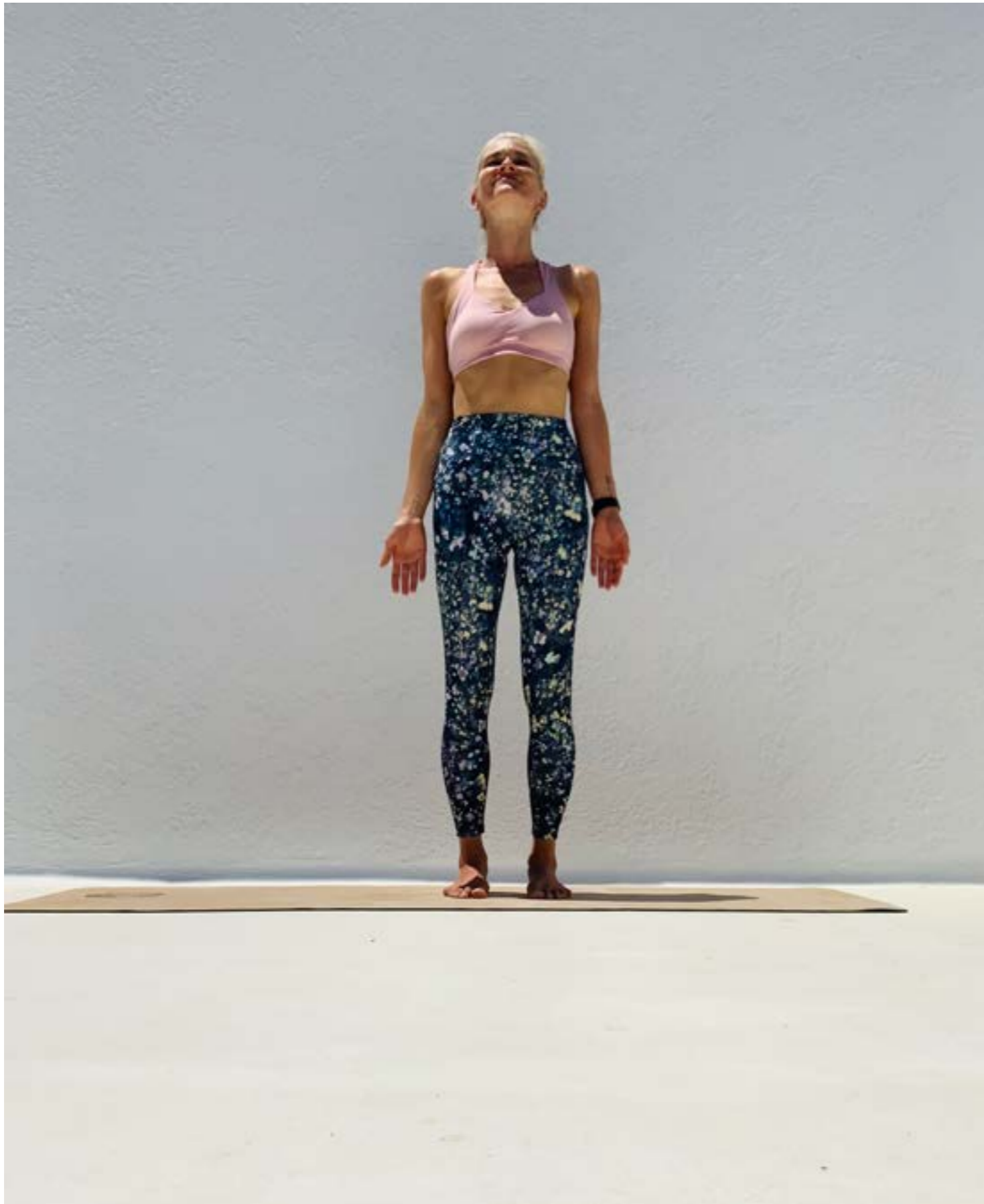
- Improves balance and coordination
- Releases stress and anxiety
- Calms the mind
- Activates Mooladhara

DO:

- Lengthen the spine
- Activate the leg muscles
- Bend knees slightly if you need too but keep your spine elongated.

DON'T:

- Flex the spine
- Hunch your back



MOUNTAIN POSE - TADASANA

PHYSICAL BENEFITS:

- Improves balance
- Improves posture
- Strengthens the legs and ankles
- Elongates and stretches the spine

THERAPEUTIC BENEFITS:

- Improves focus and concentration
- Brings clarity to the mind
- Grounding

DO:

- Maintain alignment of the pelvis and natural curvature of the spine
- Ground the feet and shift body weight evenly on both legs

DON'T:

- Slouch your shoulders
- Extend the lower spine/push hips forward
- Force the chest open



DANDASANA - STAFF POSE

Physical benefits:
Corrects posture
Strengthens the core
Stretches the legs

THERAPEUTIC BENEFITS:

Grounding
Calms the mind
Improves focus and concentration

DO:

Keep your arms parallel to the side body and palms on the mat
Keep pelvis in alignment and spine straight
Keep the core engaged slightly

DON'T

Flex the lumbar spine
Drop the head forward
Slouch shoulders



DOWNWARD FACING DOG - ADHO MUKHA SVANASANA

PHYSICAL BENEFITS:

Stretches the legs muscles, particularly the hamstrings and calves
Improves balance in the body
Lengthens the spine
Opens the shoulders and chest
Tones the arms
Stretches the digestive organs
Strengthens and tones the legs
Boosts blood circulation in the body
Improves physical balance

THERAPEUTIC BENEFITS:

Relieves stress and anxiety
Energizes the mind
Promotes mental clarity.

DO:

Lengthen the spine as you inhale
Draw belly button toward the spine and raise hips as you exhale
Bend the knees slightly if you need to but keep pressing the tailbone up
Press the palms on the mat

DON'T:

Hunch or flex your spine
Put any pressure on your neck



WEEK 1: GROUNDING

Grounding is an important part of any asana practice and it's the first aspect to focus on. Creating a strong foundation in the physical body is necessary to progress in our physical and spiritual practice and to find balance in life. Most of the asanas that provide grounding, are the standing ones although some can be seated. Through the feet, we connect with the external world and transport ourselves through the physical reality. When our feet are firm on the ground and we maintain the balance of the body equally in both legs, then we can feel stable and grounded, secure and safe. Through these postures, we can find and keep a balance mentally, physically and emotionally. They also strengthen the lower part of the body/the leg muscles, ankle and knee joints.

ACTIVATING MOOLADHARA

The aspect of being grounded relates to Mooladhara, the root chakra. Located at the perineum, Mooladhara is the energy centre in the body that governs stability, feeling safe, balanced and protected within and externally. Being stable and grounded will also bring more balance through all parts of the self, physical, mental and emotional. The element of the root chakra is Earth, representing grounding and stability.

PRACTICE TIPS

Hold each asana for at least 5 least breaths. (or less if it feels uncomfortable)

Push your feet on the mat and work on creating balance from the feet up. Feel the connection with the ground.

Focus on the leg muscles. Activate on the leg muscles. Repeat the asana on each leg



WARRIOR I - VIRABHADRASANA I

Nikoldia Katsari
@nicoldiayoga

1. Start in Tadasana.
2. Inhale, raise your arms and take the left leg back, with the left foot firmly on the mat at 45 degrees angle.
3. Exhale and rotate your torso to face the front of the mat, keeping your hips squared and equally aligned forward. (*right foot should be facing forward, firm on the mat)
4. Keep your back straight all the way through to the cervical spine and gaze up.

PHYSICAL BENEFITS:

Strengthens the legs
Opens the arms and hips
Strengthens the ankles

THERAPEUTIC BENEFITS:

Empowering
Develops concentration
Energizes the body and mind

CONTRAINDICATIONS:

High blood pressure
Neck injury



WARRIOR II - VIRABHADRASANA II

Jaya Radhika
@jaya.prada.radhika

1. Start with your legs wide apart on the long side of the mat.
2. Keep your back straight, open the shoulders and keep your pelvis neutral (in vertical alignment to the body).
3. Turn the right foot facing the front of the mat and the left foot inward to a 45 degrees angle.
4. Inhale and open the arms to either side of the body.
5. Exhale and bend the right knee to be in line with the ankle .
6. Turn your head to focus on your right middle finger.

PHYSICAL BENEFITS:

Stretches and tones the legs
Improves balance overall and on the feet
Tones the abdomen
Improves posture
Stretches the arms and shoulder blades
Strengthens the ankles
Stretches the groin

THERAPEUTIC BENEFITS:

Empowering effect
Confidence booster
Helps improve concentration and focus

CONTRAINDICATIONS:

Ankle or knee injury
Lower back discomfort and injury





WARRIOR III - VIRABHADRASANA III

Julie Coluccio
@juliecoluccioyoga

1. Start in Tadasana.
2. Find your balance on your right foot.
3. Inhale and take the left leg back and up, facing parallel to the mat.
4. Exhale and extend both arms forward, facing parallel to the mat, palms facing one another.
5. Keep your hips in line and keep pressing through the standing foot.

PHYSICAL BENEFITS:

Strengthens and tones legs
Improves balance in the feet and overall in the body
Stretches the arms
Stretches the abdomen
Improves digestion

MENTAL BENEFITS:

Confidence booster
Increases ability to concentrate and focus
Releases feelings of stress, anxiety and feel low
Improves self-belief
Energises the mind

CONTRAINDICATIONS:

Weakness or injury in the knees, or ankles
Low blood pressure



WIDE LEGGED FORWARD BEND POSE - PRASARITTA PADOTTANASANA

Aia Faham
@aia.faham

1. Stand on the wide side of the mat with your feet wide apart and parallel to one another. Place your hands on your hips.
2. Inhale and lengthen the spine.
3. As you begin to exhale, bring your torso forward and down. Engage your abdomen and bring hips as close as possible to your thighs.
4. As you reach half way down, place your hands on the mat or bring the first two fingers from both hands to your big toes.
5. With a deep exhale, bend your elbows and bring the crown of your head to the mat.

PHYSICAL BENEFITS:

Stretches the legs, groins, hips and back
Improves flexibility in the spine
Tones the abdomen
Improves balance on the feet
Strengthens the legs
Stretches the arms and shoulder blades (advanced options)

THERAPEUTIC BENEFITS:

Releases symptoms of stress and anxiety
Energises the mind

CONTRAINDICATIONS:

Low or high blood pressure
Heart conditions
Low back injury (use block for support of the hands)



TRIANGLE POSE - TRIKONASANA

Kaliovi Giannakopoulou)
@kaliovi

1. Stand on the wide side of the mat with your feet wide apart and parallel to one another.
2. Turn the right foot facing front of the mat, and the back foot inward to a 45 degrees angle. Open the arms to either side of the body.
3. Inhale, move the upper body as far as it can go to the right.
4. Exhale, bring the right hand outside (or inside) the right foot.
5. Raise the left arm, and form a straight line from one hand to the other.
6. Rotate your head to face your left hand, or look straight.

PHYSICAL BENEFITS:

Stretches and lengthens the spine
Stimulates and massages the digestive organs
Stretches the arms
Stretches the leg muscles and glutes
Tones the legs
Opens the chest
Improves balance

THERAPEUTIC BENEFITS:

Energizes the mind
Grounding
Activates Mooladhara.

CONTRAINDICATIONS:

Neck injury (keep neck relaxed in neutral position)
Low blood pressure





EXTENDED SIDE ANGLE POSE - UTTHITA PARSVAKONASANA

Clarissa Mae
@clarissa_mae

1. Stand on the wide side of the mat with your feet wide apart and parallel to one another.
2. Turn the right foot facing the front of the mat, and the left foot inward to a 45 degrees.
3. Bend your right knee and place your right forearm onto your right thigh (or bring your right hand outside of the right foot on the mat).
4. Raise your left arm and extend it above the head. Keep it straight and reach out/stretch the arm even more.
5. Repeat the same for the other side.

PHYSICAL BENEFITS:

Stretches the legs, arms and back
Increased flexibility to the spine
Balance in the physical body
Strengthens the ankles
Tones the abdomen
Opens the chest and shoulders

THERAPEUTIC BENEFITS:

Energizes the body
Confidence boost
Releases tension and feelings of stress

CONTRAINDICATIONS:

Knee injury
Low blood pressure



HALF MOON POSE - ARDHA CHANDRASANA

Chloe Nickles
@chloenickles_yoga

1. Start in Tadasana.
2. Press your right foot on the mat and take your left leg back; raise it at the same height as your hip keeping the leg straight and both hips parallel to the mat.
3. Whilst maintaining your balance, turn your torso and leg to the left side.
4. Raise your left arm and keep your right fingertips on the mat or just off the mat. Keep your both arms in a straight line.
5. Engage the abdomen and if you can, take the right hand off the mat.
6. Focus your gaze to the left hand and engage the leg muscles.

PHYSICAL BENEFITS:

Strengthens and tones the legs
Tones the buttocks
Stretches the legs
Tones the arms
Strengthens the ankles
Tones the abdomen

MENTAL BENEFITS:

Calms the mind
Relieves symptoms of stress
Connects us to our feminine side of the body
Relieves nervous tension

CONTRAINDICATIONS:

Low or high blood pressure
Injury or weakness in the knees and ankles
Spine injury
Vertigo



WEEK 2- LETTING GO RELEASE

By commitment and consistency in your yoga practice, you can learn to let go of any tensions and pressures that you hold within, from all layers of the self: physical, mental and emotional. Hip opening asanas help to release tension from the hip flexors and extensors, the inner thighs and the legs. It is said that emotional blockages or unexpressed emotions are stored in the hips and the lower back area. Over time, an accumulation of these can create discomfort. Tension in the hips or tight glutes can also affect posture, potentially leading to lower back pain. Therefore opening the hips is an effective way to stretch and strengthen the thighs and glutes and improve posture.

ACTIVATING SWADISHTHANA

The sacral chakra is located at the base of the spine and it is the energy centre in the body governing creativity, emotions and transformation. Balancing and opening the sacral chakra creates a healthy emotional connection to the self. The element representing swadishthana is water and in the spiritual meaning it represents transformation and change. Balancing this energy centre teaches us to be open to the flow of life and to adapt to experiences as they come to us.

PRACTICE TIPS:

Take slow deep breaths. As you exhale, feel the tension being released. With every inhale focus this breath to the hips. Use bolsters or blocks if you need extra support.





BUTTERFLY POSE - BADDHA KONASANA

Milly Ghion
@milly_ghion

1. Start in dandasana.
2. Bend your knees and bring the soles of your feet together, on the mat, as close as possible to the inner thighs.
3. Bend your elbows and place them on the outer crease of the knees; bring your hands to your feet.
4. Inhale, lengthen the spine.
5. Exhale, bring the upper body forward and press the elbows to the inner side of the knees, bringing the knees closer to the mat.
6. Repeat steps 4 and 5, until you feel the hips open more and your forehead comes closer to the mat.

PHYSICAL BENEFITS:

Opens the hips and inner thighs
Stretches the groin area
Relieves PMS
Opens the chest.

THERAPEUTIC BENEFITS:

Calms the NS
Relieves anxiety and stress
Activates Swadishana.

CONTRAINDICATIONS:

Knee injury
Ankle injury





SEATED FORWARD FOLDS:

Martina Sergi
@martina_sergi

PHYSICAL BENEFITS:

Stretches the leg muscles, particularly the hamstrings
Lengthens the spine
Stimulates digestion and the reproductive system
Stretches the arms
Opens the inner thighs and hips (upavistha konasana)

THERAPEUTIC BENEFITS:

Releases stress and anxiety
Calms the mind
Activates Mooladhara.

PASCHIMOTANASANA:

1. Start in Dandasana.
2. Inhale, raise arms above the head, parallel to one another.
3. Exhale, bring your upper body forward, lengthen the arms and reach your hands to your feet.
4. Inhale, lengthen the spine.
5. Exhale, go deeper in the forward fold by bringing your whole upper body toward your legs, and your forehead as close as possible to your knees or shins.



UPAVISHTA KONASANA

1. Start in Dandasana.
2. Open the legs as wide as you can without forcing them.
3. Bring your hands to the inner part of your ankles and bring hips forward.
4. Inhale, open and raise your chest.
5. Exhale, come forward with the upper body whilst pushing your hands in your ankles and legs opening the legs further.



LOW LUNGE POSE - ANJANEYASANA

Rebecca Thorne
@beccathornewellness

1. Start in Tadasana.
2. Take the left leg back; place the left knee and the top part of your foot on the mat.
3. Square your hips and face forward.
4. Inhale raise arms above the head, parallel to one another and reach up elongating the spine.
5. Exhale, engage core and the leg muscles.

PHYSICAL BENEFITS:

Strengthens the ankle joints
Strengthens the knees
Opens the hips and inner thighs
Opens the chest

THERAPEUTIC BENEFITS:

Improves concentration and focus
Activates anahata

CONTRAINDICATIONS:

Knee or ankle injury (cushion the knee by using a blanket)



LOTUS POSE - PADMASANA

Rebecca Thorne
@beccathornewellness

1. Start in dandasana.
2. Bend the right knee and with your left hand, take hold of the outer right ankle.
3. Bring your right foot towards your left thigh.
4. Gently place the right foot on the left thigh, as close as possible to the left hip bone and with the sole of the foot facing upward.
5. Repeat the same steps for the left foot.

PHYSICAL BENEFITS:

Opens the hips
Stretches the ankles
Corrects posture
Stimulates digestion
Locks the body in a stable meditation posture.

THERAPEUTIC BENEFITS:

Grounding
Calms the mind

CONTRAINDICATIONS:

Ankle or knee injury
Spine or back surgery



LIZARD POSE- UTTAN PRISTHASANA

Miriam Indries

@miriamindries

1. Start in downward facing dog.
2. Inhale, raise the right leg backwards.
3. Exhale, step your right foot to the front of the mat, outside your right hand.
4. Bring your left knee to the mat.
5. Inhale, lengthen the spine and open the chest.
6. Exhale, sink in deeper and release tension from the right hip and left inner thighs. Here you have the option to bring both forearms to the mat.
7. Look forward without straining your neck.
8. Hold for a few breaths, then resume back in adho mukha svanasana and repeat on the other side.

PHYSICAL BENEFITS:

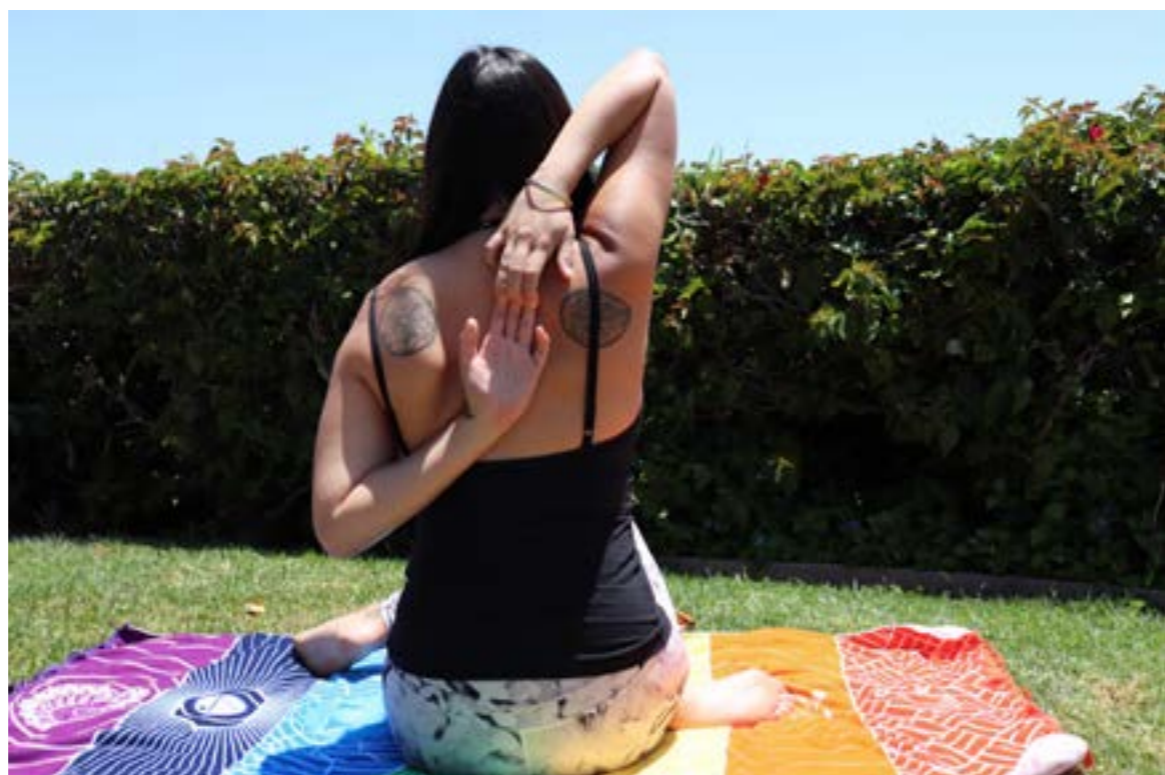
Stretches and opens the hips
Strengthens the leg muscles
Strengthens the spine and back muscles
Strengthens the arms
Stretches the inner thighs and glutes.

THERAPEUTIC BENEFITS:

Releases nervous tension
Energy booster
Opens the chest and improves deep breathing

CONTRAINDICATIONS:

Ankle or knee injury/weakness
Hip injury/surgery



COW FACE POSE - GOMUKASANA

Lauren Ikeda

@laurenikeda

1. Start in dandasana.
2. Bend your right knee and bring your right foot to the side of your left buttock.
3. Bend your left knee on top of the right and bring your left foot to the side of the right buttock.
4. Open your arms and extend them straight to the side of the body.
5. Lift the right arm, bend the left arm and internally rotate it to the back, placing the top of your left hand on your back.
6. Open the chest and bring both hands together at the back.
7. Hold for a few deep breaths, then release and repeat on the other side.

PHYSICAL BENEFITS:

Stretches the inner thighs and hips
Opens the chest
Stretches the back
Stimulates the digestive organs
Opens the shoulder joints.

THERAPEUTIC BENEFITS:

Calms the mind
Reduces stress
Helps release blocked emotions

CONTRAINDICATIONS:

Shoulder injury
Tight shoulders
Injury or weakness of the knees or hips



SPLITS POSE /MONKEY POSE - HANUMASANA

Alex Kaufmann

@bahayogi

1. Start in a low lunge with the left leg back and the right leg at the front.
2. Open the chest and bring hands to your hips.
3. Start to sink the hips deeper to the ground, taking the left leg back more, increasing the stretch between the left and right inner thighs.
4. Keep your back straight and hands to either side of the body.
5. Lengthen the spine as you inhale.
6. Stretch out the right leg and slide it forward on the heel.
7. Keep your hips facing forward; the back straight and bring your hands in Anjali mudra.
8. Hold for a few deep breaths, then release and repeat on the other side.

*Variation to use blocks under your thighs and to support your hands on the mat

PHYSICAL BENEFITS:

Provides a deep stretch to the inner thighs, hips and leg muscles
 Opens the hips
 Relieves tension in the lower part of the body
 Stimulates the digestive organs and tones the abdomen.

THERAPEUTIC BENEFITS:

Improves concentration and focus
 Helps release any NS tension
 Creates a liberating feeling mentally and physically

CONTRAINDICATIONS:

Lower back or spine injury
 Ankle or knee injury

WEEK 3 - OPEN YOUR HEART

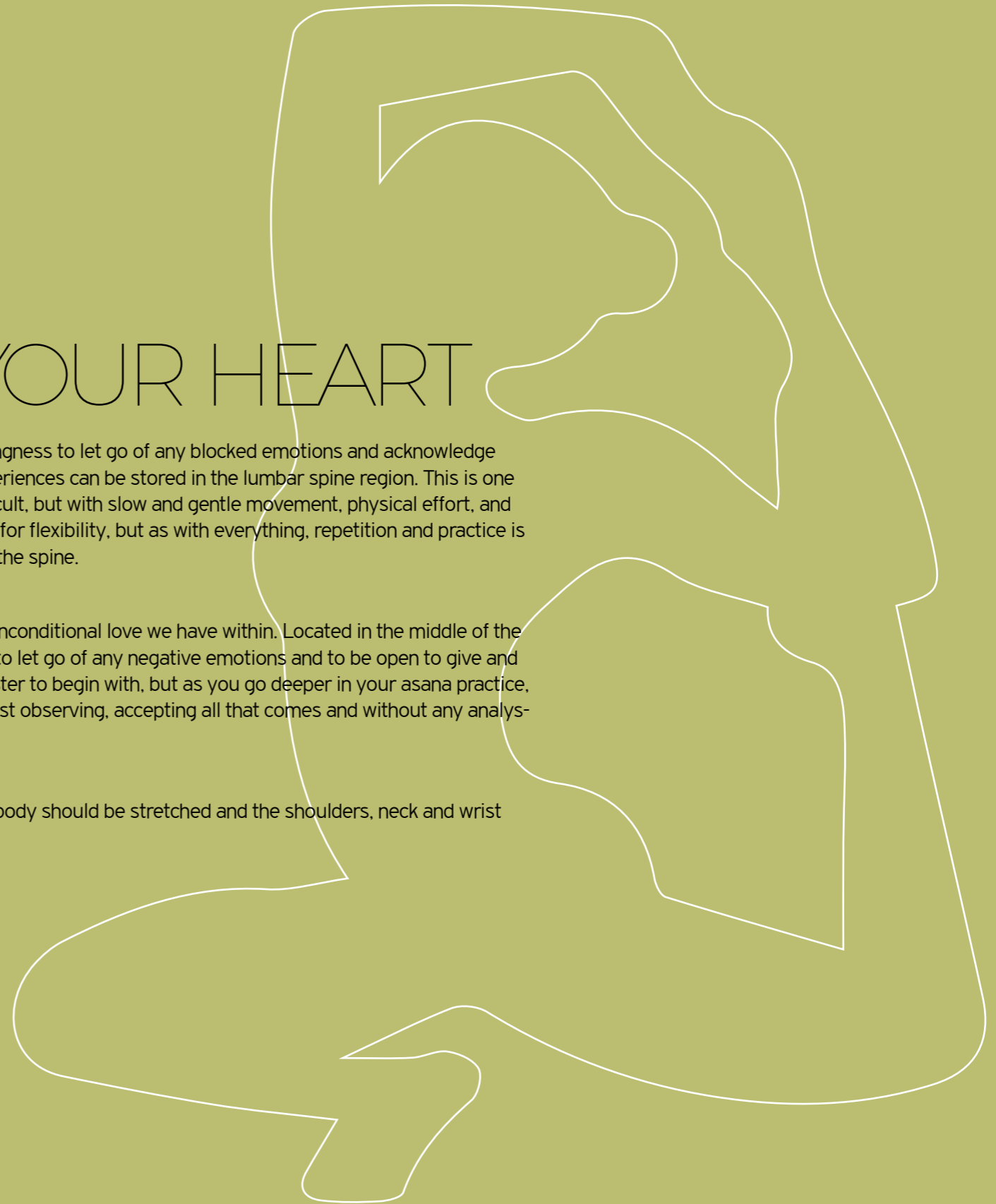
Heart openers not only require the chest and shoulders to open, but also a willingness to let go of any blocked emotions and acknowledge your feelings. It is said that unresolved past traumas or emotionally hurtful experiences can be stored in the lumbar spine region. This is one of the reasons why backbends can sometimes appear to be intimidating or difficult, but with slow and gentle movement, physical effort, and emotional clearing, backbends can feel amazing. The spine has a great capacity for flexibility, but as with everything, repetition and practice is needed. Practicing backbends can strengthen the core and develop flexibility of the spine.

ACTIVATING ANAHATA

The heart chakra is the energy centre in the body which holds space for all the unconditional love we have within. Located in the middle of the chest, activating Anahata is a beautiful experience of learning to trust yourself, to let go of any negative emotions and to be open to give and receive love. Creating a connection at the heart space can seem like a rollercoaster to begin with, but as you go deeper in your asana practice, learn to observe your thoughts and feelings without any judgement. Be still whilst observing, accepting all that comes and without any analysing, just release and let go.

PRACTICE TIPS:

Always warm up your body before going into backbends. The lower part of the body should be stretched and the shoulders, neck and wrist joints should be focused on before moving onto backbends. Use blocks or straps if you need to. Go slow, take deep breaths.





COBRA POSE - BHUJANGASANA

Marine

@marine_chpn

1. Start by lying down flat on your belly and chest, with your legs extended on the mat and parallel to one another.
2. Bring your hands to the mat on either side of your chest.
3. Inhale and raise the chest of the mat, pushing your hands into the mat with the elbows bent slightly. Take your head back and look up, or look forward.
4. Exhale and gently press your hips down to the mat.
5. Inhale, continue to open and lift the chest higher, keeping your shoulders away from the ears.
6. Exhale, press the hips down deeper into the mat and extend the lumbar spine.

PHYSICAL BENEFITS:

Improves flexibility of the spine
Opens the chest and shoulders
Strengthens the arms
Strengthens the shoulders and back
Strengthens and tones the abdomen
Tones the buttocks
Releases lower back tension.

MENTAL BENEFITS:

Relaxes the NS
Improves focus and confidence
Balances emotions
Activates Anahata and Vishuddhi
Relieves stress and tension.

CONTRAINDICATIONS:

Pregnancy
Spine or neck injury



BRIDGE POSE - SETU BANDHA SARVANGASANA

Erin Marie

@yogi.erun

1. Start by lying down on your back with your knees bent, hip width apart and parallel to one another. Keep the soles of your feet on the mat, toes facing forwards and feet parallel to one another.
2. Place your hands to either side of your hips.
3. Inhale and lift your buttocks off the mat and open the chest.
4. Exhale, bring your hands together under the lower back, pressing them on the mat.
5. Squeeze your thighs together.

*Variation to bring your hands to your ankles.

*Variation to raise one leg at a time.

PHYSICAL BENEFITS:

Flexibility of the spine

Opens the chest, deepening the breath

Tones the buttocks and legs

THERAPEUTIC BENEFITS:

Energises the mind

Helps relieve symptoms of stress, anxiety and depression

Stimulates the thyroid

Activates and balances Vishuddhi, the throat chakra

CONTRAINDICATIONS:

Neck and shoulder injury

Wrist injury





ONE LEGGED PIGEON POSE - EKA PADA RAJAKAPOTASANA

Martina Rando
@martina_rando

1. Start in downward facing dog.
2. Inhale, raise your right leg back.
3. Exhale, bend the right knee and rest it on the mat in between the hands. Keep your right foot to the inner left thigh and your hips squared, parallel to the mat.
4. Inhale, press your hands into the mat and open the chest.
5. Exhale, bring your chest to the mat; extend your arms all the way forward, parallel to one another and resting on the mat.
6. Hold for a few breaths, then press the hands down and raise the chest of the mat.
7. Bend the left knee and bring the foot as close as you can to your left buttock.
8. Bring your left foot to your elbow crease and palms together above the head. (mermaid pose)

*Variation to go further into a full one legged pigeon pose

PHYSICAL BENEFITS:

Stretches the legs
Strengthens the lumbar spine
Stimulates and massages the digestive organs
Opens the hips and stretches the inner thighs
Releases muscular tension from the hips, legs and back
Improves flexibility of the spine
Opens the chest.

THERAPEUTIC BENEFITS:

Releases nervous tension, stress and anxiety
Calming effect on the mind
Activates Swadisthana.

CONTRAINDICATIONS:

Shoulder or spinal injury
Ankle injury (when pulling the foot to the head)



CAMEL POSE - USTRASANA

Martina Rando

@martina_rando

1. Start on your knees, parallel to one another. Keep your shins and top of the feet on the mat. Keep your spine straight.
2. Inhale, open the chest and bring hands onto the lumbar spine, fingers pointing upwards or to the side.
3. Exhale push your hips forward. Engage the quads, the front thigh muscles.
4. Inhale, open the chest and bring your hands to the heels of the feet.
5. Exhale, continue to push the hips forward.

PHYSICAL BENEFITS:

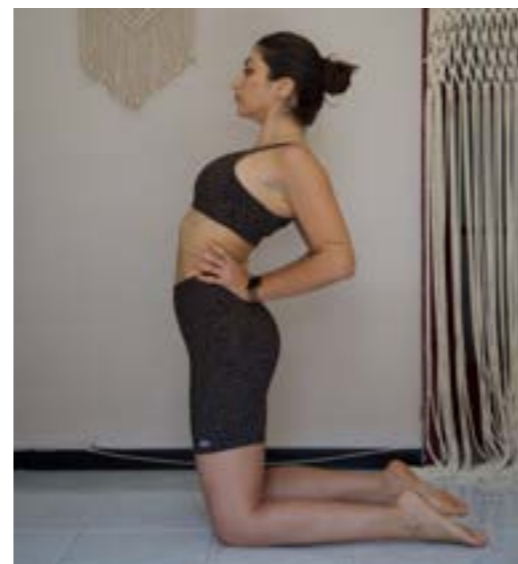
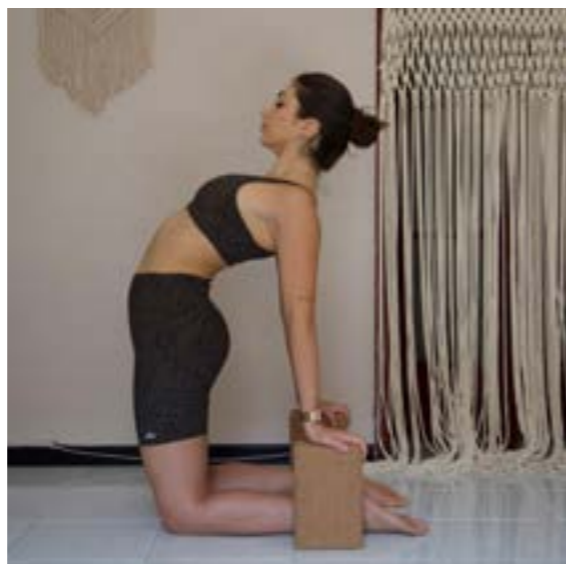
Opens the chest
 Corrects posture
 Stretches the glutes
 Relieves tension of the lumbar spine/lower back pain
 Improves flexibility of the spine
 Stretches the digestive organs.

THERAPEUTIC BENEFITS:

Relaxes the mind
 Balances emotions
 Relieves nervous tension
 Activates Anahata
 Improves mental clarity.

CONTRAINDICATIONS:

Spinal or neck injury
 Low blood pressure
 Ankle injury (keep tip toes on the mat instead of the top of the foot)





BOW POSE - DHANURASANA

Victoria Gibbs
@whatgibbs

1. Start by lying flat on your belly and chest, with your legs extended on the mat and parallel to one another.
2. Bend your knees and take hold of your ankles with your hand.
3. Inhale, raise the chest of the mat and open the shoulders.
4. Exhale, point your feet up and raise your thighs off the mat.

PHYSICAL BENEFITS:

Improves flexibility of the spine
Stretches the leg muscles, particularly the quads
Opens the chest and shoulders
Relieves back pain
Massages and stimulates the digestive organs
Strengthens the arms

THERAPEUTIC BENEFITS:

Energises the mind
Relieves nervous tensions and stress
Releases blocked emotions
Activates anahata.

CONTRAINDICATIONS:

Knee, back or shoulder injury
Pregnancy



WHEEL POSE - CHAKRASANA

Aria Crescendo

@aria.official

1. Start by lying down on your back with your knees bent and parallel to one another. Keep the soles of your feet on the mat, toes facing forwards and feet parallel to one another.
2. Place your palms under your shoulders with your fingers pointing downward, toward the body. Bend your elbows and keep arms parallel to one another.
3. Inhale and raise your hips off the mat, open your chest slightly and place the crown of your head onto the mat, with your elbows bent.
4. Exhale, push the palms on the mat and straighten your arms.
5. Ensure that your legs remain in the same position, keeping them hip width apart.
6. Ensure your arms are straight and parallel to one another, biceps to the side of your ears.
7. Hold for a few breaths and go into child's pose or hug knees to the chest afterwards.

PHYSICAL BENEFITS:


Provides a deep opening of the chest
Strengthens the back muscles
Strengthens and tones the arms
Opens the hips and inner thighs
Tones and strengthens the legs
Stretches and stimulates the digestive organs
Stretches and opens the shoulders
Improves flexibility of the spine
Boosts blood circulation in the upper body.

THERAPEUTIC BENEFITS:

Energising
Helps release negative and blocked emotions
Promotes deeper breathing by opening the chest and lung capacity
Activates Anahata and Vishuddhi.

CONTRAINDICATIONS:

Pregnancy
Spinal cord injury
Injury or weakness of the wrists or shoulders



WEEK 4 - CULTIVATING STRENGTH

Self-belief is essential in your asana practice. This section is about building self-confidence and cultivating will power. Most arm balancing asanas require core strength and great focus, which lead to concentration and reaching deeper into your spiritual practice. Repetition and training are vital when disciplining the body and mind, so continue to practice each with patience and commitment. Physical, mental and emotional strength are built through continuous practice, so don't give up if you cannot get into these postures in the early stages. Keep practicing, let go of expectation and focus on creating a balanced harmony between strength and stillness in your body.

ACTIVATING MANIPURA

The solar plexus chakra is the energy centre in the body which governs confidence and power of will. Manipura is closely related to how we manifest our purpose in the world and it's all about taking action and using our power for the greater good. It is located in the navel region, and its element is fire, also governing digestion. Most asanas that balance and activate Manipura are those with a focus on the core/stomach region.

PRACTICE TIPS:

Focus your attention on the core muscles and engage them in each of these asanas
Always warm up your wrists before going into arm balancing



BOAT POSE - NAVASANA

Evelyn Cribbin
@evelyncribbin

1. Start in dandasana.
2. Bend your knees and raise your feet off the mat, with shins parallel to the floor.
3. Extend the arms forward and parallel to one another to either side of the body.
4. Keep your spine straight and engage the core.
5. Keep your gaze forward and neck relaxed.

*You should maintain balance by keeping steady between the tail bone and sitting bone.

*Variation to straighten the knees

PHYSICAL BENEFITS:

Strengthens the abdominal muscles

Stimulates digestion

Physical balance

THERAPEUTIC BENEFITS:

Empowering

Improves focus and concentration

Cultivate will-power

CONTRAINDICATIONS:

Pregnancy (check with your doctor)



CHAIR POSE / UTKATASANA

Miriam Indries
@miriamindries

1. Start in Tadasana.
2. Inhale, raise arms above the head and arms parallel to one another
3. Exhale, bend the knees, keeping your buttocks down and hips squared.
4. Hold and maintain the position, always keeping the spine straight.
5. Focus your gaze straight ahead or to your hands.

*Keep your knees just behind your toes

PHYSICAL BENEFITS:

Strengthens the leg muscles and glutes
Tones the legs and buttocks
Stimulates the digestive organs and tones the abdominal muscles
Stimulates the reproductive organs
Lengthens the spine.

THERAPEUTIC BENEFITS:

Improves focus and concentrations
Helps release stress
Empowering.

CONTRAINDICATIONS:

Knee or ankle injury



CROW POSE - KAKASANA

Alexander Marvin Avila

@alexavilayoga

1. Start in Malasana/yogic squat.
2. Bring the feet closer together and parallel to one another (keep knees bent).
3. Place your palms on the mat in front of your shins, and parallel to one another.
4. Inhale, engage the core and shift body forward, on your tiptoes.
5. Exhale place the knees close to your armpits.
6. Inhale, bend the elbows and push the palms on the mat.
7. Exhale lift the tip toes off the mat, close to one another.

PHYSICAL BENEFITS:

Tones the abdomen
Strengthens the arms & wrists
Strengthens the back

THERAPEUTIC BENEFITS:

Empowering/confidence boost
Calms the NS
Teaches patience & body awareness
Activates the lower chakras.

CONTRAINDICATIONS:

Weak/injured wrists
Pregnancy
Shoulder injury/tendonitis



SAGE KOUNDINYASANA II POSE - EKA PADA KOUNDINYASANA II

Alex Roberts
@alex_robertsyoga



1. Start in lizard pose with the right foot facing forward.
2. Place your right hand outside of the right foot and parallel to it.
3. Straighten the right leg.
4. Bend both elbows (keep wrists in line with elbows).
5. Come onto the left tip toes.
6. Inhale, engage the core and lift the left tip toes of the mat.
7. Exhale, balance by using your core and arm strength. Extend the legs away from one another.

PHYSICAL BENEFITS:

Strengthens the arms and wrists
Tones the abdominal muscles
Stimulates digestion
Stretches the inner thighs
Strengthens and tones the leg muscles

THERAPEUTIC BENEFITS:

Empowering
Cultivate concentration and will power

CONTRAINDICATIONS:

Weak/injured wrists
Pregnancy
Shoulder injury/tendonitis



EIGHT ANGLE POSE - ASTAVAKRASANA

Carlo Guaragna

@carloguaragna

1. Start in a seated position with legs extended.
2. Raise your right leg and bring the right shoulder under the right knee.
3. Keep opening the right inner thigh.
4. Place your left hand near your left buttock and your right hand under the left knee.
5. Push the palms onto the mat and lift your body from the mat.
6. Bring the right ankle on top of the left one..
7. Bend the elbows and tilt the upper body forward and down, keeping your chest open.

PHYSICAL BENEFITS:

Strengthens the legs, wrists and shoulders
Tones the abdominal muscles
Improves balance and coordination
Strengthens the back muscles and shoulders.

THERAPEUTIC BENEFITS:

Improves focus
Promotes confidence
Empowering

CONTRAINDICATIONS:

Weak/injured wrists
Pregnancy
Shoulder injury/tendonitis



PEACOCK POSE - MAYURASANA

Ahmed Jabali-Nash
@yogiman_83

1. Start on your knees, with your feet together.
2. Open the knees away from one another, keep your feet together.
3. Place your palms on the mat, fingers facing the lower part of the body.
4. Bend the elbows and bring them close to your lower abdomen.
5. Slide your knees forward so they are in front of your hands.
6. Lean onto the upper arms and push the palms on the mat.
7. Inhale, slowly begin to extend and raise legs.
8. Engage your core, and leg muscles.
9. Exhale, lift your head and shift your body weight forward on to your upper body.

PHYSICAL BENEFITS:

Strengthens the arms and wrists
Massages the digestive organs
Strengthens the shoulders and back muscles
Tones the abdominal muscles
Strengthens the glutes and all leg muscles

THERAPEUTIC BENEFITS:

Mental clarity
Improved focus and concentration

CONTRAINDICATIONS:

Low or high blood pressure
Migraines and headaches
Vertigo/dizziness
Weak/injured wrists



FIREFLY POSE/ TITIBHASANA

Garth Hewitt

@yogigarth

1. Start with your feet apart, a little bit wider than hip width distance.
2. Bend the knees and flex the spine and squat down slightly, bringing the shoulders under the knees.
3. Place your palms on the ground, with fingers slightly open.
4. Engage the core and raise the legs, bringing the buttocks closer to the ground.
5. Straighten the legs and keep your elbows slightly bent.

UPSIDE DOWN - FULL INVERSIONS

ABOUT INVERSION PRACTICE

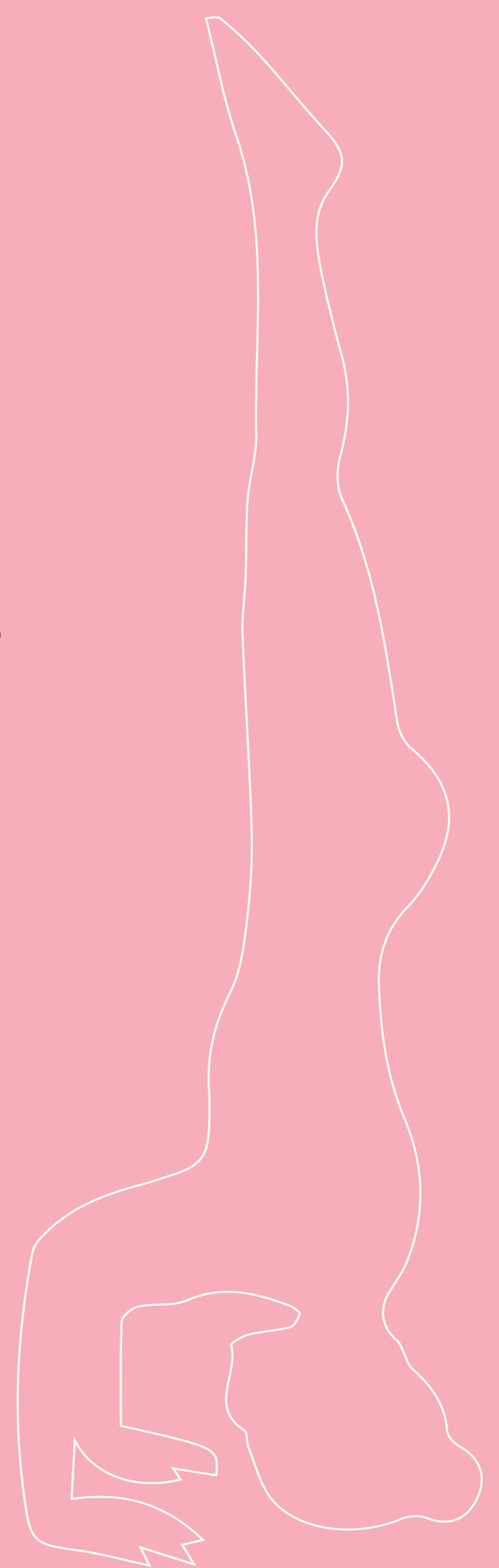
A posture is considered an inversion when the head is closer to the ground than the heart is; so downward facing the dog, standing forward folds and of course all the upside down asanas fall in this category. Traditionally, the full inversions are done towards the end of the practice. Turning your body upside down can seem frightening, but in the beginning inversions should only be practiced when you feel ready or being guided by a teacher. Energetically, by turning yourself upside down, you change the flow of your prana in the body/your life force. This can revitalize and refresh your organs, create more mental clarity and emotional stability. Whilst upside down, you are also teaching your body to get out of its natural physical state which has a great impact on your physical, mental and emotional state. With practice and patience, your inversion practice will get stronger and you will be able to find your steadiness in each posture.

BENEFITS OF INVERSIONS:

- More blood flow to the brain
- Energising effect to the mind
- Increased mental stamina
- Strengthen the arms and legs
- Increased core strength
- Stimulates the pituitary glands
- Improves physical balance in the body
- Improves focus and concentration
- Bring clarity to the mind
- Provide a new view on life.

CONTRAINDICATIONS:

- Pregnancy
- Any heart conditions
- Menstruation
- Neck, shoulder or back injury
- Wrist injury (particularly for the handstand)
- High blood pressure
- Vertigo/dizziness





SIRSASANA – HEAD STAND

Neil Craver

@crazycraver

1. Start on your knees with your legs in line with your hips, and top of the feet on the mat.
2. Bring your hands to the opposite biceps and then bring your hands together, creating a triangle matching this distance.
3. Place the crown of your head in your hands and push your body weight on your forearms.
4. Come on your toes and extend the legs. Begin to walk to feet towards the upper body, with the legs completely straight.
5. When your spine is straight and you are no longer able to tip toe forward, bend one knee and slowly raise it and then the other.
6. When you are ready, straighten the legs and point your feet upwards.
7. Hold your body weight onto your arms. Engage your abdomen and lift the trunk.

*Shown in large photo - headstand variation without support of forearms



HANDSTAND - ADHO MUKHA VRKSASANA

Gus Forristal
@yogawithgus

ALIGNMENT CUES:

- Keep pelvis squared with your shoulders
- Stack the shoulders over wrists
- Draw the navel towards the spine
- Keep spine in its neutral position
- Internally rotate the forearms
- Engage core, glutes and legs muscles
- Point the toes.



PINCHA MAYURASANA

Tatiana Avila Bouru

@tatianayoga

1. Start on your hands and knees.
2. Place your forearms on the mat, with the palms facing downward.
3. Come on your toes and extend the legs. Begin to walk to feet towards the upper body, with the legs completely straight.
4. Bring your legs as close as possible to your forearms and when your hips are over your shoulders.
5. Engage the core and take one leg up and then the other.
6. Hold your body weight onto your forearms. Engage your abdomen and continue to press your hands on the mat.

ALIGNMENT CUES:

Engage the leg muscles/squeeze thighs together

Raise the chest away from the mat

Draw your ribs in

Look between the hands

Your forearms and upper arms should create a 90 degree angle;

Keep hands flat on the ground;

Spine neutral;



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AMORGOS - GREECE

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