



Yogasanas

Science of Poses

Note: This compilation is for Information only

Contents:

- A. What is Yogasana?
- B. Benefits of Yogasana
- C. Science behind Yogasana
- D. Tips for Beginners
- E. Yogasanas

A. What is Yogasana?

Yogasana refers to the various physical postures or poses practiced in yoga. These postures are designed to promote **physical strength, flexibility, balance, and relaxation**. Each pose, or "asana," has specific benefits and can range from simple stretches to more complex positions.

The practice of yogasana is not just about the physical aspect; it also focuses on the mind-body connection, breath control, and mindfulness. By combining these elements, yogasana helps improve overall well-being and can be a powerful tool for managing stress and enhancing mental clarity.

B. Benefits:

1. Physical Health Benefits:

- a. **Flexibility and Strength:** Regular practice of yogasanas enhances flexibility by stretching muscles and joints. It also builds strength by engaging various muscle groups.
- b. **Posture and Alignment:** Proper alignment in poses helps improve posture, reducing the risk of musculoskeletal issues.
- c. **Respiratory Efficiency:** Yogasanas often incorporate breath control (pranayama), which improves lung capacity and respiratory efficiency.

B. Benefits:

2. Nervous System and Brain Function:

- a. **Parasympathetic Activation:** Many yoga practices activate the parasympathetic nervous system, promoting relaxation and reducing stress.
- b. **Neuroplasticity:** Yoga has been shown to enhance neuroplasticity, the brain's ability to reorganize and form new neural connections.

B. Benefits:

3. Hormonal Balance:

- a. **Cortisol Reduction:** Practicing yoga can lower levels of cortisol, the stress hormone, leading to a calmer state of mind.
- b. **Endorphin Release:** Yoga promotes the release of endorphins, often referred to as "feel-good" hormones, enhancing mood and overall well-being.

B. Benefits:

4. Mental Health and Cognitive Function:

- a. **Mindfulness and Concentration:** The mindfulness aspect of yoga improves focus and concentration, enhancing cognitive function.
- b. **Anxiety and Depression:** Studies have shown that regular yoga practice can reduce symptoms of anxiety and depression by regulating the nervous system and improving emotional regulation.

B. Benefits:

5. Cardiovascular Health:

- a. **Heart Rate Variability:** Yoga can improve heart rate variability, an indicator of heart health and autonomic nervous system function.
- b. **Blood Pressure:** Regular practice can help lower blood pressure, reducing the risk of cardiovascular diseases.

B. Benefits:

6. Gut-Brain Connection:

1. Digestion: Certain yogasanas stimulate the digestive system, improving gut health and promoting the gut-brain connection.

C. Science Behind Yogasanas:

Overall, the science behind yogasana supports its effectiveness in promoting holistic health, encompassing physical, mental, and emotional well-being. It's a powerful practice that integrates ancient wisdom with modern scientific understanding.

D. Tips for Beginners:

1. Start with acceptance
2. Release expectations
3. Understand the core of yoga
4. Notice your breathing
5. Get comfortable in stillness
6. Learn basic yoga poses
7. Find beginner classes
8. Follow proper yoga sequence or Flow

E. Asanas:

1. Standing Posture Asanas
2. Sitting Posture Asanas
3. Laid down on Back Posture Asanas
4. Laid down on Stomach Posture Asanas

1. Standing Posture Asanas

List of Standing Posture Asanas:

1. Arda Kati Chakrasana
2. Tadasana
3. Urdvaswana
4. Padahastana
5. Tree Posture
6. Trikonasana
7. Chair Pose
8. Natarajasana

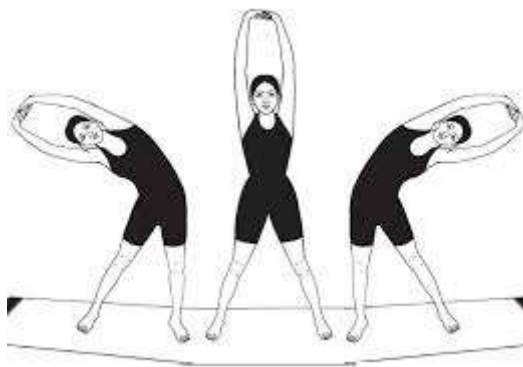
List of Standing Posture Asanas:

- 09. Veerabhadrasana 1
- 10. Veerabhadrasana 2
- 11. Veerabhadrasana 3
- 12. Arda Chandrasana
- 13. Garudasana

1. Arda Kati Chakrasana:



2. Tadasana:



3. Urdvaswana:



4. Padahastasana:



5. Tree Posture:



6. Trikonasana:



7. Chair Pose:



8. Natarajasana:



9. Veerabhadrasana 1:



10. Veerabhadrasana 2:



11. Veerabhadrasana 3:



12. Arda Chandrasana:



13. Garudasana:



2. Sitting Posture Asanas

List of Sitting Posture Asanas:

1. Parvatasana
2. Gomukhasana
3. Paschimiottanasana
4. Malasana
5. Baddakonasana
6. Suptavajrasana
7. Balasana
8. Ustrasana
9. Janusirsasana

List of Sitting Posture Asanas:

10. Vakrasana

11. Utthita Parsvakonasana

12. Poorvottanasana

13. Padmasana

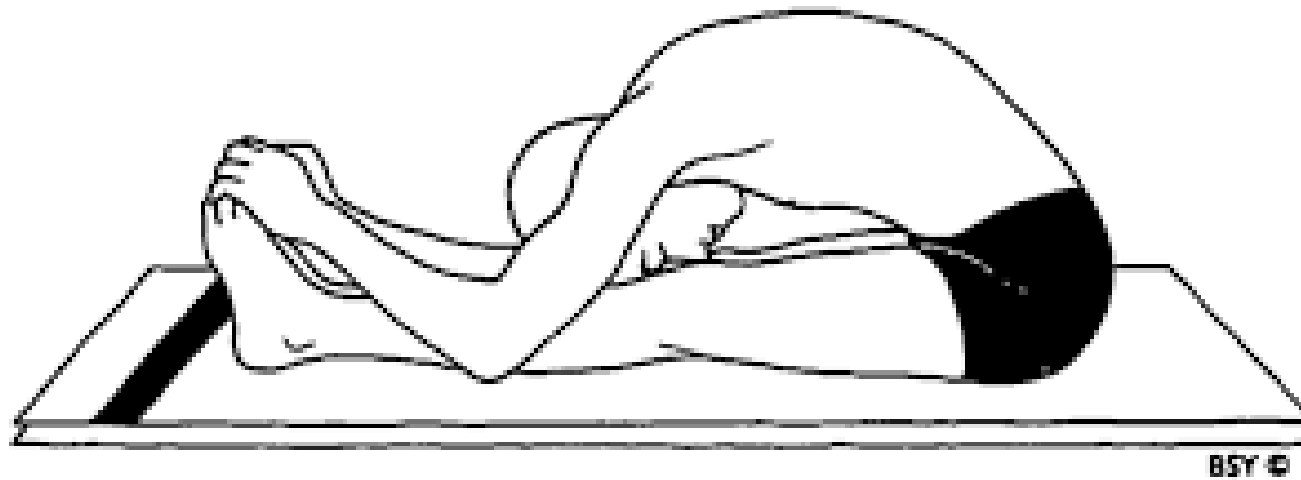
1. Parvatasana:



2. Gomukhasana:



3. Pashimottanasana:



4. Malasana:



5. Baddhakonansana:



6. Supta Vajrasana:



7. Balansa – Child Pose:



8. Ustrasana – Camel Pose:



9. Janushirsasana:



10. Vakrasana:



11. Utthita Parsvakonasana:



12. Poorvottanasana:



13. Padmasana:



3. Laid Down on Back Posture Asanas

List of Laid Down on Back Posture Asanas:

1. Pavvanamuktasana
2. Markatasana
3. Naukasana
4. Sarvangasana
5. Halasana
6. Chakrasana

1. Pavanamuktasana:



2. Markatasana:



3.Naukasana:



4. Sarvangasana:



5. Halasana:



6. Chakrasana:



4. Laid Down on Stomach Posture Asanas

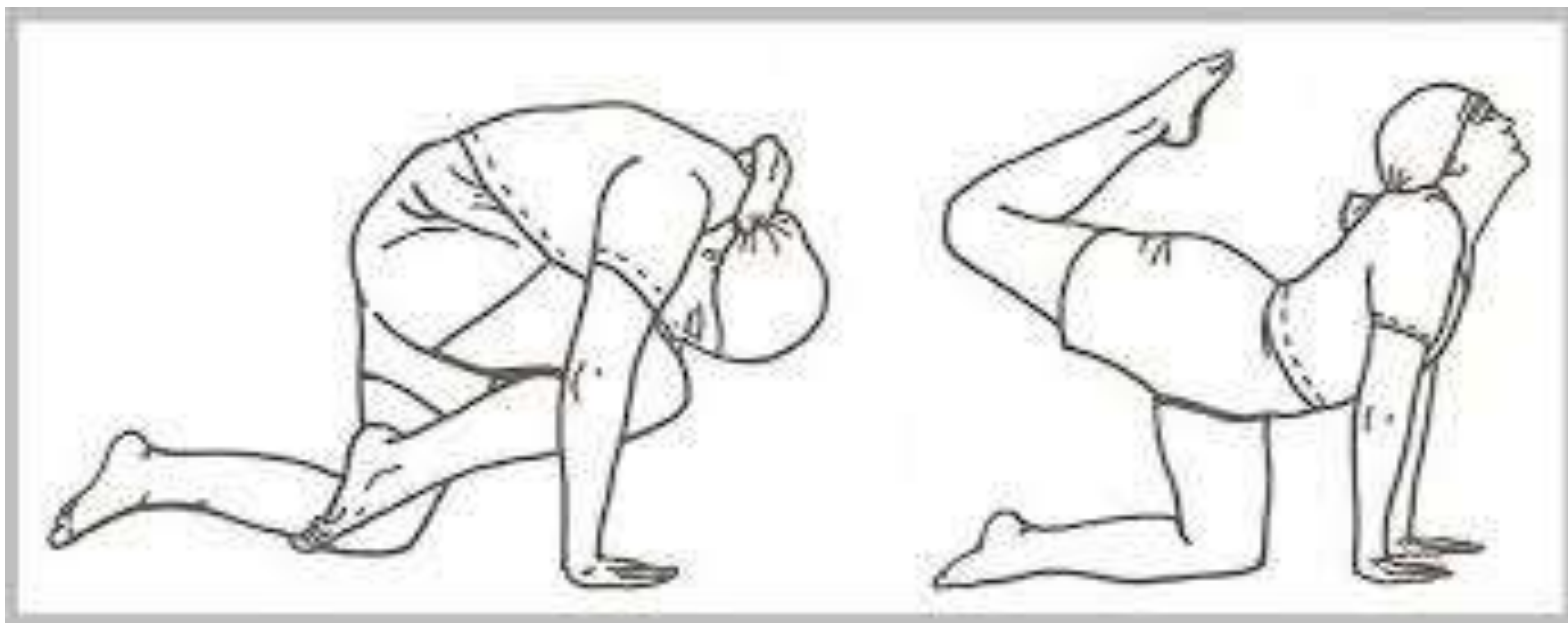
List of Laid down on Stomach Posture Asanas:

1. Bhekasana
2. Vyagrasana
3. Bhujangasana
4. Adhomukaswanasana
5. Shalabasana
6. Dhanurasana
7. Makarasana
8. Sarpasana
9. Dolphin Pose
10. Shirshasana

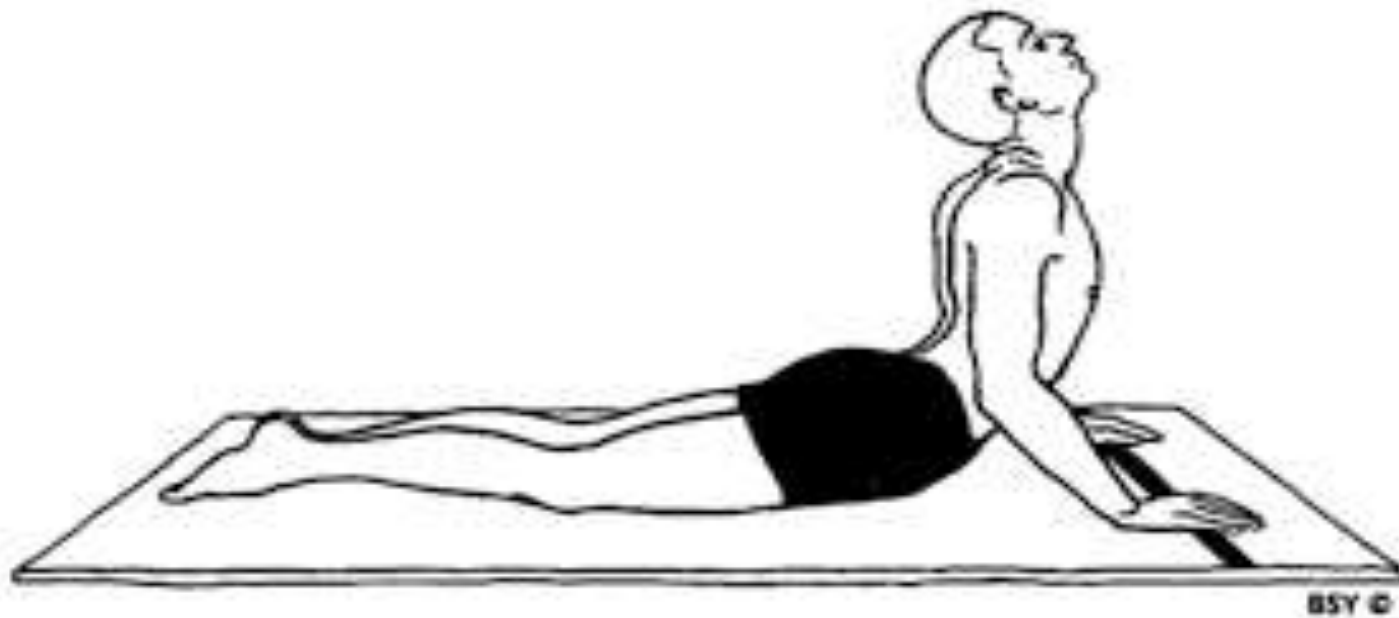
1. Bhekaasana:



2. Vyagrasana[Tiger Pose]



3. Bhujangasana – Cobra:



4. Adomukaswanasana:



5. Shalabhasana:



Shalabhasana

Locust Pose

6. Dhanurasana:



7. Makarasana:



8. Sarpasana:



9. Dolphin Pose:



10. Shirshasana – Head Stand:



Thank You

