

PORTFOLIO



Yoga and Mindfulness

A dedicated practitioner exploring the profound depth of Yoga. This portfolio showcases a journey rooted in precise asana alignment, conscious breathwork, aiming to bring balance, inner stability and structural awareness to modern life

SHATAKSHI



PRACTICE FOCUS

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| 01. SURYA NAMASKARA | Dynamic sequence to warm the body and ignite vital energy |
| 02. STANDING ASANAS | Foundational postures for lower body strength and stability |
| 03. SITTING ASANAS | Grounding postures for deep hip opening and flexibility |
| 04. BACK BENDING ASANAS | Heart opening extensions to restore spinal elasticity |
| 05. INVERSION ASANAS | Upside down extensions to cultivate sharp focus and core stability |
| 06 . BALANCING ASANAS | Advanced arm and leg locks to cultivate sharp focus |



01. Pranamasana (Prayer Pose): Stand tall with feet together and palms pressed gently at the chest, centering the mind and breath.



02. Hasta Uttanasana (Raised Arms Pose): Inhale, sweep the arms up and arch back slightly, stretching the entire front body from the heels.

SURYA NAMASKARA



03. Padahasthasana (Hand-to-Foot Pose): Exhale, fold forward from the hips, bringing the hands down beside the feet while relaxing the head.



04. Ashwa Sanchalanasana (Equestrian Pose): Inhale, step the right leg far back, drop the knee, and lift the chest and gaze upward.



05. Parvatasana (Mountain Pose / Adho Mukha Svanasana): Exhale, tuck the toes, and lift the hips high into an inverted 'V' shape, pressing heels down.



06. Ashtanga Namaskara (Eight-Limbed Salute): Exhale, gently lower the knees, chest, and chin to the floor, keeping the hips slightly raised.

SURYA NAMASKARA



07. Bhujangasana (Cobra Pose): Inhale, slide the chest forward and lift it upward, rolling the shoulders back while keeping elbows bent.



08. Parvatasana (Mountain Pose / Adho Mukha Svanasana): Exhale, tuck the toes, and lift the hips high into an inverted 'V' shape, pressing heels down.



09. Ashwa Sanchalanasana (Equestrian Pose): Inhale, step the right foot forward between the hands, lowering the left knee and looking up.



10. Padahasthasana (Hand-to-Foot Pose): Exhale, step the left foot forward to meet the right, folding deeply into a forward bend.

SURYA NAMASKARA



11. Hasta Uttanasana (Raised Arms Pose): Inhale, lift the torso, reach the arms up and back, expanding the chest.



12. Pranamasana (Prayer Pose): Exhale, return the hands to the heart center, coming back to a steady, balanced standing position.

Vrikshasana (Tree Pose)

Alignment Focus:

Grounding firmly through the standing foot while lifting the spine upward, keeping the hips squared to the front and palms pressed overhead in Anjali Mudra. Benefits: Develops intense mental focus, neuromuscular coordination, and structural balance while strengthening the ankles and thighs.



STANDING ASANAS



Utthita Trikonasana (Extended Triangle Pose)

Alignment Focus: Hinging directly from the hip joints rather than folding the waist, keeping the chest broad and radiating energy through both arms in a straight vertical line. Benefits: Stretches the hamstrings, opens the chest and shoulders, and improves lateral core stability while massaging the abdominal organs.

Paschimottanasana (Seated Forward Bend)

Alignment Focus: Hinging deeply from the hips to lengthen the entire spine forward, keeping the legs active and grasping the big toes or feet while drawing the chest toward the knees.

Benefits: Stretches the entire posterior chain of the body (hamstrings, calves, and spine), stimulates abdominal organs to improve digestion, and deeply calms the nervous system.



SITTING ASANAS

Garbhasana (Embryo Pose)

Alignment Focus: Sitting in Padmasana (Lotus Pose), threading the arms through the space between the thighs and calves, and balancing entirely on the tailbone while bringing the hands up to cup the chin or face.

Benefits: Cultivates absolute physical balance, core stability, and intense mental concentration while deeply massaging and toning the internal abdominal organs.



Hanumanasana (Monkey Pose / Full Splits)

Alignment Focus: Extending one leg straight forward and the other straight back, squaring the hips to the front of the mat while lifting the torso vertically and stretching the arms straight overhead.

Benefits: Deeply stretches and lengthens the hamstrings, hip flexors, and groins while improving overall pelvic flexibility and strengthening the lower back.



SITTING ASANAS

Eka Pada Rajakapotasana (King Pigeon Pose)

Alignment Focus: Bending the front knee forward on the mat while extending the back leg straight, arching the spine into a deep backbend to reach back and clasp the rear foot with both hands overhead.

Benefits: Offers an intense opening for the chest, shoulders, and hip flexors, increases flexibility across the entire spine, and stimulates the endocrine and nervous systems.



Upavistha Konasana (Wide-Angle Seated Forward Bend)

Alignment Focus: Sitting tall with legs spread wide apart, hinging forward from the hip joints to lower the torso toward the floor while keeping the kneecaps pointing upward and hands reaching for the big toes.

Benefits: Deeply stretches the hamstrings, inside calves, and groins, while lengthening the spine and stimulating the pelvic organs.



SITTING ASANAS

Poorna Matsyendrasana (Full Lord of the Fishes Pose)

Alignment Focus: Sitting in a half-lotus twist, threading the opposite arm across the upright knee to lock the ankle, while wrapping the back arm around the waist to bind the opposite thigh.

Benefits: Delivers a profound, full-length rotation to the spine, deeply opens the shoulders and hips, and intensely compresses the abdominal organs to maximize digestion and detoxification.



Natarajasana (Lord of the Dance Pose)

Alignment Focus: Balancing steadily on one leg while flipping the grip overhead to clasp the raised foot with both hands, kicking backward and upward to open the heart center.

Benefits: Develops exceptional physical balance and concentration, deeply stretches the shoulders and chest, and strengthens the core and standing leg muscles.



BACK BENDING ASANAS

Poorna Dhanurasana (Full Bow Pose)

Alignment Focus: Lying on the abdomen, bending the knees, and reaching back to grasp the toes with an overhead flipped-elbow grip, lifting both the chest and thighs completely off the floor.

Benefits: Maximum extension for the entire spine, deeply stretches the anterior body and hip flexors, and powerfully stimulates the abdominal organs and nervous system.



Chakrasana (Wheel Pose / Urdhva Dhanurasana)

Alignment Focus: Pressing firmly through the palms and feet to arch the entire body upward into a deep semi-circle, lengthening the arms and pushing the chest forward.

Benefits: Strengthens the arms, shoulders, wrists, and legs while intensely stretching the abdomen, opening the heart center, and expanding lung capacity.



BACK BENDING ASANAS

Eka Pada Chakrasana (One-Legged Wheel Pose)

Alignment Focus: Maintaining a stable, deep backbend in Chakrasana while lifting one leg straight up or bending it smoothly at the knee to balance gracefully on three points.

Benefits: Substantially increases core stability, leg strength, and pelvic balance while deepening the structural challenge of the classic backbend.



Sirsasana (Headstand)

Alignment Focus: Balancing vertically on the crown of the head while forming a strong triangular base with the forearms, keeping the core engaged and legs zipped together straight toward the sky.

Benefits: Substantially improves overall body balance and core strength, enhances blood circulation to the brain, and builds deep mental focus and clarity.



INVERSION ASANAS

Padma Sirsasana (Lotus Headstand)

Alignment Focus: Establishing a stable headstand base, then smoothly folding the legs into full Padmasana (Lotus Pose) while keeping the pelvis balanced and the spine vertically aligned.

Benefits: Combines the powerful circulatory benefits of an inversion with the deep hip-opening qualities of lotus pose, while significantly boosting core control and mental concentration.



Bakasana (Crane Pose / Crow Pose)

Alignment Focus: Balancing the weight of the entire body on the hands, tucking the knees high up against the triceps, and engaging the core deeply to lift the feet and tailbone upward.

Benefits: Strengthens the wrists, arms, shoulders, and abdominal muscles while significantly enhancing full-body coordination, balance, and spatial awareness.



BALANCING ASANAS

Utthita Hasta Padangusthasana (Extended Hand-to-Big-Toe Pose)

Alignment Focus: Standing firmly on one leg while extending the other leg straight out in front or to the side, maintaining a tall, vertical spine while clasping the big toe with the hand.

Benefits: Deeply stretches the hamstrings and hips, strengthens the standing ankle and leg muscles, and builds steady focus and equilibrium.



ABOUT ME



Shatakshi

Pursuing Master of Arts in Yoga

This portfolio serves as a formal documentation of a disciplined physical practice, focusing on advanced asana execution and precise structural alignment. The work presented showcases a progressive journey through foundational standing postures, deep hip-opening seated sequences, advanced backbends, and high-level inversions requiring exceptional core stability and balance.

The primary objective of this practical compilation is to demonstrate anatomical awareness, technical precision, and the physical control necessary to master complex bodily shapes.

Core Focus: Asana Alignment, Advanced Inversions, Structural Stability

Location: Chandigarh