

# YOGA



**Balasana**  
It calms the brain and helps relieve stress and fatigue.



**Paschimottasana**  
It strengthens the abdominal muscles. It is highly recommended for women.



**Janu Sirsasana**  
It tones the liver, spleen and kidneys. It calms the brain and relieves depression.



**Gomukha Paschimottasana**  
It stretches and tones vertebrae, hips, thighs, shoulders, armpits, biceps and chest. It helps to relieve neck strain, backache and tight shoulders.



**Parivrtta Janu Sirsasana**  
This pose stimulates the blood-circulation to the spine and relieves backaches. It rejuvenates the abdominal organs, clears mental toxins and makes one feel healthy.



**Uthita Balasana**  
It releases tension in the hips, knees and ankles.



**Hanumanasana**  
This asana is dedicated to Lord Hanuman. It helps to cure rotator and other defects of the legs. It opens and strengthens the adductor muscles of the thighs.



**Kumbhakasana**  
This asana strengthens the arms and wrists and tones the abdominal muscles. It also lengthens the body and creates self-awareness.



**Eka Pada Sirsasana**  
This asana stimulates blood flow to joints and abdominal regions. By practice of this asana the hemoglobin content of the body improves, the body and mind become vigorous.



**Adho Mukha Svanasana**  
This posture can remove fatigue, improve breathing, circulation of blood to the brain and rejuvenate the entire body. This is especially beneficial for menopausal women.



**Supta Kurma Asana**  
This posture stretches the lower back, tone the abdominal organs, open the hips and calm the nervous system. It also helps the Kupha Dosha. It is for ladies and reduces excess fat.



**Yoga Nidrasana**  
This asana stretches the deep muscles in the spine. It contributes to the health of the whole body. It improves blood flow to the abdominal region and the digestive system.



**Upavista Konasana**  
It opens the hips while stretching out the entire back side of the body-legs, back, arms. Most useful for gynecological problems.



**Parvati Upavista Konasana**  
It counters stiffness in the back and encourages a look fluidly into the body. It increases stamina.



**Supta Baddha Konasana**  
It eases many gynecological and reproductive disorder. It stimulates the heart and helps in relieving stress.



**Chaturanga Dandasana**  
This pose tones the abdomen, strengthens the arms and wrists. It is an excellent asana to build endurance of the muscles that support shoulder blades.



**Matsasana**  
This simple asana is very beneficial for the muscles, organs and soft tissues of the joints, abdomen. It provides good stretch to the back, inner legs and the neck muscles.



**Ardha Baddha Padma Paschimottasana**  
This asana stretches the spine and tones the abdominal muscles. This position benefits the digestive system.

# Step By Step Yoga Guide

**Mike Jess**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

## **Step By Step Yoga Guide:**

## Unveiling the Magic of Words: A Review of "**Step By Step Yoga Guide**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**Step By Step Yoga Guide**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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