

The Āsanas

Harmonization exercises

- Yoga asanas and relaxation techniques make efficient use of all physical and mental resources.
- This brings about better adjustment in various life situations and paves the way for the health.
- The practise of asanas is integrated with Yoga philosophy and the two cannot be separated.

- Asanas are integral part of Yoga.
- They are not only physical exercise – they involve both psychological and physiological processes.
- Practise should be systematic, starting with simple postures.
- Breathing in the postures is important.

- The postures and cycles of postures have different effects: stimulating, calming, energizing, building concentration, promoting sleep and so on..
- These benefits come as a side effect of Yoga through correct practise.

- The *standing poses* give vitality, the *sitting poses* are calming, *twists* are cleaning, *supine poses* are restful, *prone poses* are energizing, the *inverted poses* develop mental strength, *balancings* bring a feeling of lightness, *backbends* are exhilarating and *jumpings* develop agility.

Standing Poses

- The standing poses refresh the body and mind by removing tension, aches and pains.
- They stimulate digestion, regulate the kidneys, and relieve constipation.
- They improve circulation and breathing.
- The back, hips, knees, neck, and shoulders all gain strength and mobility through practice.

- The standing poses also teach the principles of correct daily movements.
- *Tādāsana (mountain posture)*
- *Trikonāsana (triangle)*
- *Pāśvapakonāsana*
- *Vīrabhandrāsana I-III*
- *Pāśvottānāsana*
- *Uttānāsana*
- *Utkatāsana*

Sitting Poses

- The sitting poses are calming. They remove fatigue, refresh the brain, and soothe the nerves.
- They promote healthy sleep.
- *Dandāsana*
- *Sukhāsana*
- *Jānu Śirsāsana*
- *Paścimottānāsana*
- *Upavista Konāsana*

Twists

- The twists are very effective in relieving backaches, headaches, and stiffness in the neck and shoulders.
- They improve the digestion, the spine become flexible.

Balancings

- The balancing poses develop lightness, strength, and agility. Muscle tone is developed. Coordination and concentration increase.
- *Bakāsana*
- *Garudāsana*
- *Vrksāsana*

Supine & Prone Poses

- These poses stretch the abdomen, increase the mobility of the spine and hips, and open the groin.
- Some strengthen the back, arms, and legs.
- *Supta Pādāngusthāsana*
- *Śalabhāsana*
- *Dhanurāsana*
- *Adho Mukha Śvānāsana*
- *Urdhva Mukha Śvānāsana*

Inverted Poses

- The inverted poses revitalize the whole system.
- They improve circulation and concentration, tone the glandular system.
- *Sarvāṅgāsana*
- *Halāsana*