TOP YOGA POSES

to beat the stress!

CHILD'S POSE OR BALASANA

This is a deeply relaxing beginner pose that stretches the muscles of the lower back and inner thighs. It promotes stress relief, flexibility and helps with circulation to the muscles, back and hips. This is a hip opener pose, the emotional purpose behind this pose is to have more flexibility in life. Rigidness and control affects the hips, which is the root area where the spine rests.

CAT AND COW POSE OR MARJARYASANA AND BITILASANA

Moving to the rhythmic breath movements the asana or the pose flows from cow tilt to cat stretch. This is a powerful pose for the mind, increases co-ordination and invigorates the prana - the life force within the body. It increases the emotional balance, mind stability and helps overcome depression.

CAMEL POSE OR USTRASANA

The Camel pose can be alternated with the child's pose. This helps improve spinal flexibility, strengthening the back muscles and also with improving the posture. It also opens up the chest and lungs and will help increase the breathing capacity, improves digestion and stimulates the thyroid. It is said to tone the thighs, rejuvenate the energy levels and lower blood pressure.

COBRA POSE OR BHUJANGASANA

During this pose, there is a lot of compressing and stretching which helps in regulating the thyroid glands. This pose helps to strengthen your spine and shoulders, helps relieve stress and fatigue, soothes the sciatica, firms your buttocks, improves digestion and reduces back and neck pain

DOWNWARD FACING DOG POSE

This can work out any kink in the body. It lengthens, strengthens and energizes every muscle in your body and encourages blood flow to the brain. As you let your neck hang long, it releases tension from the back of your neck. This pose can recharge your batteries and are good for the wrists and can prevent carpal tunnel syndrome.

GARLAND POSE OR MALASANA

This pose helps to strengthen the ankles, lower hamstrings, groins, calf muscles, core and back. . Constant sitting can impair our lumbar (the lower region of our spine). This pose helps ease the hips open and increases the mobility of hips and legs. This pose is also called a relieving pose and can help with elimination, digestion and powerful grounding quality.

MOUNTAIN POSE OR TADASANA

This pose helps strengthen the thighs, knees and ankles. Standing in stillness cultivates space for the body to pause and rest for digestion and circulation. It activates the inner fire and helps reduce depression. Mentally, it promotes an increased awareness of the mind and body and offers grounding effects.

SHOULDER STAND POSE

This helps in stimulating the thyroid glands and controls thyroxin. It helps improve digestion and elimination. The lymphatic system is stimulated and it helps to boost your immune system. It helps to relieve nasal congestion, headaches and insomnia too. There's less strain on the heart since the heart does not have to work as hard to pump blood to various parts of the body.

PLOUGH POSE OR HALASANA

This pose assists in balancing the glandular secretions, adrenaline and thyroxin, while also improving the elimination of toxins in the digestive and urinary tracts. Those with a tendency toward high blood pressure may find relief from hypertension in the pose. In the inverted position of Plough Pose, the brain is flushed with blood, promoting mental clarity and increased vitality.

FISH POSE OR MATSYASANA

It stretches your neck hence stimulating the thyroid glands. This asana provides gentle healing suited to the needs of thyroid patients, lowers stress levels and reduces the stiffness of muscles and joints. It helps in relaxing the body and preventing mood swings and depression.

BRIDGE POSE

If you are able to perform the bridge pose successfully, it allows you to stretch your neck to quite an extent and activate the thyroid glands. It helps in calming the brain, reducing anxiety and improving the digestive system.

To read more check out The MOTTO Effect