

# YOGA AT HOME

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# YOGA

Yoga is a Hindu spiritual and ascetic discipline, a part of which, including breath control, simple meditation, and the adoption of specific bodily postures, is widely practiced for health and relaxation.



# WHY IS IT IMPORTANT TO DO YOGA?

It brings together physical and mental disciplines to achieve a peaceful body and mind; it helps manage stress and anxiety and keeps you relaxing. It also helps in increasing flexibility, muscle strength and body tone. It improves respiration, energy and vitality.

- **Relaxing yoga poses can calm both your body and your mind.**
- **An everyday gentle yoga practice will fuel the metabolic system and help burn fat.**
- **Just 15 minutes of yoga a day can change your brain chemistry and improve your mood.**
- **The process of observing your breath calms your mind and makes you more mentally relaxed.**

# YOGA AT HOME DURING QUARANTINE

- This PowerPoint presentation will consist of a series of yoga exercises that I did over quarantine. And what exercises I did the most and their benefits
- During quarantine it is important to keep up with good habits, such as exercise and taking walks and generally engaging in any physical exercises. It is also important to keep a clear and healthy mind as well as a healthy attitude. It is very easy to start feeling less and less motivated to do things. So yoga helps with that, it helps keep you calm and keep your mind clear and also helps you get your exercise and it is actually very good exercise and quite easy as you can choose which level you are comfortable with. I'm going to share a yoga plan that I made and did every day. Remember yoga is all about connecting mind and body, and is very beneficial. I have been doing yoga for many years so the poses I do are quite difficult but I made a program that is also for beginners and the poses I will show at the end of the presentation are mostly for beginners.



# 10 BENEFITS OF YOGA

- 1. Improve flexibility, strength, and posture
- 2. Better all-round fitness
- 3. Weight loss
- 4. Increase your energy
- 5. Reduce stress
- 6. Breathe better
- 7. Be happier
- 8. Become more mindful
- 9. Improve concentration and think clearer
- 10. Live longer (lowers stress levels, decreases risk of heart disease)

# MY YOGA PROGRAM

- I did the following exercises every day, and for every exercise I have how to do it and benefits of the pose.
- 1. Balasana (Child Pose)
  - **About The Pose:** Balasana or the Child Pose looks like the fetal position of a baby. It is a resting pose that requires you to sit in Vajrasana and bend forward. Balasana is a beginner level Vinyasa yoga asana. Repetition of the asana is not necessary.
  - **Benefits:** Balasana releases tension in the back and shoulders and gets rid of dizziness and fatigue. The pose reduces stress and flexes the internal organs. It gently stretches the hips and thighs. Balasana encourages steady breathing and blood circulation throughout the body.
  - **Time Taken:** Stay in Balasana for 5 minutes.
- 2. sukhasana (Easy Pose)
  - **About The Pose:** Sukhasana or the Easy Pose is a seated asana that is a highly popular asana to practice meditation in. The Sanskrit word 'sukha' means comfortable, and Sukhasana is one pose that is easily doable. The pose is a beginner level Vinyasa yoga asana.
  - **Benefits:** Sukhasana lengthens your spine and calms your mind. It relieves mental tiredness and improves body posture. The pose also unlocks the hips and massages your calf muscles. It makes you energetic, increases your productivity, and creates an active state of mind.
  - **Time Taken:** Stay in Sukhasana for 5 minutes.

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- 3. Adho Mukha Svanasana (Downward Facing Dog Pose)
  - **About The Pose:** Adho Mukha Svanasana or the Downward Facing Dog Pose is an inversion that looks like a dog bending forward. It is easy to do and has many benefits. The pose is a beginner level Ashtanga yoga asana.
  - **Benefits:** Adho Mukha Svanasana strengthens your chest muscles, arms, legs, shoulders, and feet. It increases your lung capacity and keeps headache and insomnia at bay. The pose is therapeutic for asthma.
  - **Time Taken:** Hold the pose for 2 minutes.
- 4. Tadasana (Mountain Pose)
  - **About The Pose:** Tadasana or the Mountain Pose is the base of all poses. It is a standing pose, and all other standing poses are a variation of the Tadasana. It is one of the first poses you learn in yoga. Tadasana is a beginner level Hatha yoga asana.
  - **Benefits:** Tadasana increases your power and strengthens your knees. It enhances the mobility in your legs and hips and firms your abdomen and buttocks. It increases the flexibility of your spine, decreases pains throughout the body, and makes you enthusiastic.
  - **Time Taken:** Hold the pose for 12 seconds and repeat it 10 times, making the time spent on Tadasana 2 minutes.

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- 5. Virabhadrasana II (Warrior II Pose)

- **About The Pose:** Virabhadrasana II or the Warrior II Pose is named after the warrior Virabhadra, who was created by Lord Shiva from a lock of his hair. The pose is highly efficient and lives up to whom it was named after. The Warrior II Pose is a beginner level Vinyasa yoga asana.

- **Benefits:** Virabhadrasana II increases your stamina and stimulates your abdominal organs. It is therapeutic for infertility and sciatica. The pose energizes tired limbs and develops stability. It also improves your respiration and confidence. The pose relieves backache and strengthens your muscles.

- **Time Taken:** Hold the pose for 30 seconds on each leg and repeat it once for the same duration on each leg. That makes time spent on the asana 2 minutes.

- 6. Trikonasana (Triangle Pose)

- **About The Pose:** Trikonasana or the Triangle Pose is an asana that looks like a triangle, and is hence named so. The Sanskrit word 'trikona' means triangle. In Trikonasana, you should keep your eyes open, which is usually not the case with many other asanas. The pose is a beginner level Vinyasa yoga asana.

- **Benefits:** Trikonasana cures indigestion and stimulates your kidneys. It eliminates fat from your waist and thighs and keeps the mobility of your hip joints intact. The pose is good for stress management. Trikonasana improves your mental and physical equilibrium.

- **Time Taken:** Hold the pose for 30 seconds on each leg and repeat the same once. That makes it 2 minutes.



# MY YOGA PROGRAM

- 7. Setu Bandhasana (Bridge Pose)
  - **About The Pose:** Setu Bandhasana or the Bridge Pose is an asana that looks like a bridge when assumed. The Sanskrit word 'setu' means bridge. The pose is an abdomen lift that works well for your body. Setu Bandhasana is a beginner level Vinyasa yoga asana.
  - **Benefits:** Setu Bandhasana calms your central nervous system and stimulates your lungs and thyroid glands. The pose is therapeutic for hypertension and sinusitis. It strengthens your back and hamstrings. The pose also stretches your neck and stimulates the hair follicles.
  - **Time Taken:** Hold the pose for 60 seconds and repeat it once. That makes it 2 minutes.
- 8. Savasana (Corpse Pose)
  - **About The Pose:** Savasana or the Corpse Pose is named so as it resembles a corpse with absolutely no movement. Savasana is a restorative pose that requires you to lie down relaxed. It is generally practiced at the end of a yoga session. Savasana is a beginner level Ashtanga yoga asana.
  - **Benefits:** Savasana relaxes your muscles and calms your mind. It releases stress, fatigue, and tension. The pose cures insomnia and improves your mental health. It is good for those suffering from neurological problems and diabetes. The pose gives you deep rest and enables your yoga workout to sink in well.
  - **Time Taken:** Relax in the pose for 10 minutes.

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