

YOGA

CHART-4 (Set of 6)

Twists & Abdominal Toners



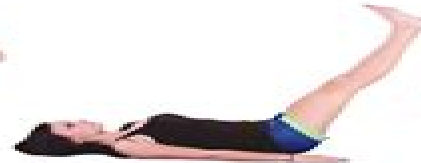
Marichyasana C

This posture opens the hips, relieves backaches, and tones the abdominal organs. It also stretches the shoulders.



Navasana

This pose is one of the best for strengthening and toning the abdominal organs. It is a great stress reliever and also improves digestion.



Urdhva Prashant Padmasana

This pose is a fantastic tummy toner. It strengthens the abdominal and back muscles and reduces fat around the abdomen. This pose helps relieve gastric problems.



Jathara Parivartanasana

This pose brings flexibility to the spine and releases tension in the lower back and hips. It improves digestion and promotes better circulation.



Ardha Matsyendrasana

This movement tones the spinal nerves and ligaments, and improves digestion. This asana dispels liver effluents and removes debility of kidney.



Ardha Padma Kounchasana

This pose gives stretch to the back of legs. It strengthens the hamstring and hip flexibility.



Uttara Padmasana

This asana tones and strengthens neck, back and abdominal muscles. It is beneficial for those suffering from diabetes, constipation, indigestion and loss of bone density.



Padasana

Padasana's benefits include improving digestion and posture. It can be used to relieve neck and back pain, as well as menstrual cramps.



Tolasana

This asana develops strength and firm abdominal strength. In this posture, the eyes are frequently concentrated on the part between the eyebrows. This removes many common defects of the eyes.



Lolasana

This pose builds courage, power and confidence. It strengthens the shoulders and abdominal muscles.



Parivrita Uttakasana

This asana stretches the back, chest and hips and strengthens the legs and neck.



Bharadvajasana

This asana is very effective for releasing tension in the neck, shoulders and spine. It helps release stress.

Arm Balances



Bhujapadasana

This balancing pose strengthens the wrists, arms and shoulders. This can help prevent serious like arthritis and injured disc.



Bakasana

This asana strengthens the arms and abdominal organs. This develops sense of balance, coordination and concentration.



Vasisthasana

This posture strengthens the wrists, arms, shoulders and abdomen. It also tones the legs and improves sense of balance.



Astavakrasana

This asana strengthens the wrists, arms and shoulders and tones the abdominal muscles. This develops not only physical strength and flexibility but also balance.



Tribhujasana

Like all arm balancing postures, this asana also strengthens the wrists, arms and shoulders. It also works into the hips and gives strong stretch to the hamstring muscles.



Eka Pada Galavrasana

This pose increases arm strength, core strength and balance. It opens the hips and develops mental focus.



Parsva Bakasana

This posture strengthens the arms, wrists, shoulders and abdominal muscles. It tones the legs and improves sense of balance.



Eka Pada Koundinyasana

This asana combines an arm balance with a twist. Along with the wrists, arms and shoulders, it benefits the abdominal muscles.



Mayurasana

This asana increases the blood supply to abdominal organs. This improves digestive power and curbs stomach and bowel, and prevents the accumulation of toxins.

Advanced Yoga Guide

Amanda Walker



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