



TOP 50  
Yoga  
Poses

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## Table of Contents

### **TOP 50 YOGA POSES**

THE TIGER POSE

THE STANDING KNEE TO CHEST BALANCE

THE GAS RELEASE POSE

THE BOAT POSE

THE CORPSE POSE

THE THUNDERBOLT POSE

THE NOBLE POSE

THE SEATED FORWARD FOLD POSE

THE BOUND ANGLE POSE

THE MOUNTAIN POSE

THE PLOW POSE

THE TRIANGLE POSE

THE HEAD STAND POSE

THE SHOULDER STAND POSE

THE LOWER BACK TWIST

THE EASY BRIDGE POSE

THE CROCODILE POSE

THE STANDING KNEE SIDE BALANCE POSE

THE CHAIR POSE

THE REVOLVED SIDE ANGLE STRETCH POSE

THE ONE LEG FORWARD BEND POSE I

THE ONE LEG FORWARD BEND POSE II

THE WARRIOR POSE I

THE WARRIOR POSE II

THE WARRIOR POSE III

[THE LOTUS POSE](#)  
[THE BOUND ANGLE POSE](#)  
[THE FISH POSE](#)  
[THE BUTTERFLY POSE](#)  
[THE TWISTED FORWARD STRETCH POSE](#)  
[THE LOCUST POSE](#)  
[THE BOW POSE](#)  
[THE COBRA POSE](#)  
[THE CHILD POSE](#)  
[THE CAT POSE](#)  
[THE DOWNWARD FACING DOG POSE](#)  
[THE RAISED LEG DOWNWARD FACING DOG POSE](#)  
[THE TIPTOE POSE](#)  
[THE CHEST EXPAND POSE](#)  
[THE SIDE PLANK POSE](#)  
[THE DOLPHIN POSE](#)  
[THE SURRENDER POSE](#)  
[THE EXTENDED SIDE ANGLE STRETCH POSE](#)  
[THE WIDE LEG FORWARD BEND POSE](#)  
[THE HALF MOON POSE](#)  
[THE RABBIT POSE](#)  
[THE HEAD TO KNEE POSE WITH STRETCHING POSE](#)  
[THE STANDING BOW PULLING POSE](#)  
[THE HALF TORTOISE POSE](#)  
[THE BALANCING STICK POSE](#)  
[\*\*WEEK SCHEDULE TO INCREASE RELAXATION\*\*](#)  
[\*\*WEEK SCHEDULE TO INCREASE FLEXIBILITY\*\*](#)  
[\*\*WEEK SCHEDULE TO IMPROVE BREATHING\*\*](#)  
[\*\*WEEK SCHEDULE TO INCREASE MENTAL FOCUS\*\*](#)



# TOP 50 YOGA POSES

## THE TIGER POSE



The tiger pose serves to calm sore back and relaxes up the hip and legs joints. It additionally expands lower back adaptability by twisting it on the other hand in both headings, thus fitting the spinal nerves. The tiger pose additionally extends the abs, and by stimulating so as to enhance processing blood flow. It likewise advances weight reduction on the hips and thighs territory.

## THE STANDING KNEE TO CHEST BALANCE



The essential center of the Standing knee pose is to keep the stomach muscles and nerves conditioned. It extends the stomach muscles and fixes the bowels, which enhances assimilation. It likewise serves to develop mental and physical parity by constraining you to keep up a slender mental center to keep equalization. Enhancing stance is one more of the strengthening so as to stand knee's advantages, accomplished your arm's muscles.



## THE GAS RELEASE POSE



The essential target of executing the gas discharge posture is to invigorate the lower digestion tracts through weight. This will conceivably dispose of gas and decrease blockage, or essentially enhance increasing so as to process blood flow in the stomach organs. Executing this pose likewise relaxes up the spinal vertebrae and fortifies neck and lower back.

## THE BOAT POSE



It alleviates stress and aids relaxing. It invigorates solid, digestive, circulatory, apprehensive and hormonal frameworks. It fortifies upper and lower stomach muscles, which decreases clogging and gas development. It serves to soothe stomach torment and strain.

## THE CORPSE POSE



The corpse pose is phenomenal for diminishing anxiety. It discharges strain from the lower back. It helps up your body and upgrades responsiveness of the brain. The body posture additionally aids hypertension lessening. It will likewise help you in recouping from summer heat fatigue and hypertension.

## THE THUNDERBOLT POSE



The thunderbolt pose alleviates stomach illnesses, for example, hyperacidity and peptic ulcer. It additionally forestalls hernia by reinforcing the pelvic muscles. In addition, it helps ladies in labor and takes out menstrual issue.

## THE NOBLE POSE



The noble pose serves to extend all the vertebrae of the spine and muscles in the back, which brings about expanded blood stream in the stomach district. It likewise tones up the stomach range as an aftereffect of the pressure and withdrawal of the stomach. Drowsy absorption and obstruction are additionally progressed. Weakness and soreness in the calves and thighs are lessened.

## THE SEATED FORWARD FOLD POSE



Circulatory strain, fruitlessness, and a maintaining so as to sleep disorder are handled the seated forward fold pose. It additionally builds mental center, soothes uneasiness, assists with misery and trains you on the best way to unwind and to disengage yourself from nature. It additionally extends the spinal section, shoulders, and hamstrings. By keeping up this posture amid longer than 20 seconds will likewise help with invigorating the liver, kidneys, ovaries, and uterus. This pose lessens the side effects of menopause and menstrual distress.

## THE BOUND ANGLE POSE



This pose is extraordinarily prescribed for pregnant ladies to hone until late pregnancy, as it dials down work. It likewise handles pulse, fruitlessness, and asthma. It helps in empowering the heart, stomach organs, ovaries, prostate organ, bladder, and kidneys.

## THE MOUNTAIN POSE



At the point when this pose is performed effectively, and the brain is engaged and free of diversion, the body turns out to be solidly grounded. This will re-prepare the body to stand effectively and reverse the antagonistic impacts of poor stance. By performing this stance, you will have the capacity to precisely watch your stance and to correct it.



## THE PLOW POSE



This stance extends every one of the muscles and ligaments in the calves and thighs bringing about more prominent leg adaptability. It likewise alleviates individuals of leg issues. Since the stomach zone is contracted, blood compacted out of this range discharges poisons and when the withdrawal is discharged the region is overwhelmed with luxuriously oxygenated blood. Rehashing this posture will rapidly restore flexibility to the spine and additionally advance readiness.

## THE TRIANGLE POSE



The forward bowing and lifting when honing the triangle posture animates blood stream and serves to extend and unwind the back, shoulders, legs and arms and expands the stream of blood to the head. The muscles of the thighs and calves, and the hamstrings, are extended. The slight spot of the spine makes adaptability in the spinal circles and assuages lower back inconvenience.

## THE HEAD STAND POSE



The HeadStand Pose requires less adaptability of the legs, yet it facilitates unwinding, fixation and at the appropriate time course, contemplation. It likewise serves to build up balance all through the body/mind. It will likewise help extend the legs and pelvic zone. The expanded blood stream to the head and abdominal area serves to recuperate numerous issue, for example, migraines, nasal clogging, and sore throats.

## THE SHOULDER STAND POSE



This posture gives incredible advantage to the stomach organs, serving to mitigate gas and stoppage and empower processing. At the point when performed in the morning the shoulder stand stance diminishes exhaustion brought on by dozing an excessive amount of or too little, and when drilled at night times it advances profound, relaxing rest. The expanded blood stream to the head and abdominal area serves to recuperate numerous issue, for example, cerebral pains, nasal clogging, and sore throats.

## THE LOWER BACK TWIST



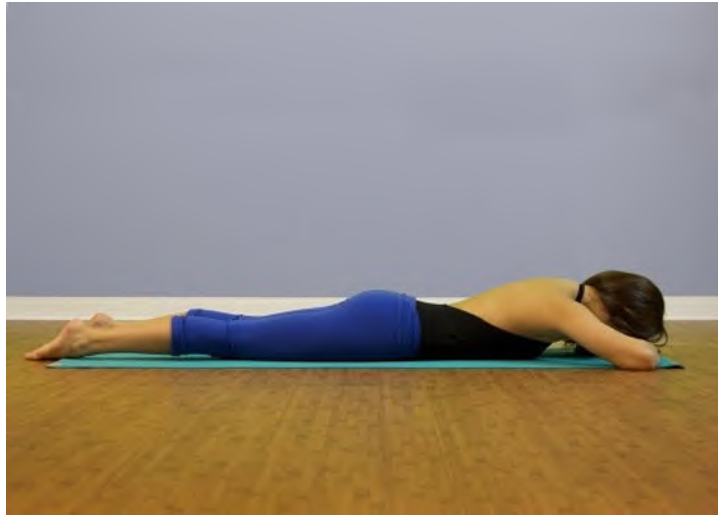
The lower back turn is one of the ideal stances to practice toward the end of the Yoga session. It aides slacken the muscles and unwinding the spinal segment. During the time spent curving the lower back, the pressure here is diminished. It likewise helps with bringing down the circulatory strain in patients with hypertension.

## THE EASY BRIDGE POSE



The easy bridge pose is exceptionally valuable in facilitating anxiety, sciatica, cerebral pain and weariness. It likewise has impact in fortifying the stomach organs, colon, lungs and thyroid organs, thus enhancing assimilation. Consistent practice frequently additionally renews tired legs and has a thinning impact on both the thighs and posterior.

## THE CROCODILE POSE



This posture has especially been exceptionally helpful for individuals experiencing slipped disc, sciatica and certain sorts of lower back agony. Being in this stance for developed durations of time pushes the vertebral section to continue its normal shape furthermore discharges pressure of the spinal nerves. It has likewise been useful to individuals experiencing lungs sickness.

## THE STANDING KNEE SIDE BALANCE POSE



This specific pose is exceptionally useful in creating both physical and mental security. During the time spent extending the muscular strength and the entrails, the stomach muscles and nerves are kept conditioned; henceforth, absorption is animated. Enduring practice and enhancing the stance aides reinforce the arms and lower back.



## THE CHAIR POSE



General routine of the Chair Pose keeps the stomach organs, and the back conditioned and the midsection is produced by being completely extended. It likewise helps in disposing of firmness in the shoulders. The lower legs get to be solid, and the leg muscles grow equally. The stance permits the stomach to be lifted up, and this procedure gives a gentle back rub to the heart.

## THE REVOLVED SIDE ANGLE STRETCH POSE



This posture has demonstrated supportive in the matter of expelling waste matter from the colon without strain. Amid this represent, the blood is circulated equitably crosswise over stomach organs, and the spinal section; they are consequently renewed. It is especially useful in contracting so as to enhance absorption stomach organs. It likewise helps in conditioning up lower legs, knees, and thighs

## THE ONE LEG FORWARD BEND POSE I



One of the real advantages of this pose is that it reinforces the legs. Furthermore, it opens up the hip and shoulder joints. It additionally helps in extending the lower back; consequently, it is useful for treating sciatica. Contracting of the stomach muscles amid this posture serves to torch the fat here.

## THE ONE LEG FORWARD BEND POSE II



This posture is especially suggested for uprooting abundance weight in the stomach zone and empowering development to the nerves and muscles of the spine. It has basic influence in extending hamstring muscles and gives space for adaptability in the hip joints. It helps with conditioning and kneading the whole stomach and pelvic locale.

## THE WARRIOR POSE I



The warrior posture I help to create legitimate taking in the midsection, and it likewise assume a part in building stamina. Customary routine of the warrior posture fortifies the legs, lower legs, and knees. This stance has essentially helped in opening up and fortifying the shoulders, back, and neck. It additionally helps with extending the thighs.

## THE WARRIOR POSE II



This stance has the some advantages to begin with, however it additionally fortifies and shapes the legs, assuages leg spasms, makes the leg and back adaptable, tones the guts, and reinforces the lower legs and arms. It additionally helps with conveying flexibility to the legs and back muscles. It serves to grow great taking in the midsection as well.

## THE WARRIOR POSE III



This warrior posture position builds up the quality and state of your legs and stomach area; it likewise gives you readiness, balance, better focus, and enhanced parity. Contracting and conditioning stomach organs and making the leg muscles all the more shapely and strong are likewise made conceivable through normal practice. It is additionally useful in disposing of fat in stomach region and hips.

## THE LOTUS POSE



The lotus stance serves to help unwinding, focus lastly, reflection. The posture makes a characteristic parity all through the body/mind. It is sound, particularly for those torment from drained and hurting muscles. It can be drilled specifically after dinners, for no less than 5 minutes to improve the digestive capacity. It helps in calming stomach sicknesses, for example, hyperacidity and peptic ulcer.



## THE BOUND ANGLE POSE



Bound Angle posture is a compelling method for fortifying the heart, ovaries, stomach organs, bladder kidneys and prostate organ. Research likewise demonstrated that the bound edge stance makes labor less confounded when routinely honed until late into pregnancy; subsequently, it is suggested for pregnant ladies. The posture helps in enhancing general course while alleviating mellow dejection, tension, and exhaustion.

## THE FISH POSE



Rehearsing the fish stance causes a noteworthy development and extending of the midsection which helps in decreasing upper respiratory clogging and in addition advantages the heart. Moreover, the sinus is emptied and opened out of the reversal of the head, extending of the neck and weight put on the highest point of the head. It additionally helps in invigorating the thyroid and parathyroid organs.

## THE BUTTERFLY POSE



The Butterfly stance aids enhance the adaptability in the crotch and diminishes the firmness around the hips locale. It has ended up being useful in mitigating the internal thigh muscles strain furthermore help decrease tiredness from extend periods of time of strolling or standing. It is likewise a prescribed stance for setting up the legs for other thoughtful stances.

## THE TWISTED FORWARD STRETCH POSE



It helps in extending the hamstring muscles furthermore gives space for adaptability of the hip joints. Normal practice results in conditioning of the abs. The arms and spine muscles are additionally reinforced through steady routine of this stance. This posture causes a tender turn to happen at the lower back which helps in reinforcing lower back muscles.

## THE LOCUST POSE



The Locust Pose tones and parities the working of the liver, stomach, entrails, and other stomach organs. In the event that done appropriately, it helps in fixing the muscles of the backside. Standard practice helps in reinforcing the lower back; thus, it is suggested for individuals experiencing sciatica. It is viable for adjusting poor stance furthermore helps alleviate stress.

## THE BOW POSE



The Bow Pose has turned out to be an exceptionally proficient and the best yoga posture to blaze stomach fat. It impacts conditioning and extends the whole front of the body; stomach area, lower legs, thighs, throat, midsection, and spine. In the event that accurately done it aides enhance the proficiency of the digestive organs. It reinforces leg muscles, particularly thighs.

## THE COBRA POSE



It aids lessen the impacts of spinal pain furthermore permit the spine keep up its adaptability. It facilitates stoppage and is useful for every single stomach organ, particularly the liver and kidneys. The spine, midsection, belly, shoulders are reinforced through reliable practice. It additionally serves to keep the rear end firm and solidified. It is a suggested posture for heart and lungs opening.

## THE CHILD POSE



The kid posture is frequently honed after Sun Salutations and in the middle of groupings. Its mitigating impact helps you unwind, quiet down, assuage push and exhaustion and over the long haul helps extend the hips, thighs and lower legs. It reestablishes harmony to the body and tends to discharge strain in the back, shoulders, and midsection.



## THE CAT POSE



The weight connected on the lower belly while doing the stance serves to condition the digestive framework muscles. The posture makes them back rub impact on the spine and stomach area, and it additionally builds up the wrists and arms. The catlike posture helps the neck, shoulders and spine to keep up their adaptability.

## THE DOWNWARD FACING DOG POSE



The descending confronting do posture has been gainful in helping the mind unwind and diminishing pressure. It has additionally demonstrated to stimulate the body. The arms, shoulders, hamstrings and calf are likewise extended simultaneously. It has a thinning impact on arms and legs. It helps assimilation, eases migraine, back agony, a sleeping disorder, and exhaustion.

## THE RAISED LEG DOWNWARD FACING DOG POSE



The Raised Leg descending confronting pooch stance has comparable advantages with the descending confronting puppy stance like in helping the mind unwind and easing pressure. It likewise serves to empower the body. The arms, shoulders, hamstrings and calf are likewise extended simultaneously. It has a thinning impact on arms and legs. Its advantages additionally incorporate fortifying the nerves and muscles in the appendages and back.

## THE TIPTOE POSE



Aside the way that the tip toe stance enhances both mental and physical parity furthermore expands focus, this stance enhances quality and adaptability in the toes, stomach muscles, lower legs, lower back, and thighs. It additionally aides create more grounded joints, which serves to enhance joint inflammation and knee torment.

## THE CHEST EXPAND POSE



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Notwithstanding the midsection grow posture having the capacity to fortify the hand, arm, shoulder and back, it serves to extend the arms and spine and serves to balance an adjusted back. The stance is advantageous as in it serves to extend the breath. Steady practice makes it valuable for conditioning stomach muscles.

## THE SIDE PLANK POSE



The advantages of the side board stance incorporate fortifying your shoulders, upper back, and abs. It likewise advances center and scapular solidness, which is useful on the off chance that you are chipping away at reversals or arm parity. It extends and reinforces the wrists and legs. It is likewise a decent stance for enhancing parity and coordination.

## THE DOLPHIN POSE



The dolphin posture helps construct quality in the abdominal area in arrangements for different stances like the headstand and lower arm stand posture. It can likewise help quiet the psyche, alleviate anxiety, back agony and to cure mellow gloom. It is a decent posture for controlling absorption and conditioning of center muscles. It is useful in extending the hamstrings, calves, and curves.

## THE SURRENDER POSE



The surrender stance is extremely valuable for unwinding the body and supportive in the matter of alleviating pressure from the lower back and arms. Additionally, it fortifies the muscular strength, digestive framework, and spine muscles. In the event that done frequently and satisfactorily, it applies weight to the stomach organs, and this aides invigorate processing.



## THE EXTENDED SIDE ANGLE STRETCH POSE



This posture has especially been gainful in light of the fact that it helps the back to turn more and make a more profound stretch along the spine. It additionally aides reinforce the thighs, knees, hips and lower legs. It kneads and invigorates the stomach organs. The crotch, back, spine, waist, lower legs, lungs (intercostals) and shoulders are additionally extended.

## THE WIDE LEG FORWARD BEND POSE



The wide leg forward stance has a few advantages which include: Stretching the crotches, hamstrings, and hips. It likewise decompresses the spine and soothes exhaustion, mellow sadness, and uneasiness. It helps in fortifying and thinning the arms and upper back. It is exceptionally helpful in quieting the brain.

## THE HALF MOON POSE



The half-moon posture enhances equalization, center, focus and certainty. It opens the hips and aides fortify the lower legs, knees, and the lower body. It additionally serves to decrease the fat around the hips. It extends the hamstrings, calf's, and thighs muscles. Steady practice helps in conditioning the butt cheek.

## THE RABBIT POSE



The rabbit posture delivers the same impact as the camel posture; therefore, it extends the spine to allow the sensory system to get fitting nourishment. It additionally serves to keep the versatility and flexibility of the spine and back muscles under wraps. It soothes absorption and helps sinus issues, and interminable tonsillitis. It enhances the adaptability of the scapula.

## THE HEAD TO KNEE POSE WITH STRETCHING POSE



This posture expands the adaptability of the trapezius and also the sciatic nerves, hip joints, tendons, and the last significant five spine vertebrae. It likewise serves to hold the glucose levels in line and assumes a part in improving the correct capacity of the kidneys. It enhances absorption; subsequently, aides assuage unending the runs.

## THE STANDING BOW PULLING POSE



A percentage of the advantages of the stand bow pulling posture incorporates: enhancing adaptability and quality of the spine, legs, hips and shoulders. It fixes thigh and muscular strength; it additionally fixes the arms, hips, and rump. The stance serves to create mental determination and create parity. It additionally enhances stance, and expands the versatility of the rib confine and the lungs.

## THE HALF TORTOISE POSE



The Half tortoise stance aides give most extreme unwinding and helps assimilation. It extends the lower piece of the lungs, expanding blood dissemination to the mind. It additionally makes the stomach area and thighs firm. The stance serves to expand the adaptability of scapula, hip joints, triceps, deltoids, and latisimus dorsi muscles.

## THE BALANCING STICK POSE



The posture idealizes control and equalization. It helps firm the hips, rump, and upper thighs, and giving huge numbers of the same advantages for the legs as in Standing Head to Knee. Builds course and fortifies the cardiovascular framework, this is a phenomenal activity for poor stance. It upgrades quality, adaptability, and muscle tone of shoulders, spine, upper arms, and hip joints.



# WEEK SCHEDULE TO INCREASE RELAXATION

Sleep deprivation and stress can be a sadistic cycle. The fact that we don't relax after having a hectic day makes us stressed the next day. That's where yoga comes into play. By relaxing, and relieving tension in the body, the soothing practice can be an effective relaxation remedy. The following relaxation poses if practiced every day of the week can be particularly helpful for combating restlessness and insomnia, especially when practiced in the evening or in bed before hitting the hay. Here is a weekly schedule of yoga poses or programs that can be done every day of the week to get rid of stress and help relax the mind. Each pose or program can be practiced for at least 15mins each day.

- Sunday – Spine twisting pose
- Monday – Easy Forward Bend.
- Tuesday – Standing Forward Bend
- Wednesday – Child Pose
- Thursday – Plow Pose
- Friday – Corpse Pose
- Saturday – Left Nostril breathing

# WEEK SCHEDULE TO INCREASE FLEXIBILITY

Flexibility is a vital part of staying in good health and maintaining it. The stretching done during yoga exercises is a great way to improve your flexibility. Doing yoga regularly is a sure way to become more flexible. If that's your aim, here are some poses that target major muscles groups that tend to get tight from sitting for long periods or even from other types of exercise, like running. Staying in the poses for several minutes is the way to get a good stretch. Don't expect overnight changes, however. For best results, do your stretches daily. The following poses are intended to give you some options to fit your current level of flexibility.

Mountain Pose – It looks simple but it is a basic outline for all other postures. It is a good start-up pose.

Standing Forward Bend and the Triangle Pose are some essential poses for improving flexibility in the hamstring. Also Downward facing dog pose also helps in preparing you for the real flexibility yoga practice.

You can follow this flexibility schedule every day. Each pose can be practiced for at least 15 minutes each day

- Sunday-Chair pose
- Monday-Tree pose
- Tuesday-Bridge pose
- Wednesday-locust pose
- Thursday-Warrior II pose and the
- Friday-Plank pose
- Saturday-Mountain pose

The above schedule can help make you flexible if practiced consistently for every day of the week.

# WEEK SCHEDULE TO IMPROVE BREATHING

Yoga usually involves paying attention to your breath, which can help you relax. It may also call for specific breathing techniques. But yoga typically isn't aerobic, like running or cycling, unless it's an intense type of yoga or you're doing it in a heated room. Yoga involves relaxing in different postures while keeping focus on the breath. As a result, every yoga posture has a particular effect on the heart; and therefore affecting the heart as well.

Here are some poses that can be practiced every day of the week to improve breathing and keep the heart running effectively.

These poses begin with mild ones, gradually increasing to more demanding ones that require greater stamina and strength. The body gets relaxed and rejuvenated with the concluding postures.

Mountain Pose, Tree Pose, Triangle Pose, Warrior Pose, Chair Pose, Cat Pose, and Downward facing dog Pose are examples of poses that helps improve breathing. For a weekly schedule for breathing you can try these poses out for at least 15 minutes every day.

- Sunday-Cobra Pose
- Monday-Bow Pose
- Tuesday-Bridge Pose
- Wednesday-Two leg forward bend
- Thursday-Plank Pose
- Friday-Dolphin Pose
- Saturday-Corpse Pose

# WEEK SCHEDULE TO INCREASE MENTAL FOCUS

As humans, there are lots of distractions and this makes it harder for us all to focus and be productive. A daily yoga practice does not only help you chill out, but also helps the mind to focus. It also has the capacity to alter the way you live and approach your life. Incorporate the following yoga poses in your everyday practice to build your concentration and focus.

There are some poses to counteract all of the blustery-ness and allow for maximum concentration. If you ever feel distracted and not focused, try each of these poses for 10-15 minutes every day of the week, go back to your task, and get the better of the world.

- Sunday-Eagle Pose (this pose will not only be beneficial to increase your mental focus but it will also help release the tension from the shoulders and hips)
- Monday-Mountain Pose
- Tuesday-Standing forward Bend
- Wednesday-Downward facing dog (is an important pose that aids to calm and focus a distracted mind. Focus on deep, full-body breaths and releasing and tension in the legs or back)
- Thursday-Warrior I
- Friday-Warrior III
- Saturday-Corpse Pose

