




# YOGA FOR BEGINNERS

An introduction by  
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## Some basic suggestions

- Try to concentrate on your breathing
- When stretching a body part, feel the stretch on that part of your body, that little pain is good and helps recover
- It is completely alright if your body wobbles during these asanas.
- It is completely alright if you think you look funny during these asanas.



# ASANAS WHILE SITTING



## Dhyana - OM

- Take a deep breath, fill your lungs and stomach as much as you can
- In a normal voice, chant OM with a stretched out 'O' and in the end finish with the 'M'
- Repeat 3 to 5 times.
- For every next attempt, try to breathe in longer and chant longer than last time



# Pranayama– Deep Breathe

- Place your hands on your knee
- Very slowly, take deep breaths and release your breath slowly too
- Attempt to breathe in slower than last time and breathe out slower too
- Repeat 7 – 10 times

# Vastrika - shoulders

- Keep your hands on the edge of your shoulder with your elbows in line
- Fingertips should firmly be on your shoulder
- While breathing in, bring your elbows in front in a circular position upwards
- While breathing out, take your elbows downwards. Repeat 5-7 times and then repeat 5-7 times in the reverse circular position



## Vastrika - chest

- Join your hands behind your head by interlocking your fingers.
- Your hands should be above your ears.
- While breathing in, take your elbows behind your shoulders and feel your chest stretch.
- While breathing out, try to join your elbows in front of your face and feel your chest compress.
- Repeat 5-7 times

# Kapalabhati

- Place your hands on your knees
- Breathe out with force, as if you are pushing your breath out
- When you push your breath out, contract your stomach as if you are pulling your navel inside from behind.
- After breathing out, your stomach should be completely hollow as if all air is out
- Continue for 3-5 mins



# Vastrika – spine

- Sit upright
- Join your palms by interlocking your fingers and then turn your palm outwards
- Breathe in and bring your hands up
- Breathe out and turn your upper body to the left, breathe in and turn straight
- Breathe out and now turn right, breathe in and turn straight
- Repeat 5-7 sets

# Alom Vilom

- Cover your left nostril
- Breathe in from your right nostril
- Cover your right nostril
- Breathe out from your left nostril
- Now, breathe in from your left nostril
- Cover your left nostril
- Breathe out from your right nostril
- Repeat for 3-5 mins
- With every attempt try to breathe in for longer and breathe out for longer too.



# ASANAS WHILE STANDING

# Tadasana - mountain pose

- Stand upright with feet slightly apart
- Breathe in, pull up your heels until you are on your toes and raise your hands up through the side
- Join your palms together
- Breathe out and bring your hands down on the side
- Repeat 7-10 times

# Virbhadrasana - warrior pose 1

- Stand upright with your feet slightly apart
- Bring your hands straight up over your head
- Breathe in and move your left leg forward
- Shift your weight to the left leg by bending your left knee, right knee should be extended behind and straight, keep your right heel down
- Try to keep your arms straight up
- Breath out and come up
- Repeat the same for the right knee

## Virbhadrasana - warrior pose 2

- Stand upright with your feet apart
- Bring your hands up on the side in line with your shoulder
- Breathe in, move your upper body and face to the left and shift your weight to the left leg by bending your left knee sideways, right knee should be extended and straight
- Try to keep your arms up at the same level as your shoulder
- Breath out and come up
- Repeat the same for the right knee.

# Utthita Parsvakonasana

- Stand upright with your feet apart
- Shift body weight to your left leg by bending your left knee sideways, right leg should be stretched out and straight
- Breathe in, rest your left elbow on your left thigh and bend your body down on the left side
- Bring your right arm high up, stretching it and extending it high up.
- Your right hand and right leg should look like one straight line
- Repeat the same by bending the right knee



# Hastapadasana

- Stand straight with feet together and arms alongside the body.
- Balance your weight equally on both feet.
- Breathe in and extend your arms overhead.
- Breathe out and bend forward and down towards the feet trying to touch your fingers / palm on the ground
- Stay in the posture for 5-7 seconds
- Breathe in and stretch your arms forward and up, slowly come up to the standing position.
- Breathe out and bring the arms to the sides.



# OM

- Take a deep breath, fill your lungs and stomach as much as you can
- In a normal voice, chant OM with a stretched out 'O' and in the end finish with the 'M'
- Repeat 3 to 5 times.
- For every next attempt, try to breathe in longer and chant longer than last time



Thank you! Stay healthy!