

Srujana Aouk

# THE WHOLE BODY THERAPY

Introduction to the building  
blocks of life

SVADHYAYA YOGA



The new  
adventure  
begins.

The new adventure begins.

*Top 10 poses  
for Beginners*

TO START THERE YOGA JOURNEY

## Disclaimer

# 10 BEGINNER POSES

- It is very hard to pick just 10 poses for beginners. I tried my best hope you agree with me.
- This document talks about the Benefits of those 10 poses.
- As a Beginner all you want to do is Start practicing and keep up the consistency . I know you might have heard this but believe me consistency is the key and repetition is a good thing as your body changes every single. day
- These poses are selected by me based on various factors like there category, muscle group and also based on intensity.

Hello There,

My name is Srujana Aouk and I am RYT 500HR Yoga teacher who runs a studio called Svadhyaya Yoga. I want to take this opportunity to welcome you to my world virtually.

I love to teach and do Yoga and educate people with the process of this amazing ancient philosophy. This document is also a small attempt to educate not only new students but also a friendly reminder to my current students.

I try my best to teach the benefits of the poses through the class but it is very hard for the student or even me to provide every tiny detail and super hard for the student as the focus is more on the pose in the moment.

I have targeted each muscle group to pick each pose and you might notice some easy and basic poses would be missing. Again picking just 10 poses is hard from hundreds of poses available.

# 1. SUKHASANA

**Pose Name:** SUKHASANA (EASY POSE)

**Tip:** Add a blanket or two to sit under your sit bones to sit in the pose. It not only helps to elevate the Spine but also makes the pose little more easier and accessible.

**Benefits of Sukhasana are:**

1. It improves the overall posture of the body.
2. It stretches the hips, outer thighs and groins area along with knees and ankles.
3. Sitting upright with your spine aligned also reduces stress and anxiety.
4. By Reducing Anxiety the mind is much calmer.
5. Strengthens the back muscle by keeping the shoulders rolled back and spine straighter.
6. It is a very grounding pose.
7. Easiest pose for Meditation.



*Sukhasana*  
(EASY POSE)





## 2. MARJARI - BITILASANA

*Pose Name: Marjari - Bitilasana(Cat & Cow)*

**Tip:** Open every finger and knuckles and press them to the floor along with pressing the lower legs and tops of the feet to the ground

**Benefits of Cat and Cow are:**

The Cat-Cow Stretch is a good stretch for the back as it involves moving the spine from a rounded position (flexion) to an arched one (extension).

- Improves posture and Balance.
- Strengthens and stretches the spine and neck muscles.
- Stretches the hips, abdomen and back.
- Increases coordination.
- Massages and stimulates organs in the belly, like the kidneys and adrenal glands.
- Creates emotional balance.
- Relieves stress and calms the mind.



**Cat Stretch**



**Cow Stretch**





*A down-dog a day keeps the the Doctor away.*

### 3. ADOMUKHASVANASANA

*Pose Name: Adhomukhasvanadana (Downward facing Dog)*

**Tip:** Open every finger and knuckles and press them to the floor along with pressing the heels to the floor and thighs to the back wall.

#### **Benefits of Down-Dog are:**

- One of the First Inversion. (Head lower then heart). Which helps in Calming the brain and helps relieve stress and mild depression.
- Strengthens arms and legs.
- Stretches the shoulders, hamstrings, calves, arches, and hands.
- Helps relieve the symptoms of menopause. Also relieves menstrual discomfort when done with head supported.
- Helps prevent osteoporosis.



## 4. ANJANEYASANA

**Pose Name:** *Anjaneyasana (Low Lunge)*

**Tip:** Add a blanket under your knee if there is any sensitivity around knee.

**Benefits of Anjaneyasana are:**

1. Releases tension in hips and hip-flexors.
2. It stretches the quads, hamstrings and groin areas.
3. It is great for digestions and helps in constipation.
4. It also balances the nervous system
5. It also helps in building mental focus. It is a part of classical sun-salutations.
6. Strengthens the leg muscles.



# 5. BHUJANGASANA

*Pose Name: Bhujangasana(Cobra)*

**Tip:** Keeping your hand at Mid-ribs and also pressing your pelvis and hips down helps to keep Cobra low in order to have back muscles do the job.

## **Benefits of Cat and Cow are:**

- Strengthens and stretches the shoulders, chest and abdominal muscles.
- Expands the chest which helps in mood swings.
- Decreases stiffness of the lower back.
- Strengthens the arms and shoulders.
- Increases flexibility.
- Improves menstrual irregularities.
- Firms and tones the buttocks.
- Invigorates the heart.







## YOGA POSES FOR KIDS: WARRIOR II

Straighten and stretch arms



Strong legs

Knee over ankle

“I stand in my power”

## 6. VIRABADRASANA -2

*Pose Name: Virabhadrasana - 2 (Warrior - 2)*

**Tip:** Do not take your thigh bone lower than the Knee.

### **Benefits of Warrior - 2 are:**

- It gives tremendous confidence on yourself.
- Strengthens and tones arms, shoulders and legs.
- Lengthens, tones and stretches legs and groins.

- Improves flexibility in the knees, hips and legs.
- Provides tremendous amount of concentration by focusing on certain point.
- Also strengthens the neck ,muscles and relieves neck pain.
- Stimulates your abdominal organs.
- Improves circulation and respiration.
- Develops balance, stamina and stability.



## 7. VRKSHASANA

**Pose Name:** *Vrkshasana (Tree Pose)*

**Tip:** Work on the legs first and once you got the stability take your hands up.

**Benefits of Tree are:**

1. One of the friendly and familiar poses of Yoga.
2. Tones the muscles of the legs.
3. Improves balance, focus and concentration.
4. Helps in opening the hip joints.
5. Strengthens the feet (ligaments and tendons) and ankles.
6. It is a very grounding pose which helps for people who have restless mind.
7. On a metaphysical level, helps one to achieve balance in other aspects of life.
8. A great confidence booster.





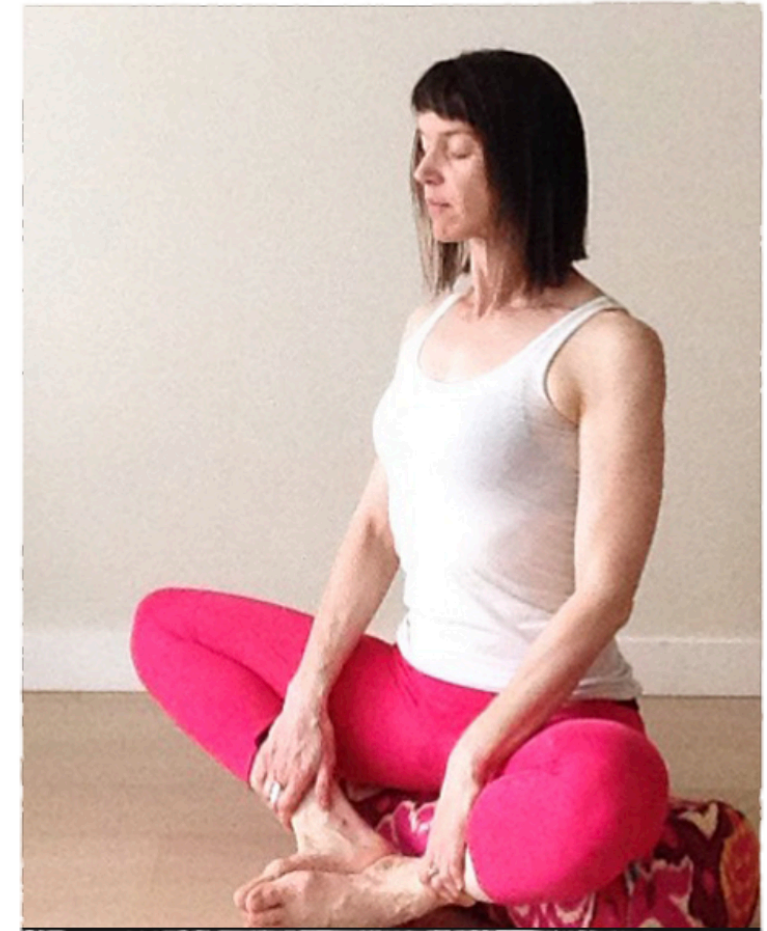
# 8. BADDAKONASANA

*Pose Name: Baddakonasana (Bound angle)*

**Tip:** Adding a blanket under your buttocks will provide a great length to the spine and helps to lengthen when you get to fold.

## **Benefits of Bound Angle are:**

- Strengthens and improves flexibility in the inner thighs, groins and the knees.
- Helps to sooth menstrual discomfort and digestive complaints.
- Good for Urinary tract infections and for those suffering from varicose veins.
- Great pose at the time of Pregnancy.
- Improves self-awareness on the groins and inner thighs.







## 9. SETHU BANDHASANA

*Pose Name: Sethubandasana (Bridge)*

**Tip:** Keep the feet shoulder distance and make sure your knees are centered rather than rolling in or out.

### **Benefits of Down-Dog are:**

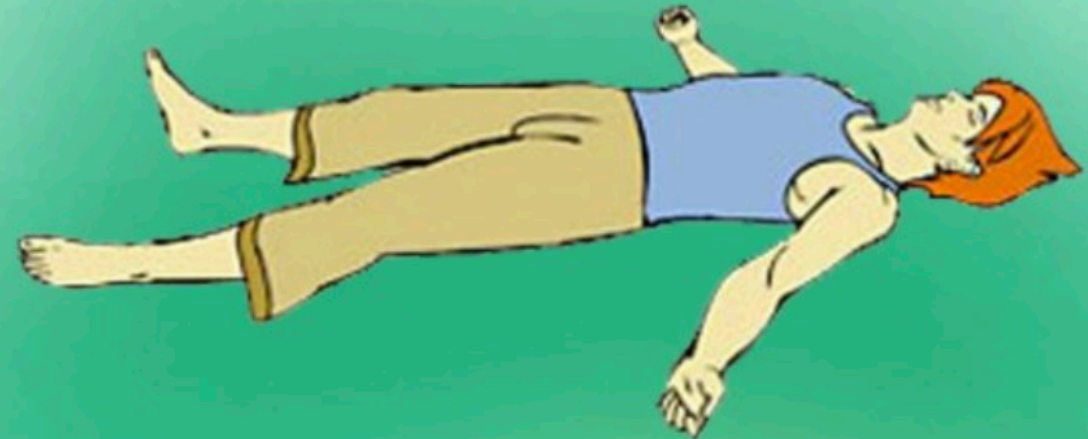
- Strengthens knee and eventually helps to reduce knee and back pain
- Helps in firming the buttocks

- Strengthen your core, including your abs
- Boost Balance, flexibility and Posture.
- Calms the mind and helps relieve stress
- Improve performance – especially if you are a runner
- Stretch your neck, chest and spine.
- Boost mood, reduce anxiety and fatigue
- Help relieve the symptoms of menopause
- Relieve menstrual discomfort – go for supported bridge by placing a bolster or several folded blankets under your bottom.
- Stimulates abdominal organs, lungs, and thyroid.

# 10. SHAVASANA

- One of the toughest poses in the whole Yoga. Keeping the Body still and focusing on the breath is not a Joke.
- Savasana allows the body to absorb and integrate the benefits of your practice into your muscle memory, mind and nervous system. It allows the physical body (heart rate, blood pressure etc) and nervous system to return to baseline.
- Focusing on the breath in Shavasana will help the person to experience the inner layers of bodies rather than focusing just on the external body.

## Benefits Of Shavasana (Corpse Pose)



- INCREASES THE FOCUS OF MIND AND CONCENTRATION
- RELAXES AND CALMS THE BODY
- RELIEF FROM HEADACHE AND IMPROVE SLEEP\*
- IMPROVES CARDIOVASCULAR HEALTH
- IMPROVES BLOOD CIRCULATION AND LOWER BLOOD PRESSURE
- HELPS TO REDUCE BACK PAIN

*Pose Name: Shavasana*

**Tip:** Rolling a blanket under the knees will help the lower back to be more relaxing.

**Benefits of Down-Dog are:**

- Helps in relaxing the whole Nervous system .

- Slows down the brain which helps in defusing the stress.
- Reduces headaches, fatigue and anxiety.
- Helps Lower blood pressure.
- First step for Relaxation which helps to transition into meditation .
- Helpful for Depression.