



Week 32

OVERVIEW OF LECTURE

The Practical Benefits of the
Basic Yoga Poses

CORPSE POSE (SAVASANA)

- To prepare the mind and body for practicing yoga asanas and to gain more effectiveness from practicing asanas.
- To recover from fatigue.

CAT POSE (Marjaryasana)

- To relieve muscle stiffness from the whole body and spine.
- To relax the nerves and improve movement generally.
- Helps to prevent ageing.
- Use this pose to slim the back and hips.

FORWARD BEND POSE (Paschimottanasana)

- To increase blood flow to the lower body.
- Improve the functioning of the sex organs, the prostate, the bladder, the uterus and the rectum.
- This pose tones and contracts the lower abdomen and contracts the intestines so has a beneficial effect on constipation.
- This pose also helps prevent ageing by removing contraction in the neck and lower back.
- Use this pose for enlarged liver and spleen, fatigue, impotence, haemorrhoids, and diabetes.
- Use this pose to slim the hips and waist.

COBRA POSE (Bhujangasana)

- To increase or promote good blood circulation in the spine and sympathetic nerves.
- This pose stimulates the sacrum and is therefore effective for female organ problems and treats nervousness.
- Use this pose to help eliminate muscle fatigue in the chest, back, abdomen and hips.
- Use this pose to treat a lack of self-confidence, abnormality in the sex organs, to improve blood circulation, digestive function, and organ pressure.

TRIANGLE POSE (Trikonasasa)

- To treat stiffness and loosened in the sides of the body.
- This pose can correct imbalance in the chest and correct distorted posture.
- Use this pose to correct unnatural thinking and emotions resulting from unbalanced nerves.
- Use this pose to treat tension and increase energy.
- Treat anaemia, dislocated organs, pain in the body, ringing in the ears, anxiety, bad posture and breathing problems.

TREE POSE (Vrksasana)

- To harmonise the relationship between mind and body.
- This pose tightens the anus and stimulates the organs on the side opposite side the leg is lifted on.
- Use this pose to relieve twisting in the hips and body in general.
- Use this pose to treat arteriosclerosis, bad posture in general, fatigue internally.

HALF LORD OF THE FISHES POSE (Ardha Matsyendrasana)

- To increase physical and mental activity.
- This pose increases flexibility of the spine and eliminates spinal distortion.
- Use this pose to eliminate inflammation resulting from congestion.
- Use this pose to treat neuralgia, inflammation, poor blood circulation, back pain, lack of appetite and constipation.

PRANAYAMA

- Slow breathing in nurtures the surface of the body and infuses energy into the meridians or nadis of the body.
- Breathing out relaxes the body and bring focus the lower body.
- Rapid breathing stimulates the diaphragm and energises the whole body.