

# Yoga For Wellbeing



**YOU CANNOT ALWAYS CONTROL  
WHAT GOES ON OUTSIDE.  
BUT YOU CAN ALWAYS CONTROL  
WHAT GOES ON INSIDE.**



# Yoga At Home







**Vajrasana** is one of the easiest yoga asanas to perform.

It stimulates the vajra nadi which facilitates digestion.

It helps relieve constipation & strengthens lower back, legs and thighs.



## **Chakrasana or the Wheel Pose**

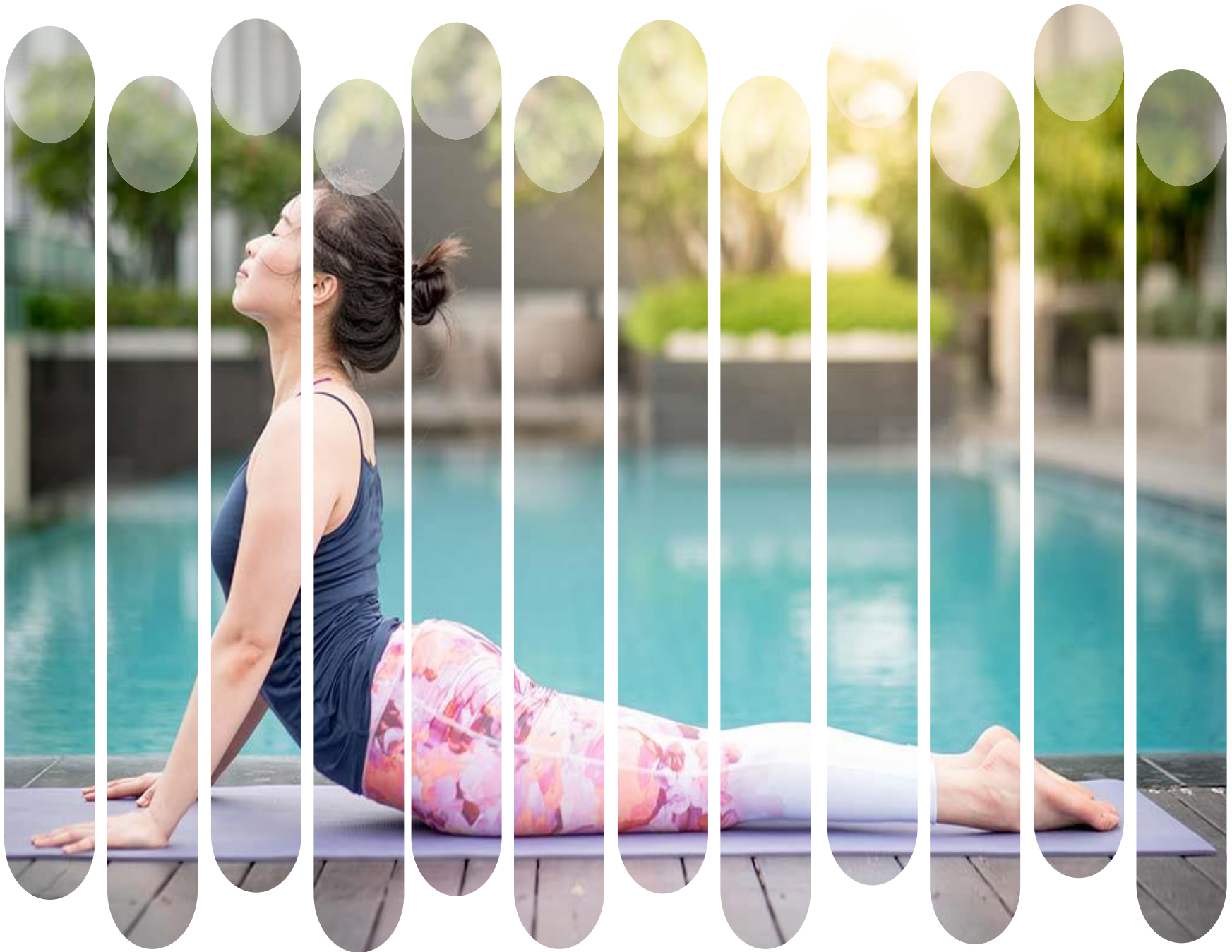
The chest expands and the lungs get more oxygen - this makes the pose especially beneficial for asthma patients.

It reduces the stress and tension in the body.

Sharpens eyesight.

This asana helps to strengthen the back and increases the elasticity of the spine.







## **Bhujangasana:**

Strengthens the spine

Stretches chest and lungs, shoulders, and abdomen

Stimulates abdominal organs

Helps relieve stress and fatigue

Opens the heart and lungs

Soothes sciatica

Therapeutic for asthma

Irregular menstrual cycle problems are rectified too

With the increasing blood circulation your face gets a radiant look



## **Sarvangasana**

Calms the brain and helps **relieve stress** and mild depression.

Stimulates the thyroid and prostate glands and abdominal organs.

Stretches the shoulders and neck.

Tones the legs **Improves digestion.**

Reduces fatigue and alleviates insomnia.





**“Vrikshasana (Tree Pose) helps improve balance, gives your body a roper posture and boosts concentration,”**

**This will help increase your concentration and build focus.**





## **Padmasana (lotus pose)**

**This relaxed posture helps remove tension and fatigue in your body. The more your body relieves itself of stress the more your brain is able to rejuvenate itself.**



## **Paschimottanasana**

**This asana helps give your spine a stretch after sitting on a chair all day. It also relieves your lower back from strain. The forward bend motion also ends up relieving your mind from stress, calms it down and boosts blood supply.**

The stretch of your spine also helps remove negative emotions, like irritability and anger, as well.





## Navasana

Tones and strengthens your abdominal **muscles**.

Improves **balance** and **digestion**.

Stretches your hamstrings.

Strengthens your spine and hip flexors.

Stimulates the kidneys, thyroid.

Stimulates prostate glands, and intestines.

Aids in **stress relief**.

Improves confidence.



**STAY  
HOME**

STAY SAFE AND HEALTHY