

A person is shown in a yoga pose, likely a seated or kneeling position, with their hands in a mudra (gesture). The background is a warm, golden sunset or sunrise over a body of water, creating a serene and peaceful atmosphere. A decorative, intricate mandala pattern is overlaid on the background, adding a traditional and spiritual feel to the image. The overall color palette is dominated by warm, golden-yellow and orange tones.

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## YOGA POSES

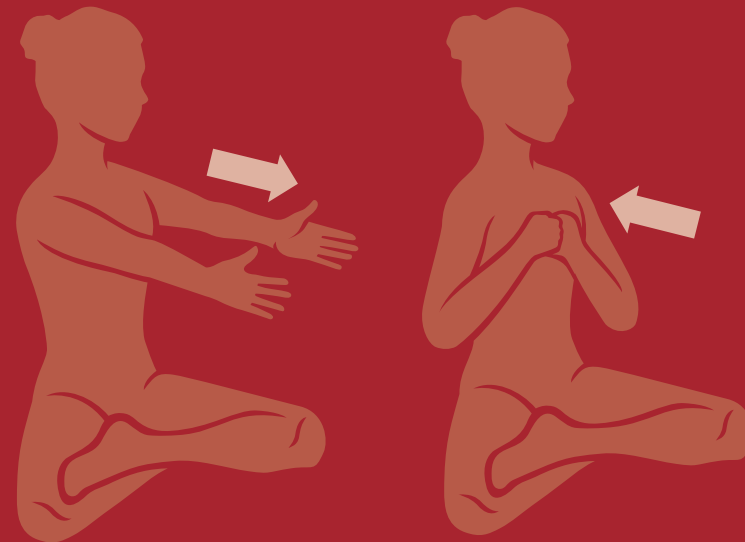
Enliven your days with the benefits of yoga. Discover physical and breathing poses to complement your mood, calm your mind and achieve balance in your body.

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## Easy Yoga for Energy



Sit cross-legged or on a chair with your spine straight and feet flat on the floor. Stretch your arms straight out in front of you, parallel to the ground, with your palms facing each other and the fingers wide apart. Breathe long, deeply and powerfully through the nose for 1-3 minutes. Then inhale deeply and, while holding the breath, make fists of your hands, slowly bringing them to your chest under maximum tension. Slowly exhale when your fists touch your chest and relax. Take a few deep breaths and feel the energy you've created.

## Self-confidence (Affirmation)

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Sometimes we find ourselves dependent on appraisal and acceptance from others. There is a simple affirmation which brings back our own strength: Press your thumb on the mount below the pinky and close the hand in a fist. Say to yourself before you meet somebody: “I am healthy, I am happy, I am great”.

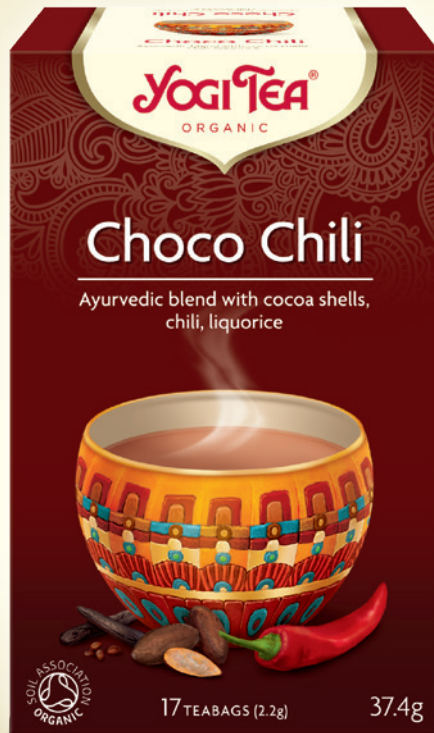
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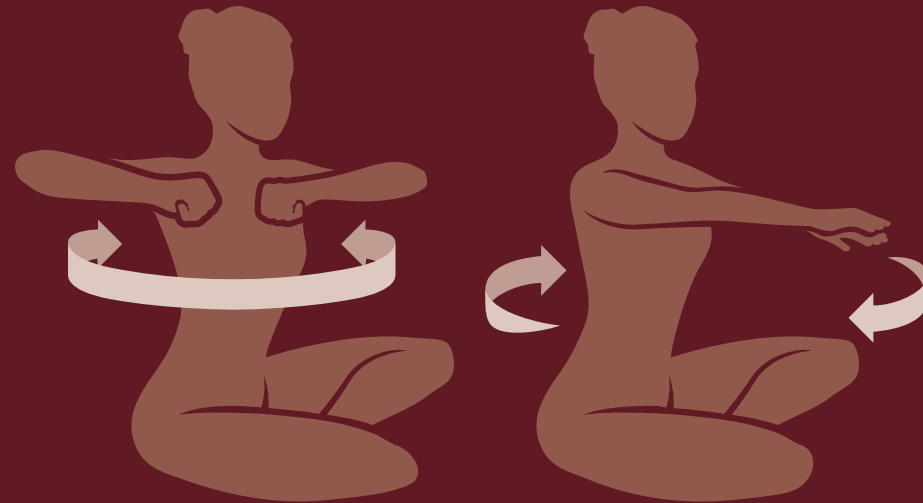
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## Yoga for Youth and Joy

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Sit cross-legged. Make fists of your hands and place them in front of you as if you were grasping a steering wheel. Begin twisting the body powerfully from side to side. Twist to your maximum. Keep the elbows up and let the neck move with the upper body. Continue for 3 minutes. Then stretch the arms out in front of you. The right hand over the left and the palms are facing down. Twist now from left to right. Move your head and neck in the same direction. Continue coordinating the movement for 3 minutes.

## Simple Yoga for Awareness

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Sit with your legs crossed. Stretch your arms out to the sides, parallel to the ground and with your fists clenched into tight lion's paws. Cross your wrists over your head and return the arms to the sides, alternating right over left, then left over right. Move powerfully and rhythmically for 3 minutes with powerful breath. Then stretch your tongue out all the way and continue for another minute. Relax.

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## Breathing for Endurance

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Sit cross-legged or in a chair, spine straight. Wrap your hands around your knees, with your arms straight. Inhale and hold your breath. Flex your spine back and forth as long as you can hold it before you need to exhale. Inhale again, hold and continue this exercise for 3 minutes.



## Easy Yogic Breathing for a Restful Sleep

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Before bed, a great way to relax is to practice long, slow, deep breathing. Sit in a comfortable cross-legged position, with your spine straight and shoulders relaxed. Rest your hands in your lap with palms facing up. Close your eyes and completely relax. Breathe through the nose slowly and deeply. Stay focused on your breath as it fills your lungs, expanding the ribcage. With each exhale relax and let your mind come to rest. Continue for 1-5 minutes. Then lie down on your right side and enjoy a deep and restful sleep.

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## Dance & Relax

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Stand up straight, close your eyes and relax. Breathe long and deep, feel every tension in your body and consciously let it go. Sway from side to side, dance and gently move every part of your body. If you have soft, rhythmical music, let it play in the background. Duration: 3-11 minutes.



## Breathing for Energy

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Sit cross-legged or in a chair with a straight spine. Close your left nostril with your left thumb and breathe through your right nostril only. Duration: 3 minutes.

Sit cross-legged or in a chair with a straight spine. Close your right nostril with your right thumb and breathe through your left nostril only. Duration: 3 minutes.

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## Simple Yoga for 'Get Up and Go'

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Bundle Roll: Lie on your back, legs together, arms at sides. Flip yourself over from back to stomach and from stomach to back, without bending any part of the body. 3 minutes.

## Breath of Fire

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Breath of fire is a strong, quick breath done from the navel point. Consciously pull in the navel while exhaling through the nose, inhaling will happen automatically by relaxing the belly. Slowly increase the pace until breathing 2-3 times per second in and out through the nose. Continue for 1-3 minutes. Breath of fire energises and ignites the fire of life.

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## To Wake Up

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Sit cross-legged with your spine straight and bring your forearms parallel to the ground. Make fists of your hands and stretch your thumb straight up. Make the arms stiff from the shoulders to the tip of the thumb. Shake your whole body vigorously for 3 minutes. The breath is flowing automatically. Keep focus on the tip of the nose.

## A yoga exercise to help you find your balance

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Stretch your legs out in front of you, supporting yourself with your arms behind you on the floor so that you are steady. Raise your left leg and your right arm at the same time. Then repeat with the opposite pair. Continue for three minutes.

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## Shoulder rolling for one minute

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Release stress. Sit up straight, breathe in deeply and relax. Move your shoulders forward in large circles during a half to a full minute, all the time breathing slowly and deeply. Then roll your shoulders backward for between thirty seconds to a minute, while maintaining the same rhythm of breathing.



## Yoga for Mental Clarity

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Sitting cross-legged, rest your right hand on your knee. Block your left nostril with your thumb. Breathe slowly and deeply through your right nostril only, eyes closed. Focus on your breath for 3 minutes. Sit up straight, take a few deep breaths and relax.

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## Breathing for Being Calm and Conscious

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Sit cross-legged or in a chair with a straight spine. Your hands are on your knees, with your arms straight. Breathe long and deep and consciously. Understand the life force which your breath is for your being. Duration: 3 minutes.

## Simple Yoga to Refresh Yourself

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Sit straight. Create hooks with your hands and then lock them together at chest level. Keep lower arms parallel to ground, twist upper body and head first to the left, then to the right. Inhale as you turn to left, exhale as you turn to right. 1-3 minutes.

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## Yoga for Emotional Balance

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Sit cross-legged with spine straight. Rest left hand on left knee, with tips of the thumb and index finger touching. Close eyes and block right nostril with right thumb, leaving the rest of the fingers straight up. Inhale deeply through left nostril. When breath is full, extend right pinky over to block left nostril, then release thumb and exhale through right nostril. When breath is completely exhaled, repeat the cycle, inhaling through left nostril only, exhaling through the right. Continue for 11 minutes. Take a few deep breaths and relax.

## Relax in 2 Minutes

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Sit cross-legged. Stretch the arms out straight and stiff in front of you, hands in fists, with the palm sides facing down. At the level of your heart center, begin rotating the fists in small circles, the right fist clockwise and the left fist counter clockwise. Keep the elbows straight and fists tight. Move the shoulder blades and the muscles underneath the shoulder area. Continue powerfully for 2 minutes with a long deep breath through the nose.

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## Easy Yoga for Strength of Spirit

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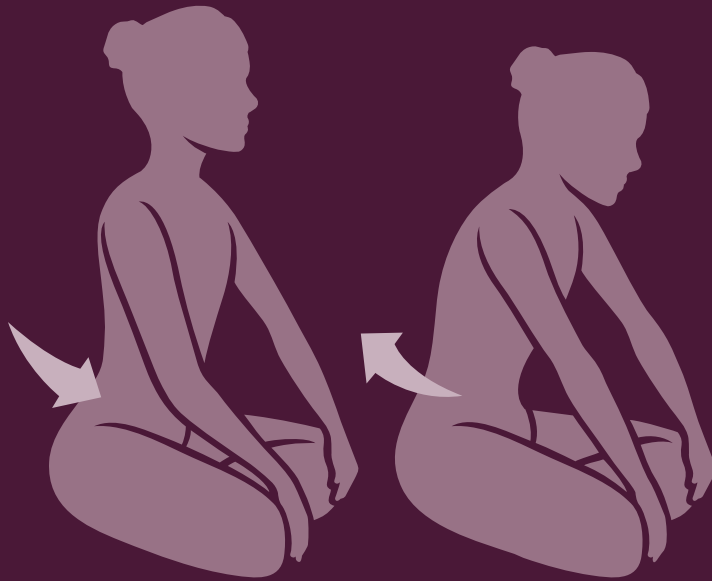
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In ancient times people practiced this exercise to raise their spirits. Stand with your feet as wide apart as possible without losing your balance. Keep your arms against your sides and bend the elbows to form a 90-degree angle, forearms parallel to the ground, hands and wrists relaxed. Keeping your feet in place, rotate your hips in a large circle for 1-3 minutes in one direction; then reverse the direction and continue for another 1-3 minutes. Relax.



## Yoga to Make You Strong

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Sit cross-legged with hands on your knees, keeping your arms straight. Inhale and hold your breath. Flex your spine back and forth as many times as you can before you have to exhale. Inhale and repeat. Continue for 3-4 minutes. Then relax and enjoy.

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## Yoga for Vitality – Life Nerve Stretch

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Sit on a pad or rug, stretching your legs out in front of you. Lean forward to hold onto your big toes, ankles or legs with your hands, so that the legs are straight. As you exhale, stretch forward and down from the pelvis. As you inhale, stretch upright with a straight spine and neck. Continue moving slowly and carefully, practising for 1-3 minutes with a powerful slow breath. (The life nerve 'sciatic' is believed to affect your emotional balance, nervous system and digestion. Keeping it flexible is thought to be important for maintaining the strength of these systems.)