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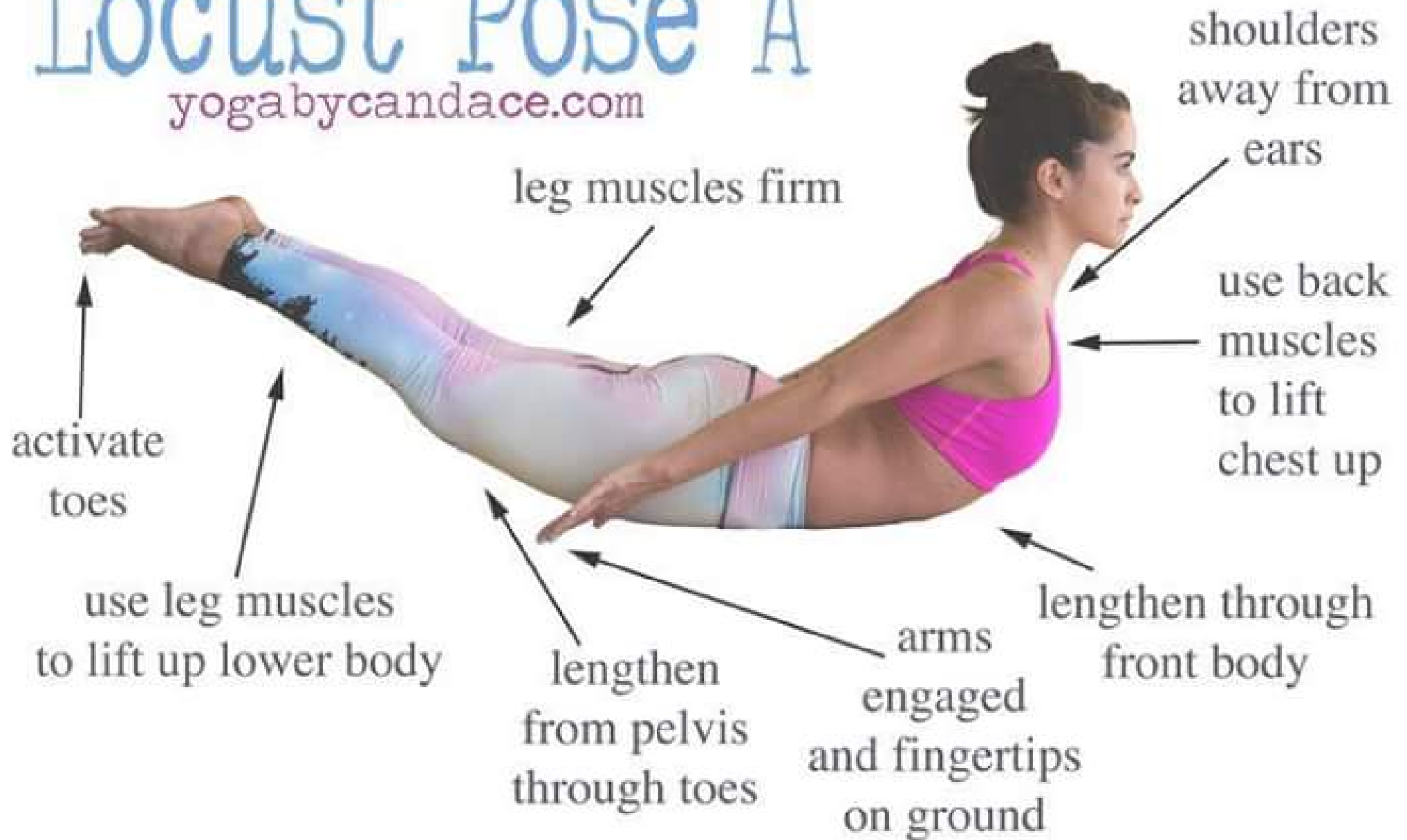
ದಾವಣಗೆರೆ

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# Locust Pose A

yogabycandace.com



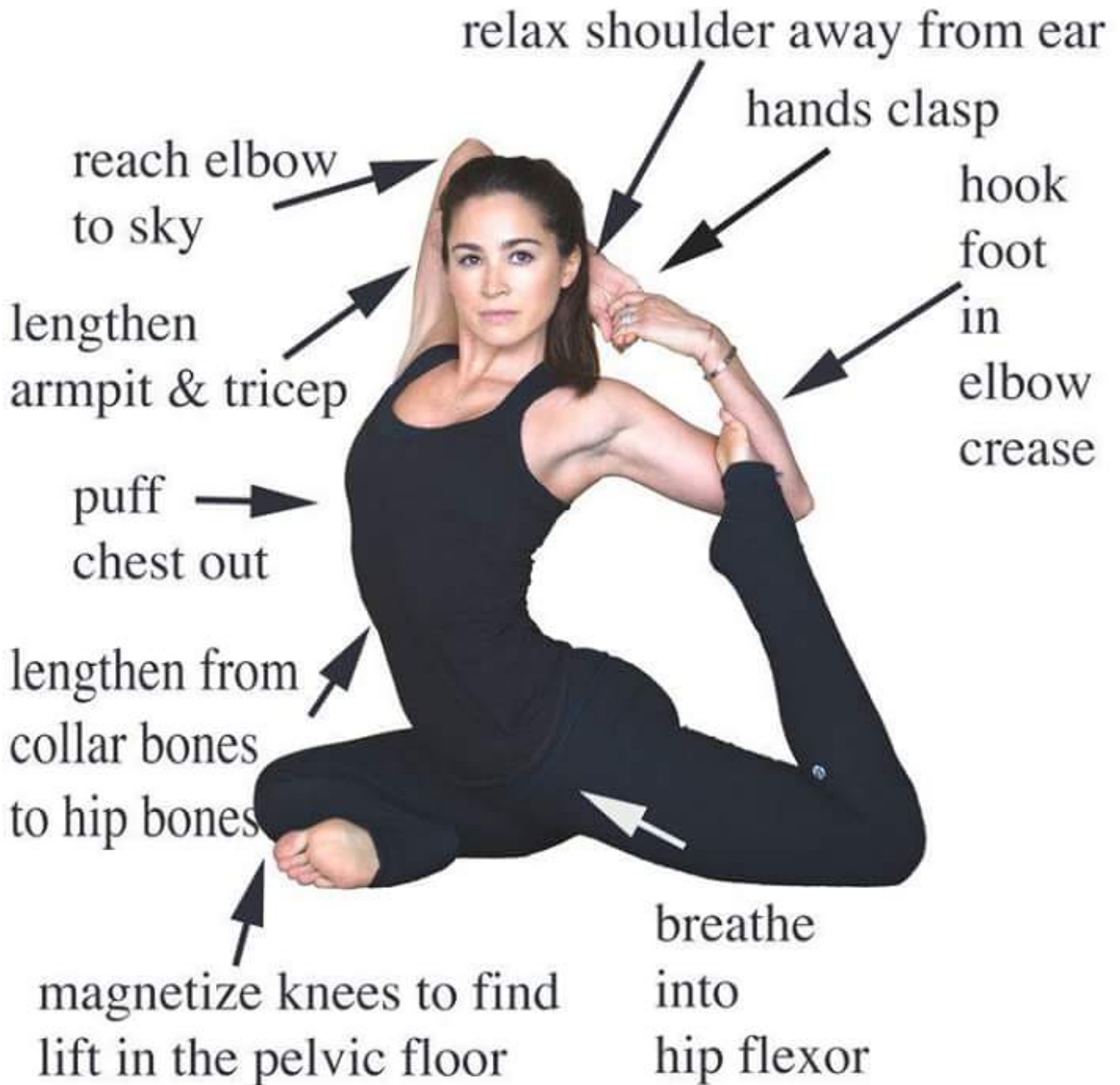
# MALASANA POSE

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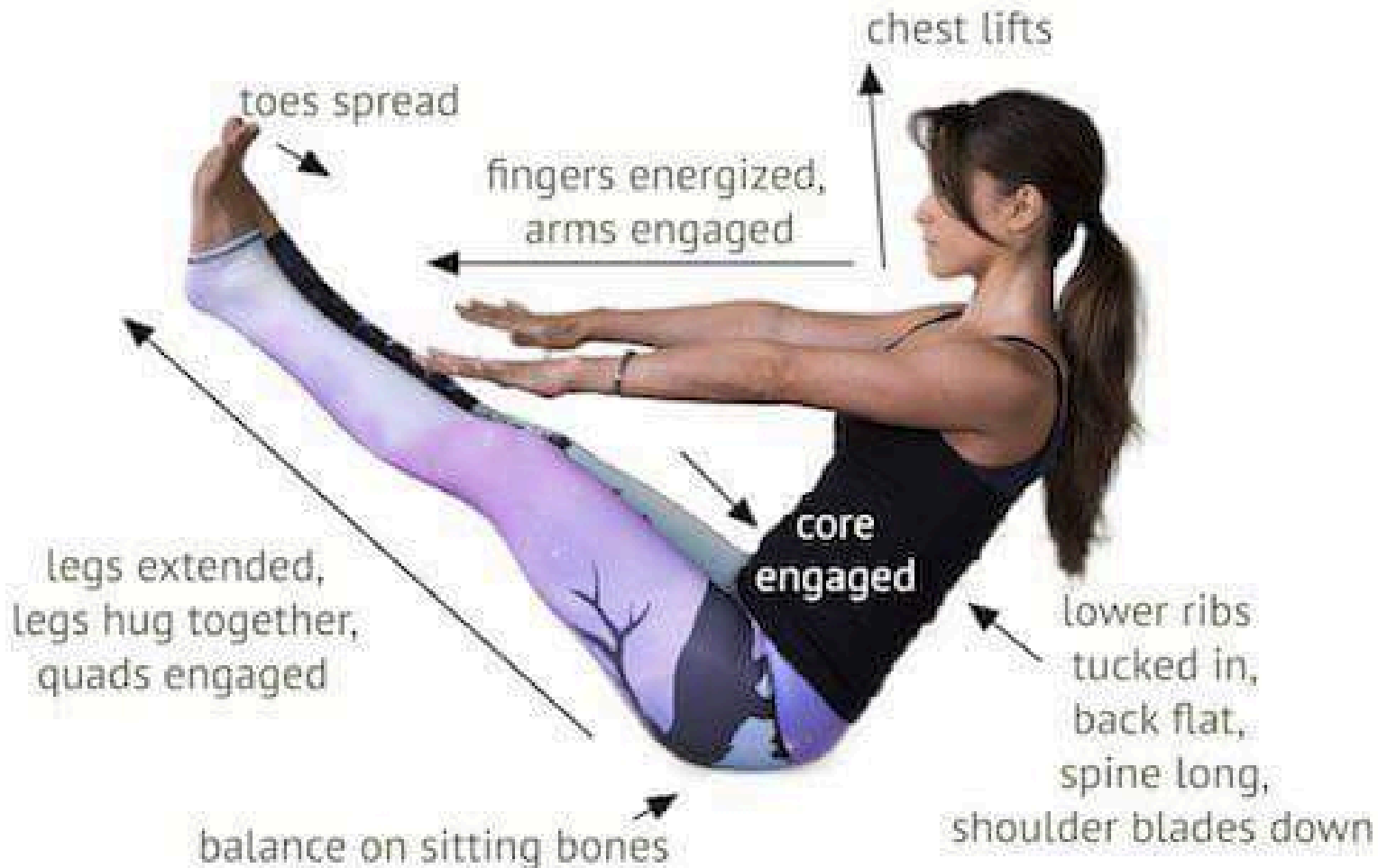
# Mermaid Pose

yogabycandace.com



HOW  
TO  
DO }

# NAVASANA Boat Pose



# How to do Toe Stand

yogabycandace.com

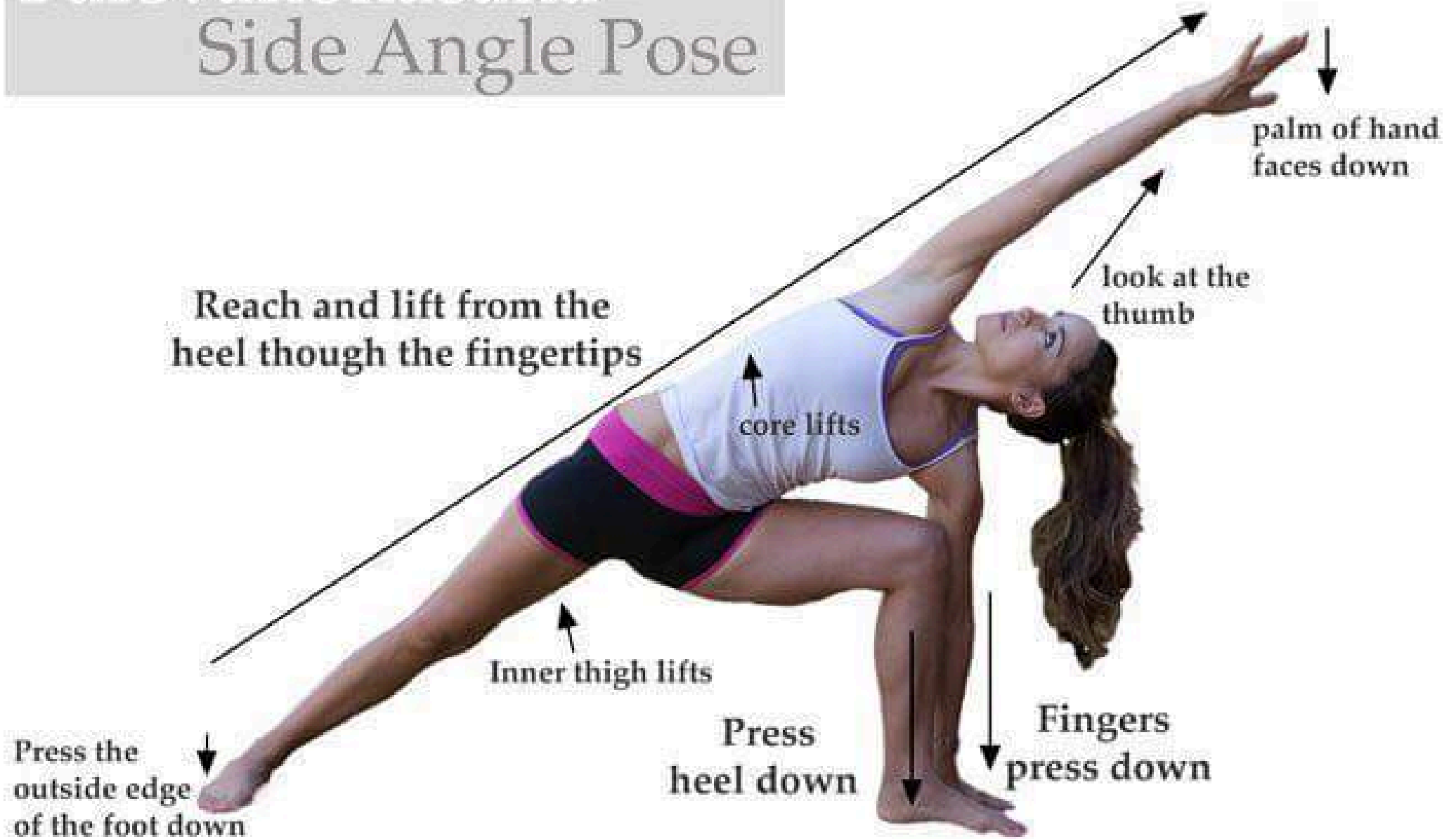


# Dancer's Pose - Mermaid Variation

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# Parsvakonasana Side Angle Pose



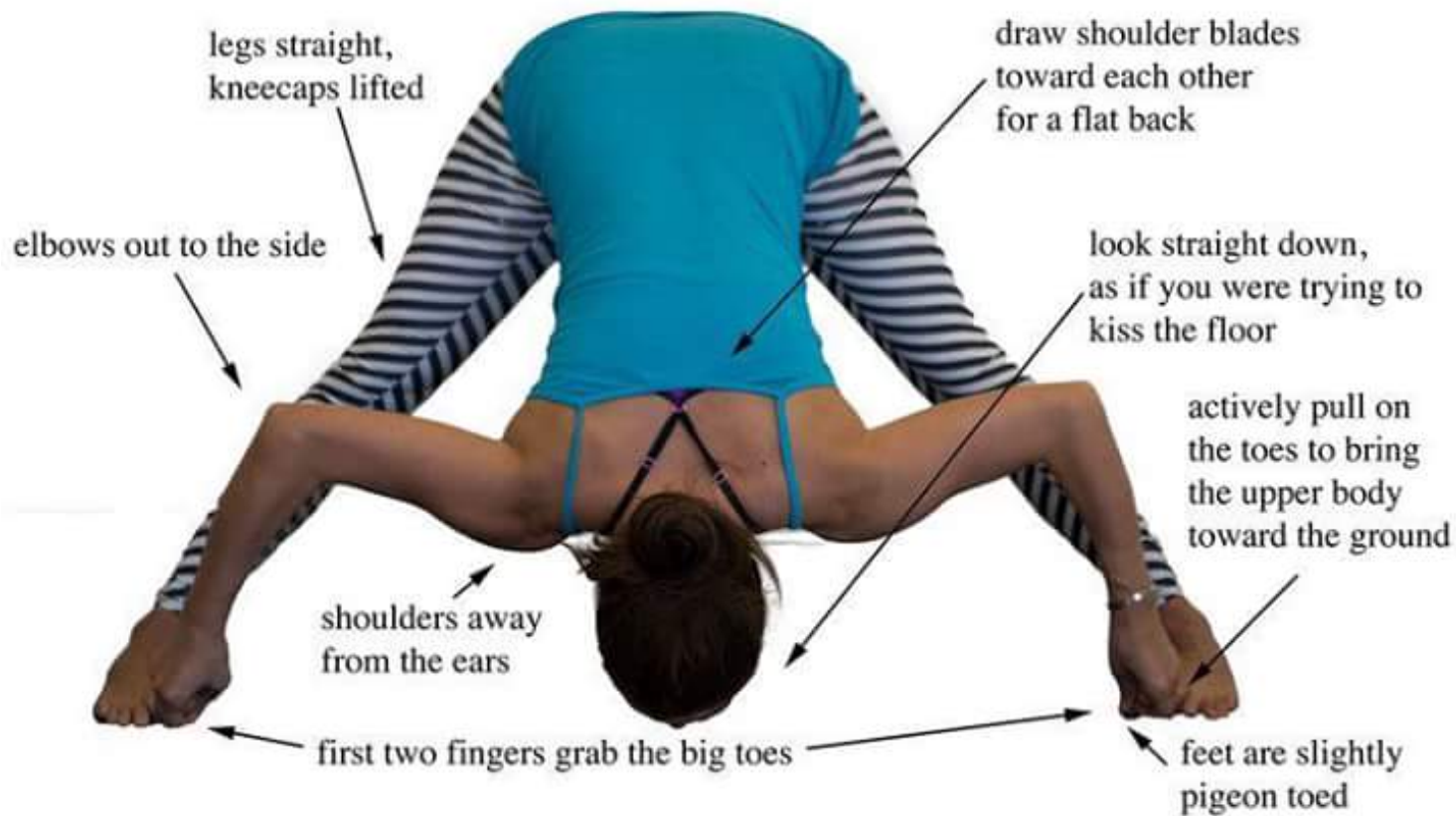


# Ragdoll Pose - Uttanasana Variation

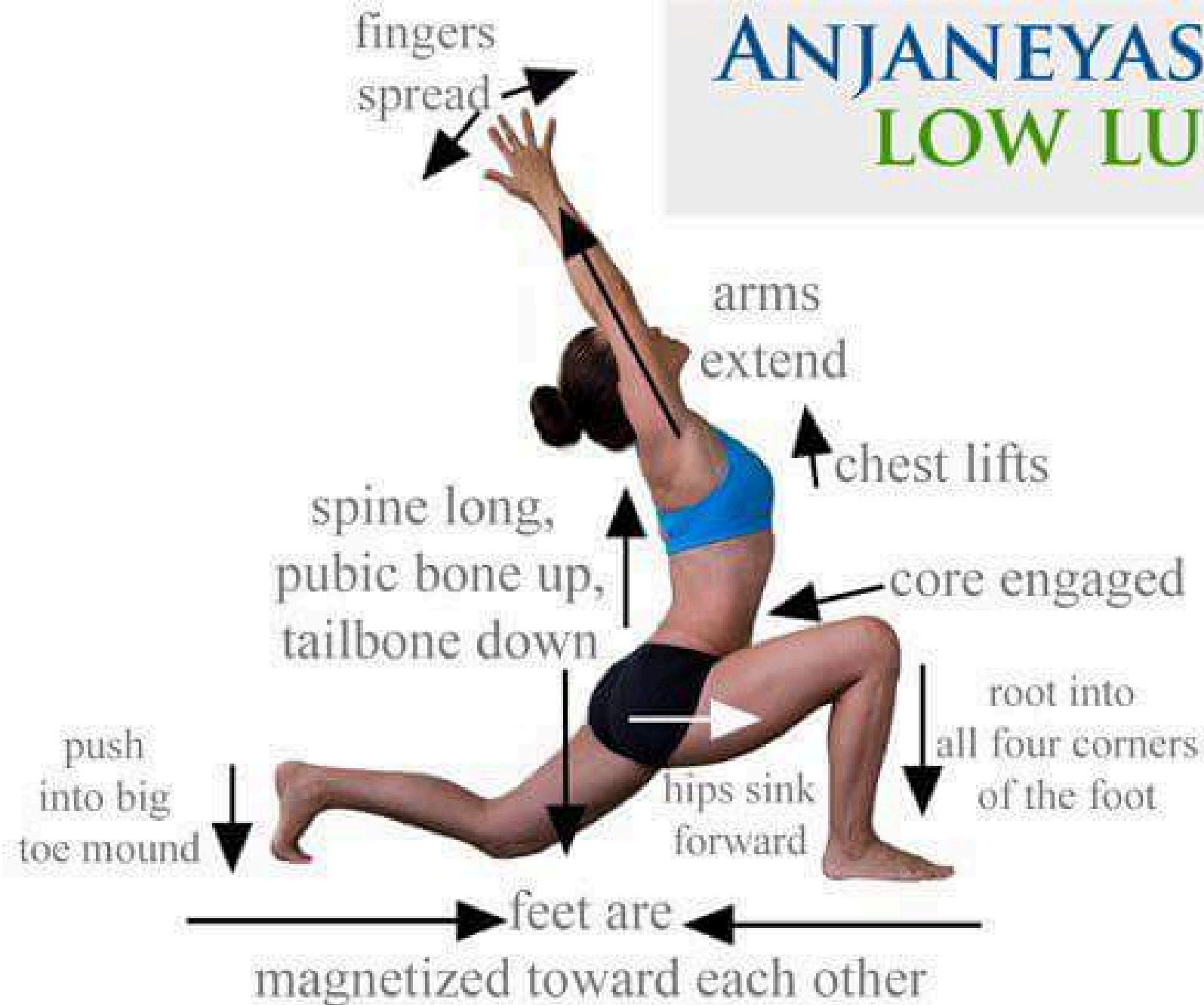


# How to do Prasarita Padottanasana wide leg forward fold

yogabycandace.com

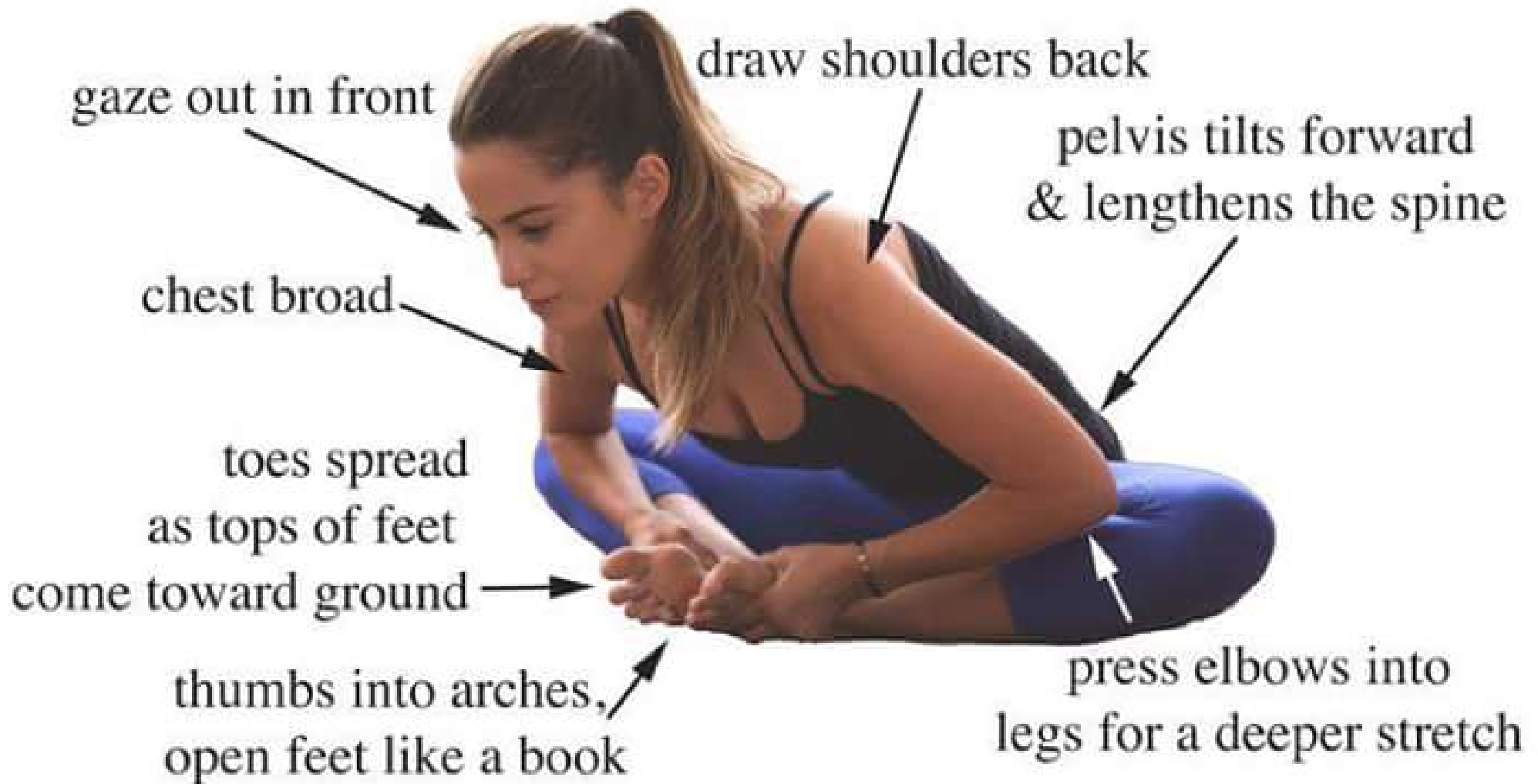


# ANJANEYASANA LOW LUNGE



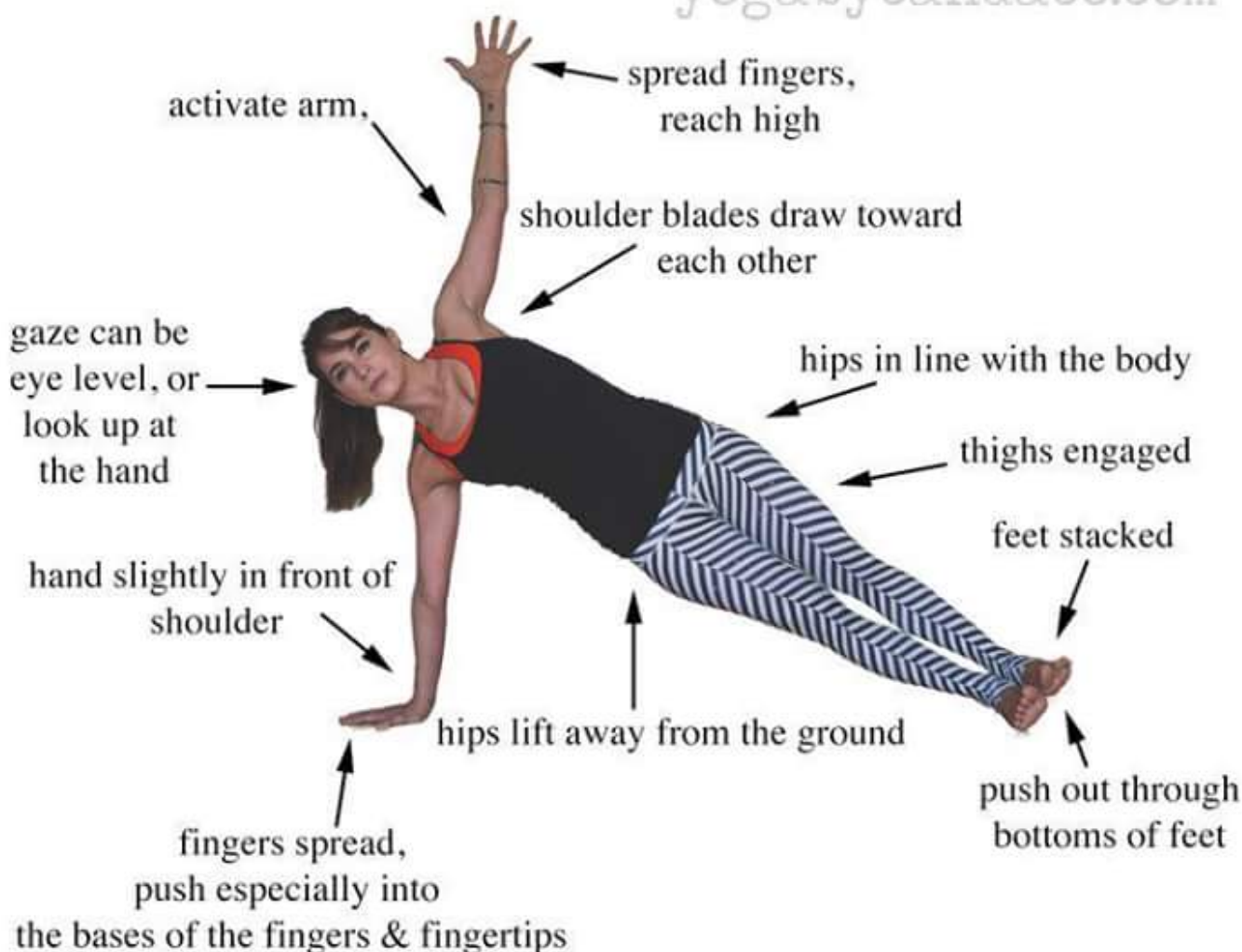
# How to do Cobbler's Pose

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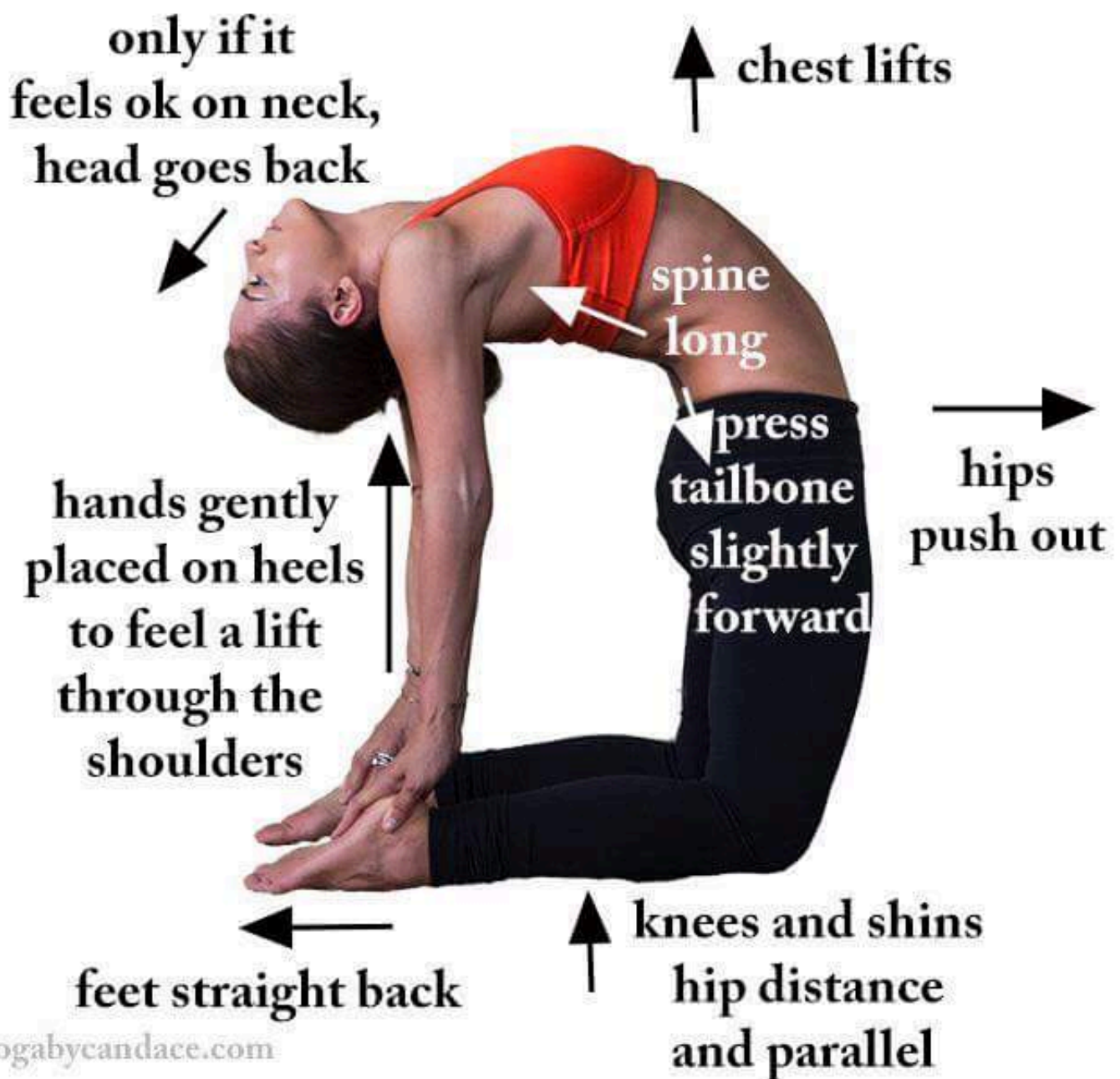


# how to do *side plank pose* vasisthasana

yogabycandace.com

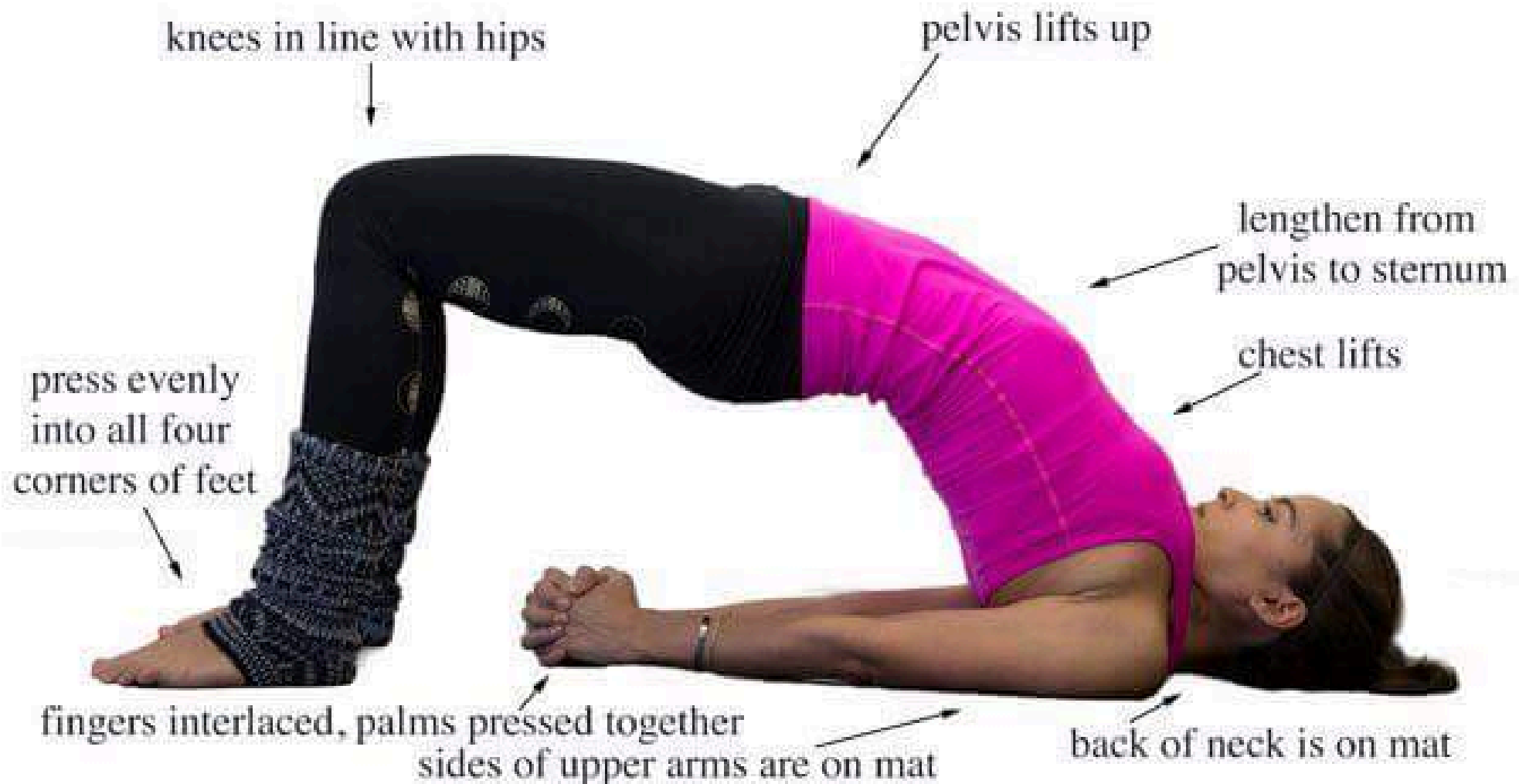


# Ustrasana {Camel Pose}



# How to do Bridge Pose

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# HOW TO DO SASANGASANA

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## RABBIT POSE

breathe into the spine,  
and lengthen as you round

hips lift

back rounds

arms long and  
strong as you pull  
on the feet

breathe  
between  
shoulder blades

hands cup  
the bottoms  
of the feet

top of head on mat

knees hip distance





# How to do Baby Grasshopper Pose

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# How to do Reverse Warrior Pose



# How to do Plow Pose

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## halasana

breathe into  
any tension  
in hamstrings

gaze at navel  
and protect your  
neck by not  
turning the head

lift kneecaps  
to engage the  
leg muscles

breathe length  
and space into  
the spine

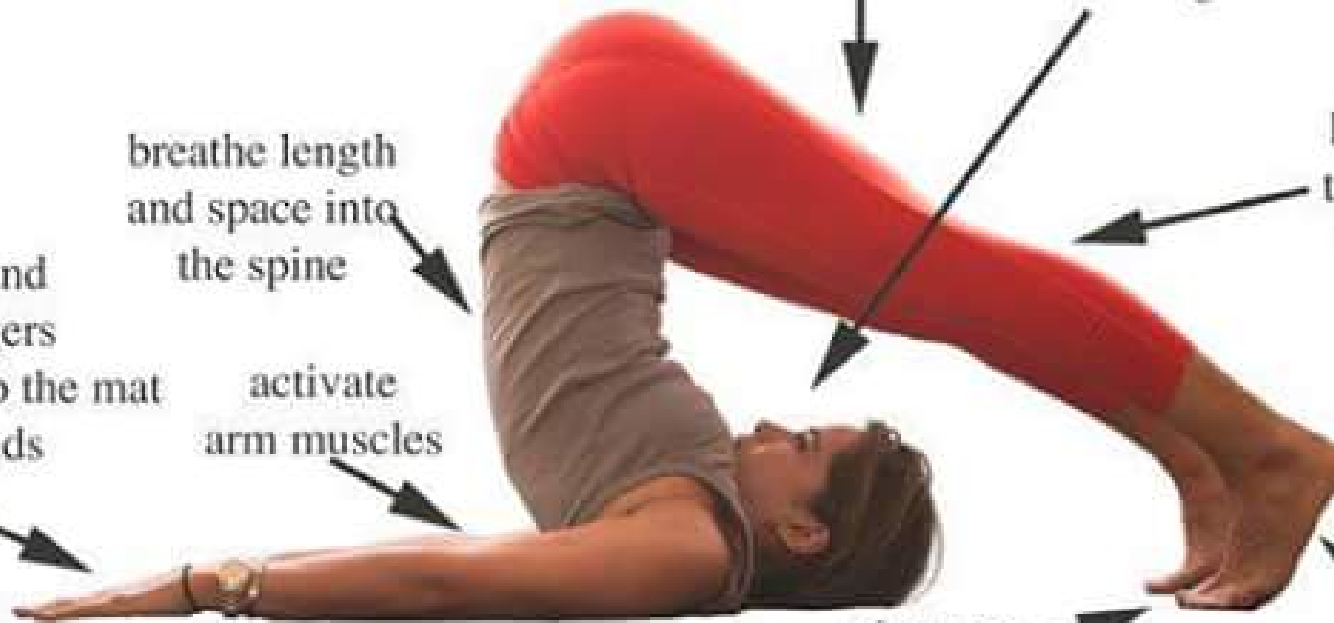
clasp hands and  
interlace fingers  
or press firmly into the mat  
with flat hands

activate  
arm muscles

press out  
of bottom  
of feet

plug toes  
into the mat

back of neck is long

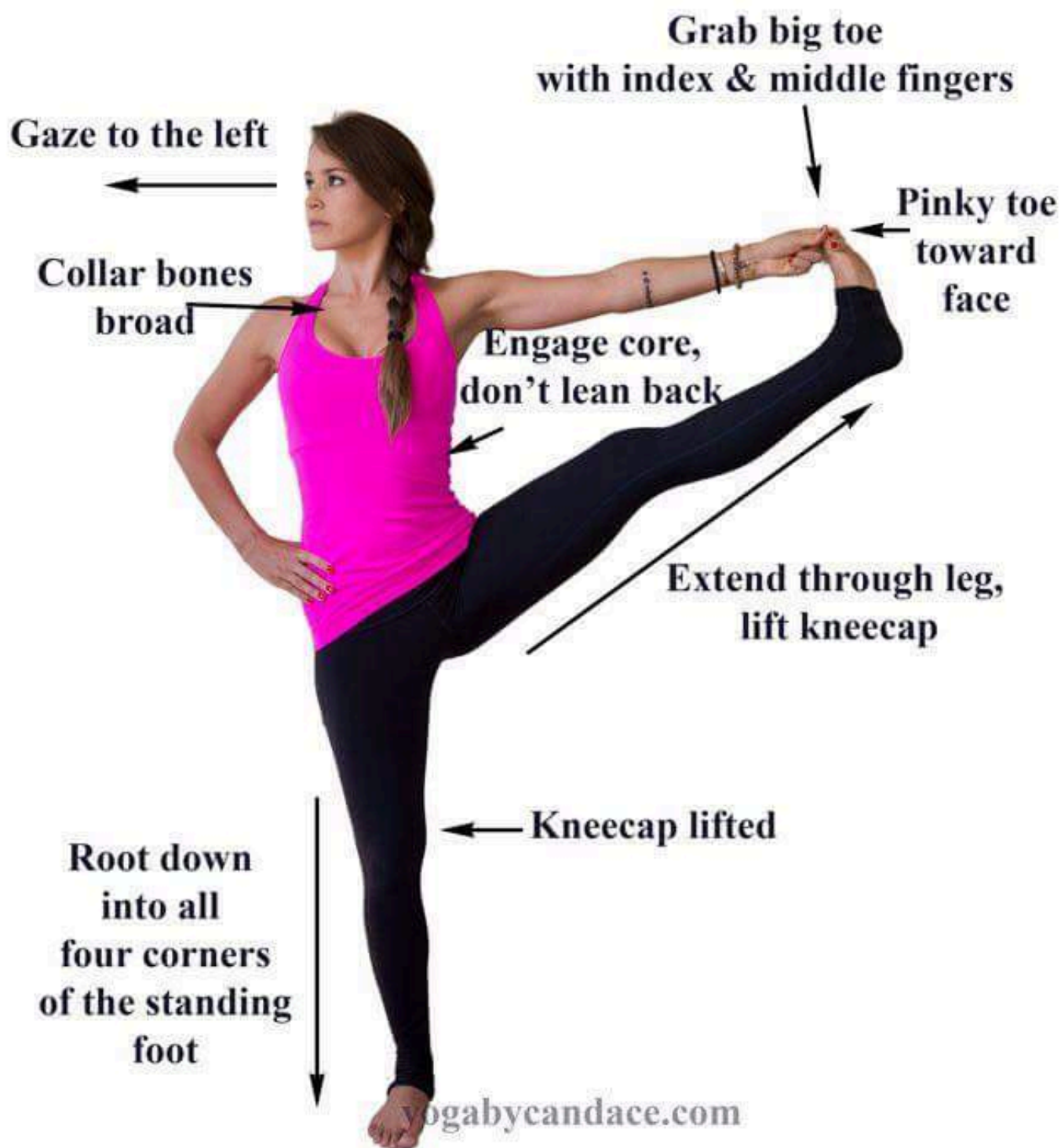


# Warrior 1 variation for chest & shoulders



# Utthita Hasta Padangustasana

## |Extended Hand to Toe Pose|



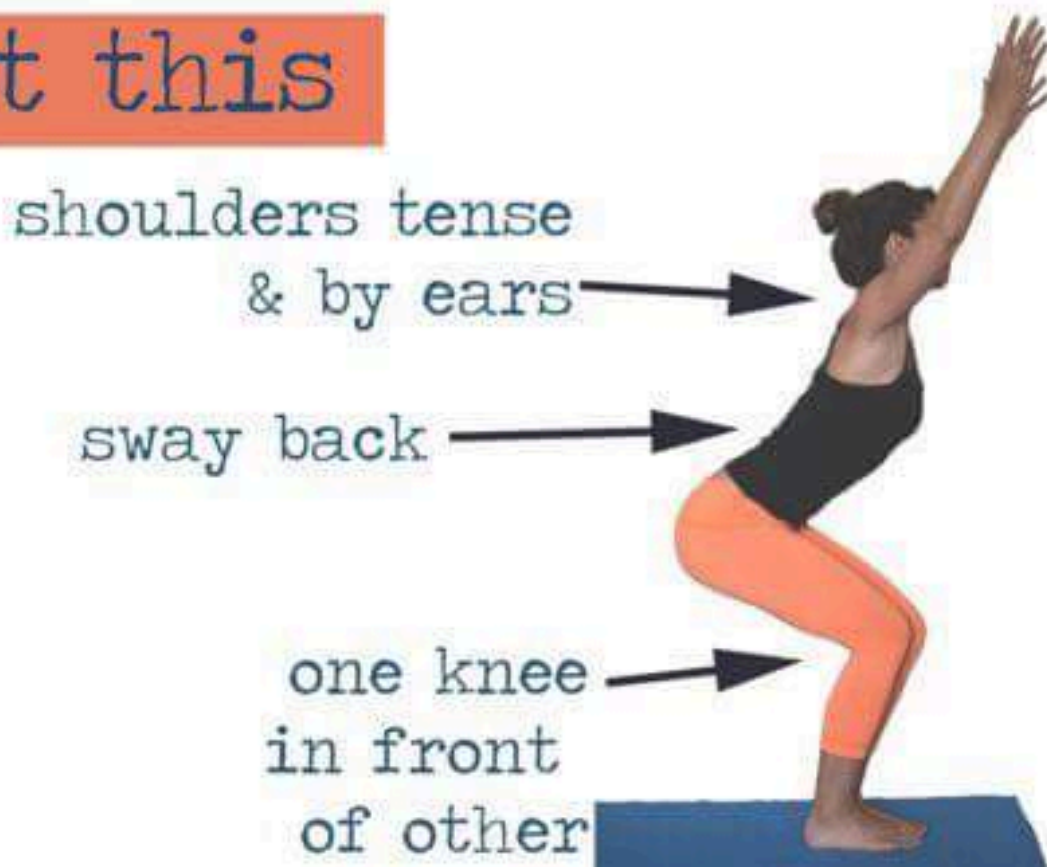
# Common Mistakes Chair<sup>in</sup> Pose

yogabycandace.com

**Do this**

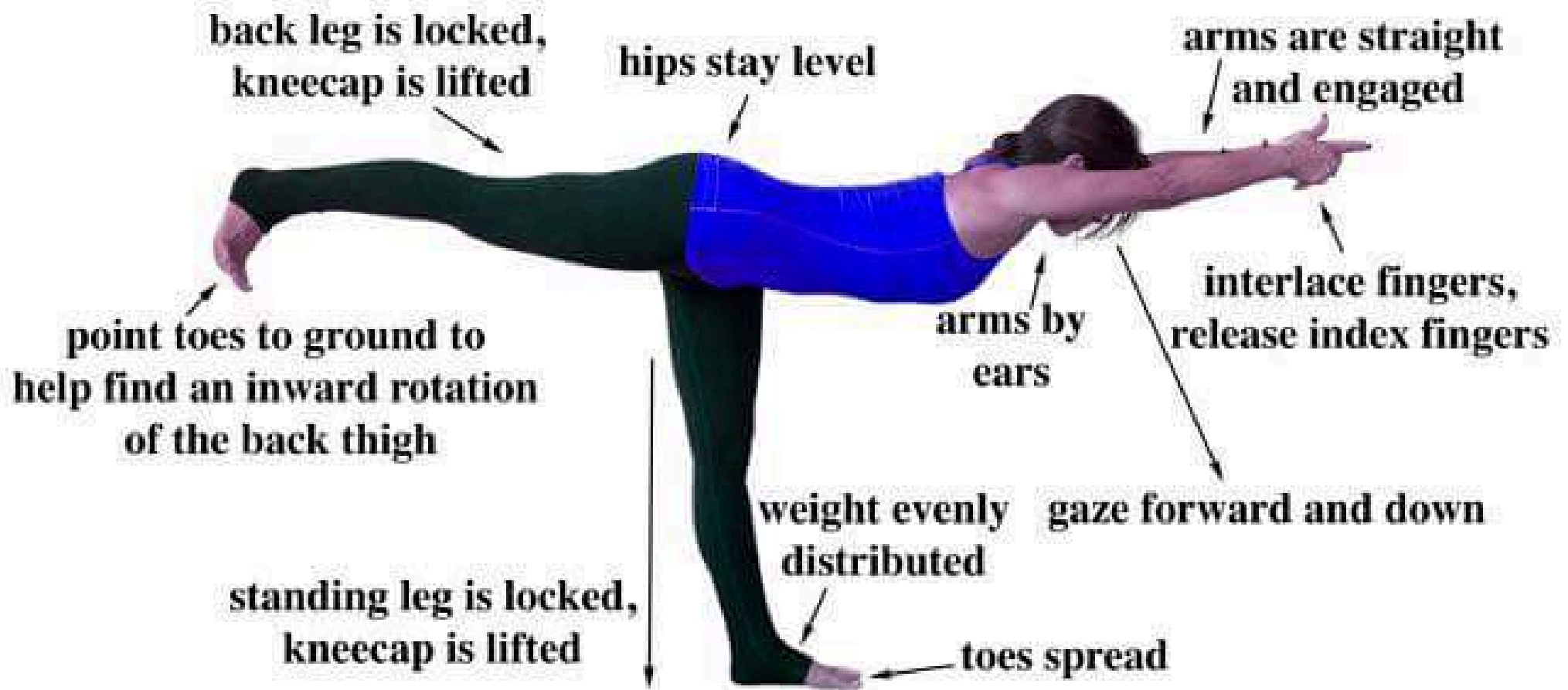


**Not this**

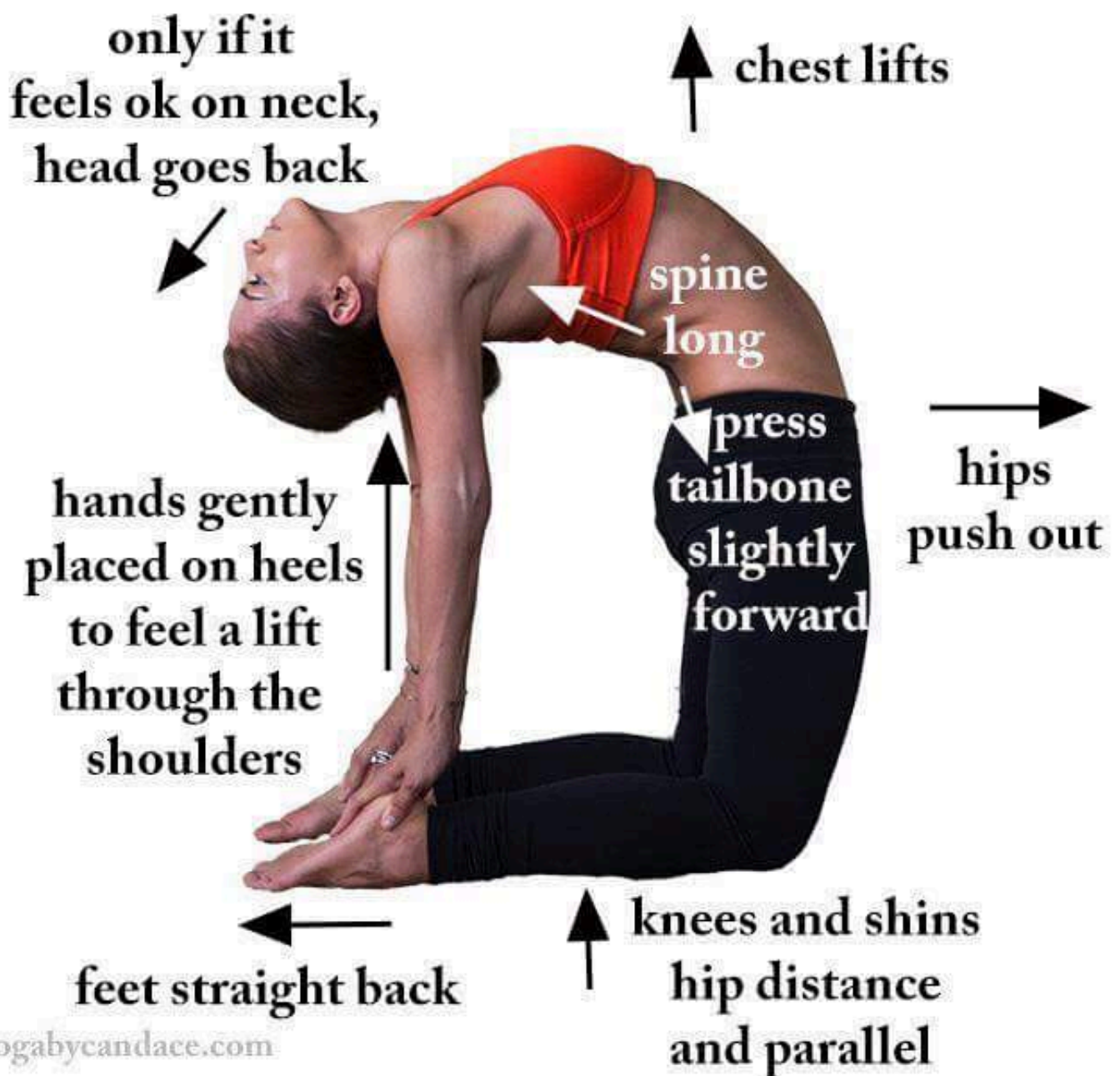


# Tuladandasana

{BALANCING STICK POSE}



# Ustrasana {Camel Pose}





# Shoulder Stand

salamba sarvangasana

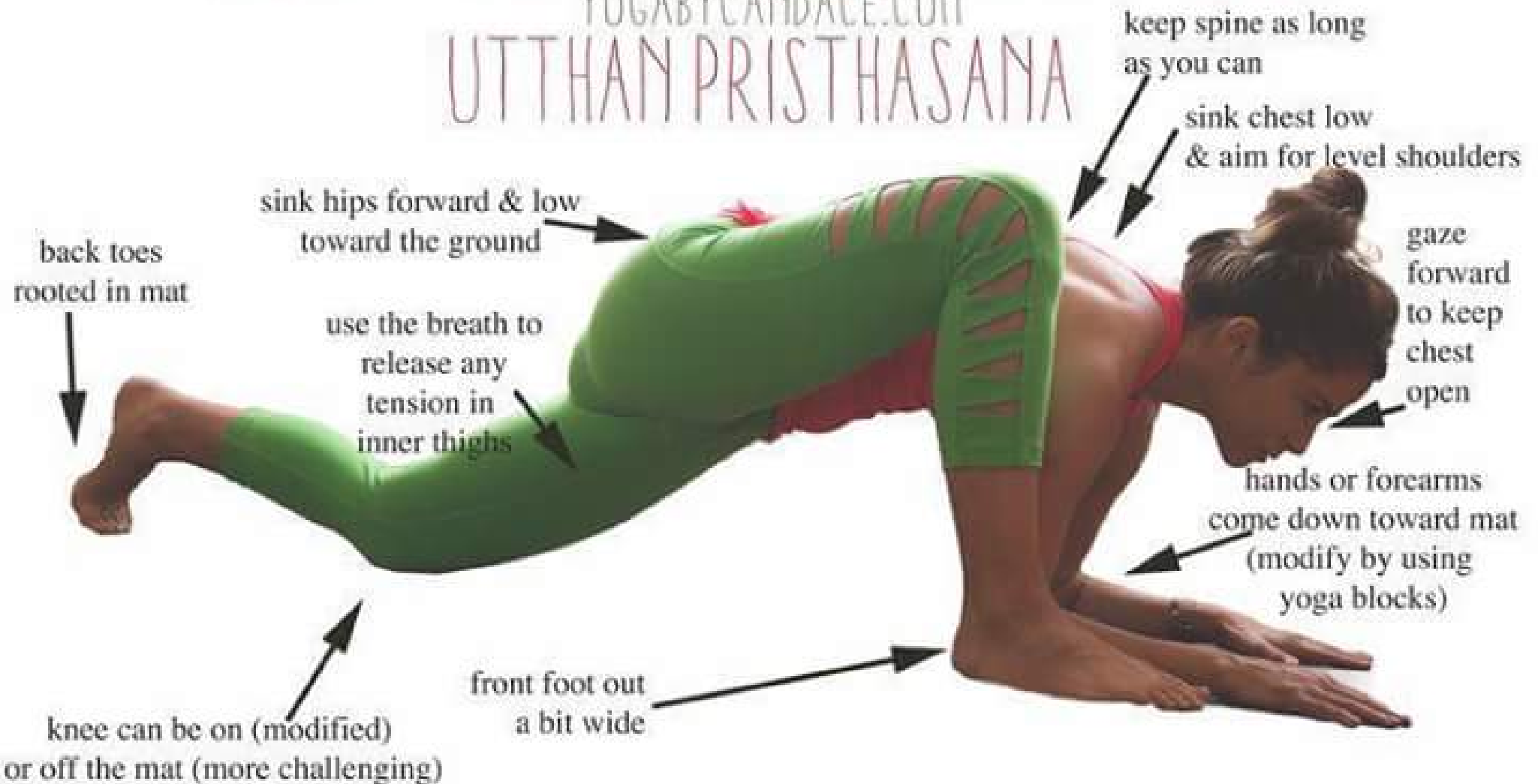
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# HOW TO DO LIZARD POSE

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## UTTHAN PRISTHASANA



# A Guide to Triangle Pose



AM I STRETCHING THROUGH THE FINGERS?

ARE MY SHOULDERS STACKED AND OPEN?

AM I ROLLING MY RIBCAGE OPEN TOWARD THE CEILING?

AM I BREATHING???

AM I DRAWING IN MY NAVEL AND SPINNING UP FROM THE LOW BELLY?

WHERE IS MY FOCUS? (IT CAN BE UP AT YOUR TOP HAND OR BOTTOM HAND)

AM I GROUNDING THROUGH THE OUTSIDE EDGE OF THE BACK FOOT?

AM I DRAWING MY INNER THIGHS TOGETHER?

# Common Mistakes in Bridge Pose

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## Do This:

knees are over ankles,  
hip distance, and point  
straight out in front



## Not this:



# Common Mistakes in Crow Pose

yogabycandace.com

Do this:

Not this:

back rounded  
as intercostal muscles  
lift and hold legs up

knees as high  
up the arms  
as you can get them

elbows in line  
with wrists

fingers,  
particularly the  
tips and roots of  
the fingers,  
are firmly plugged  
into the ground

gaze is about  
3 feet out in front



back flat, core  
not engaged

legs rest  
on arms

elbows should  
never look  
like this!  
Very dangerous  
for the wrists!

weight is  
collapsing  
onto the  
outside of  
the wrist.

gaze is straight  
down which  
makes it more  
likely you'll tip over



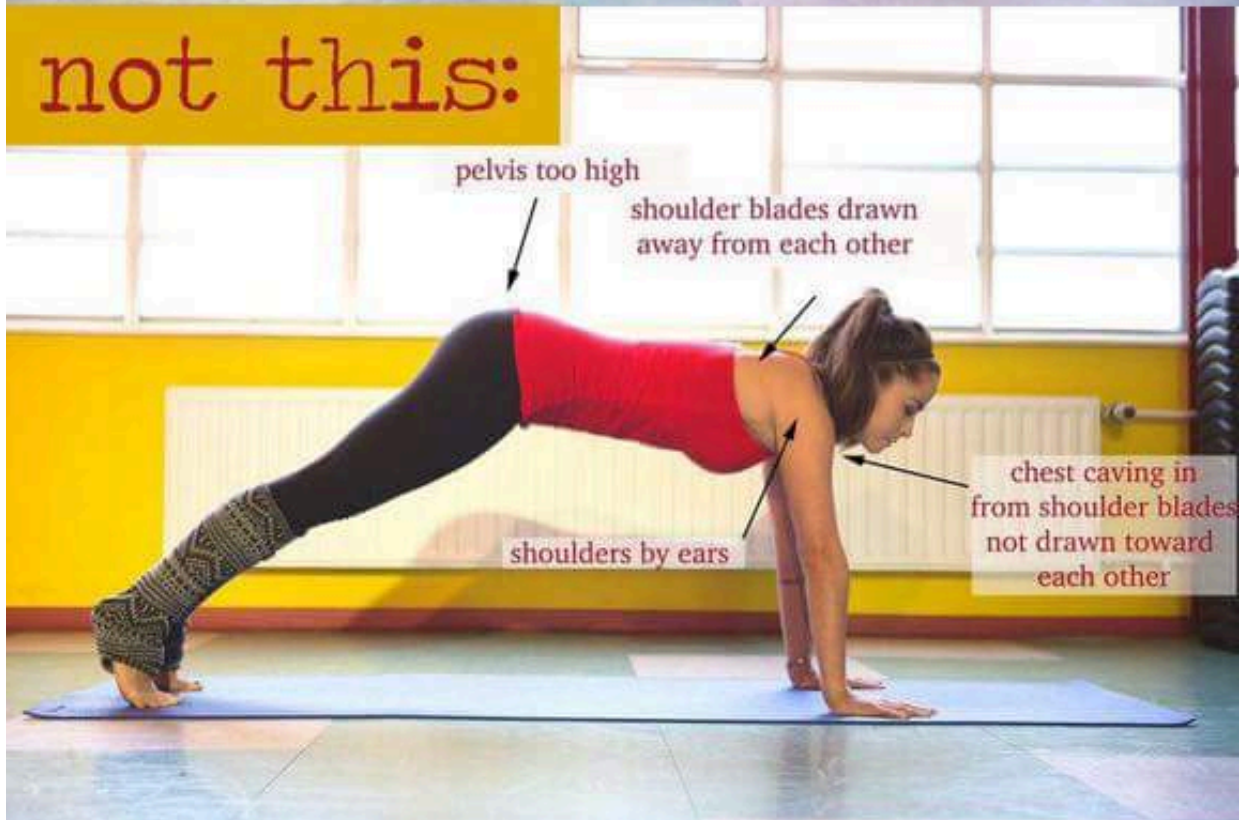
# Common Mistakes in plank pose

yogabycandace.com

do this:



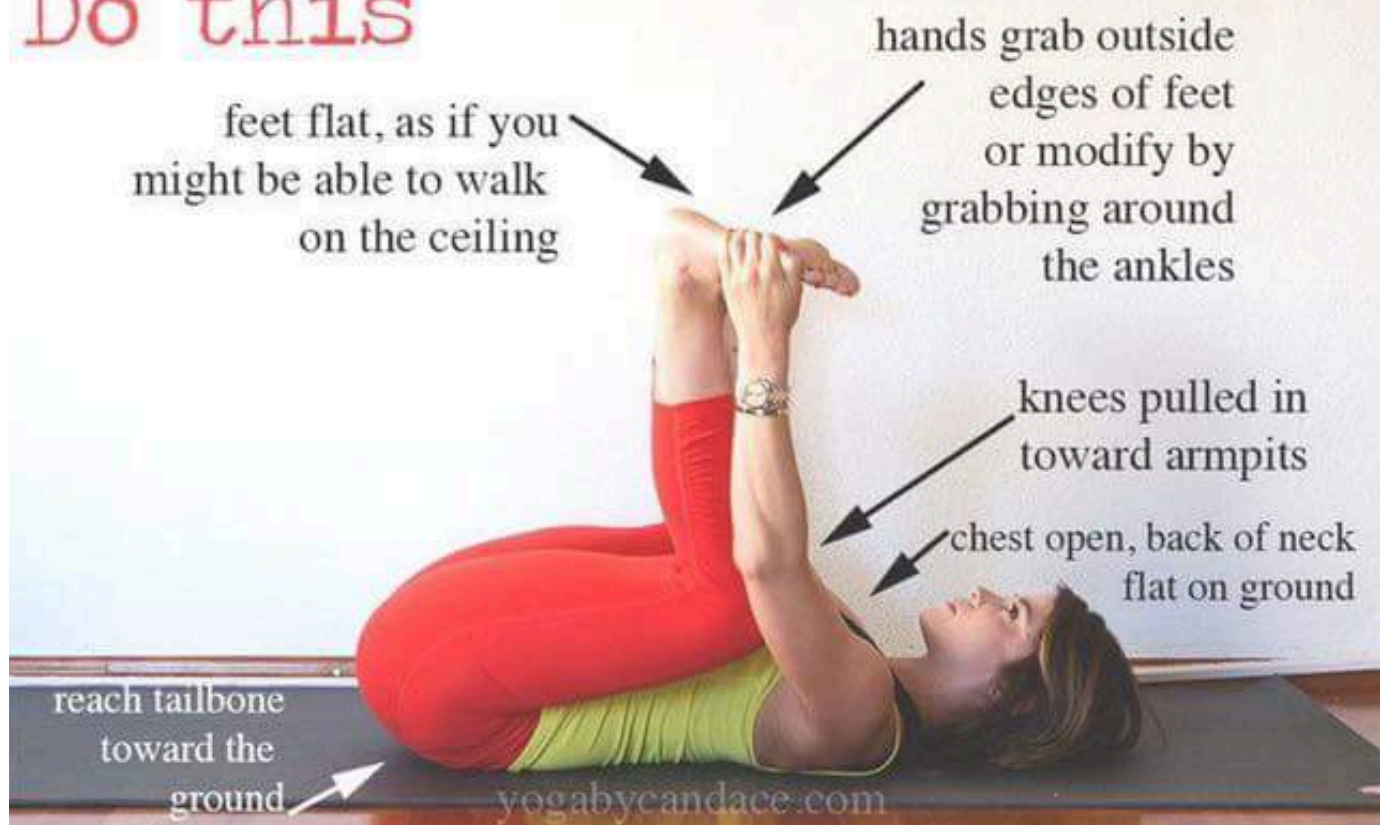
not this:



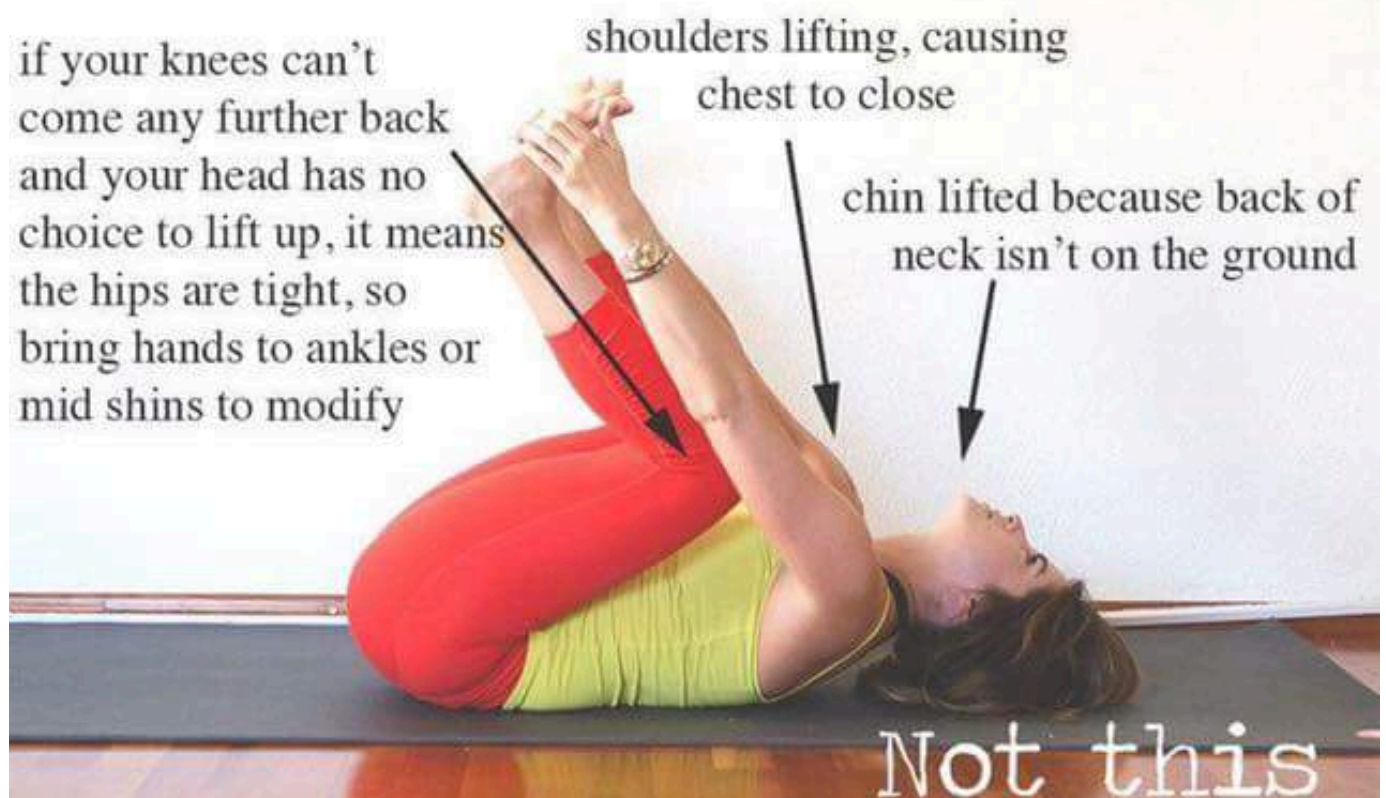
# Common Mistakes in Happy Baby Pose

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Do this



if your knees can't come any further back and your head has no choice to lift up, it means the hips are tight, so bring hands to ankles or mid shins to modify



# Common Mistakes in Mermaid Pose

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Do this



knees "magnetized" toward one another for a lift in pelvic floor

Not this





# Common mistakes in Half Moon Pose

Do this

yogabycandace.com



Not this



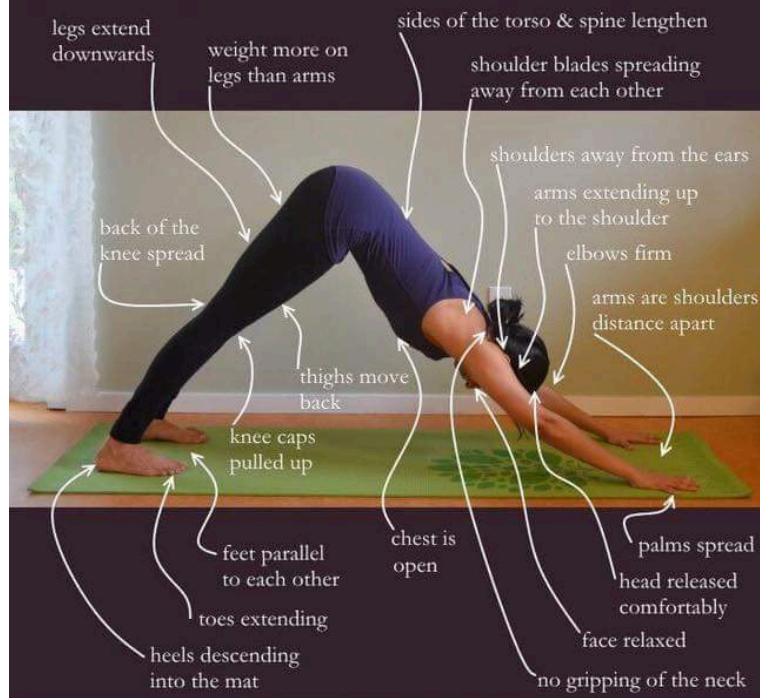
# PERFECTING your yoga poses

with Arundhati Baitmangalkar

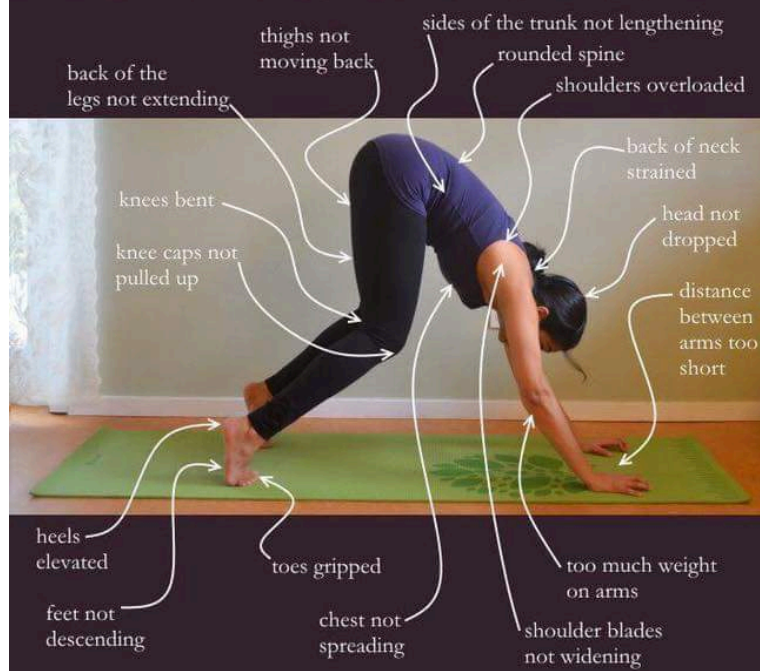
Presented by Seattle Yoga News

## Downward-Facing Dog

### DO THIS:



### DON'T DO THIS:



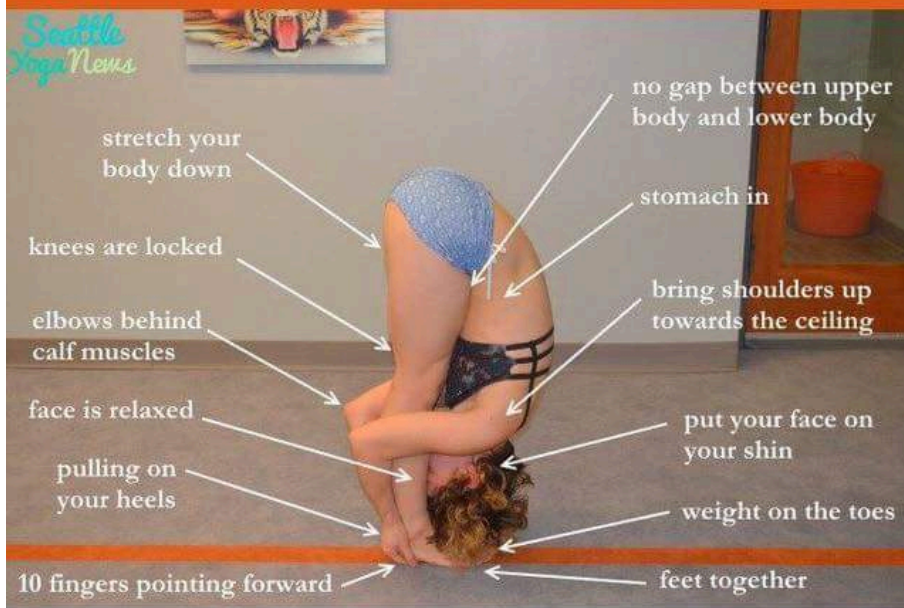
# PERFECTING THE BIKRAM YOGA POSES

with 

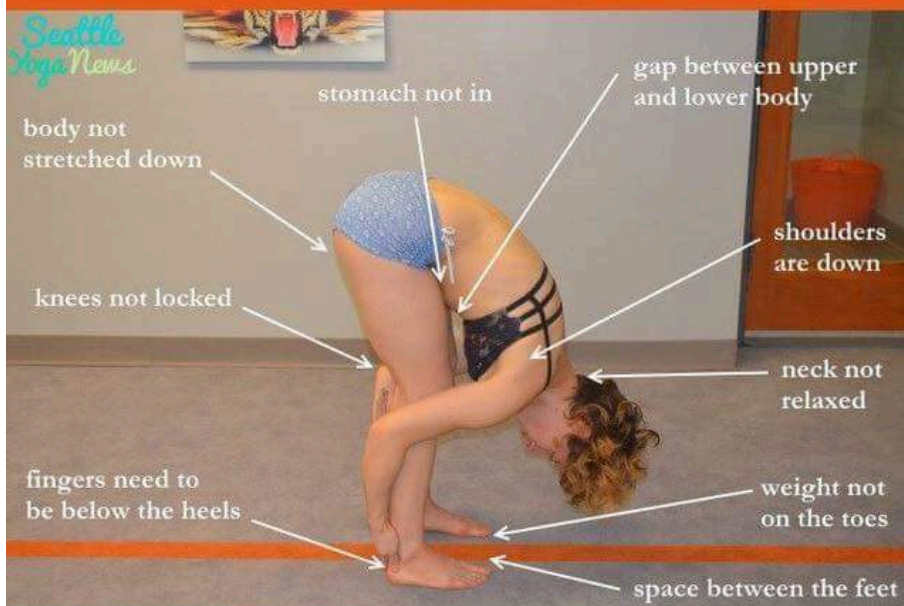
Presented by Seattle Yoga News

## *Forward Bending*

### DO THIS:



### DON'T DO THIS:



[www.SeattleYogaNews.com](http://www.SeattleYogaNews.com)

# PERFECTING your yoga poses

with Arundhati Baitmangalkar

Presented by Seattle Yoga News

## *Low Lunge Anjaneyasana*

### DO THIS:



### DON'T DO THIS:



[www.SeattleYogaNews.com](http://www.SeattleYogaNews.com)

# Common Mistakes in Dancer's Pose

## Do this:



## Not this:



@erinmotz  
#badyogi

Do This!



Not That!

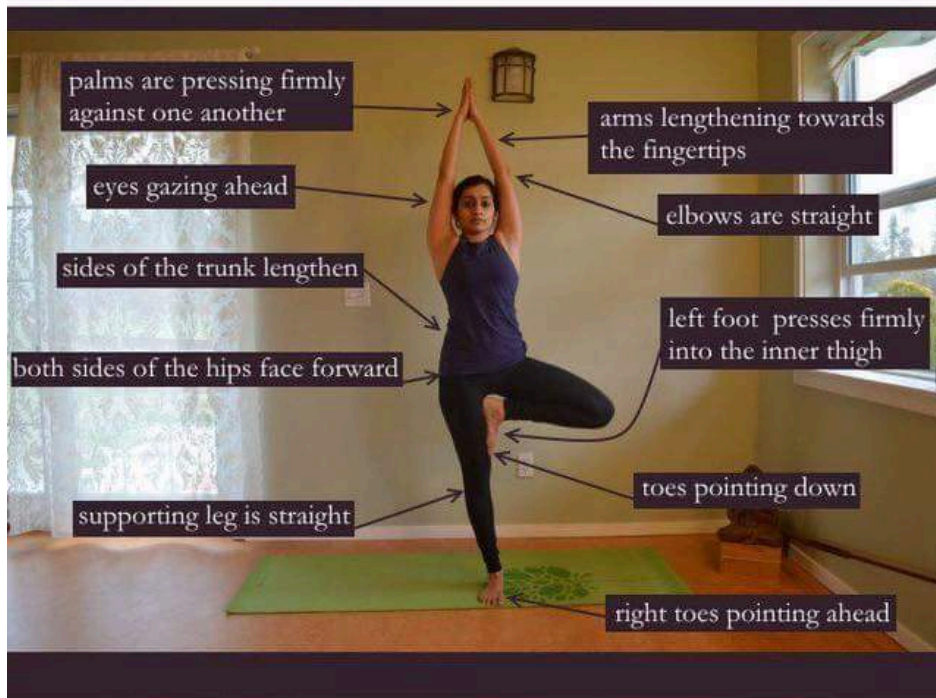


# PERFECTING your yoga poses

with Arundhati Baitmangalkar

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## *Vrksasana – Tree Pose*



## DON'T DO THIS:



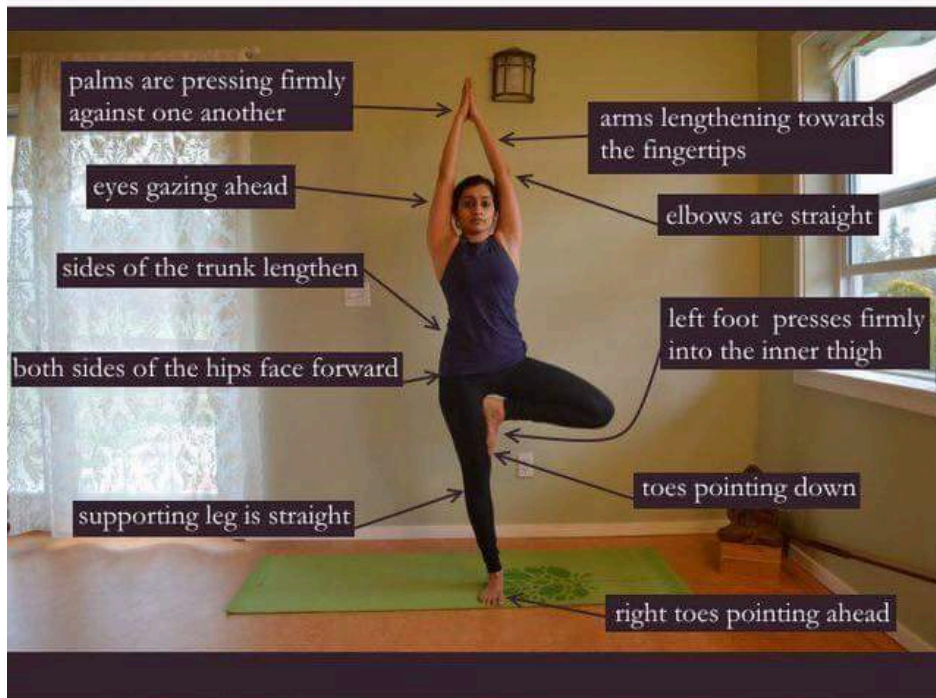
[www.SeattleYogaNews.com](http://www.SeattleYogaNews.com)

# PERFECTING your yoga poses

with Arundhati Baitmangalkar

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## *Vrksasana – Tree Pose*



## DON'T DO THIS:



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# PERFECTING your yoga poses

with Arundhati Baitmangalkar

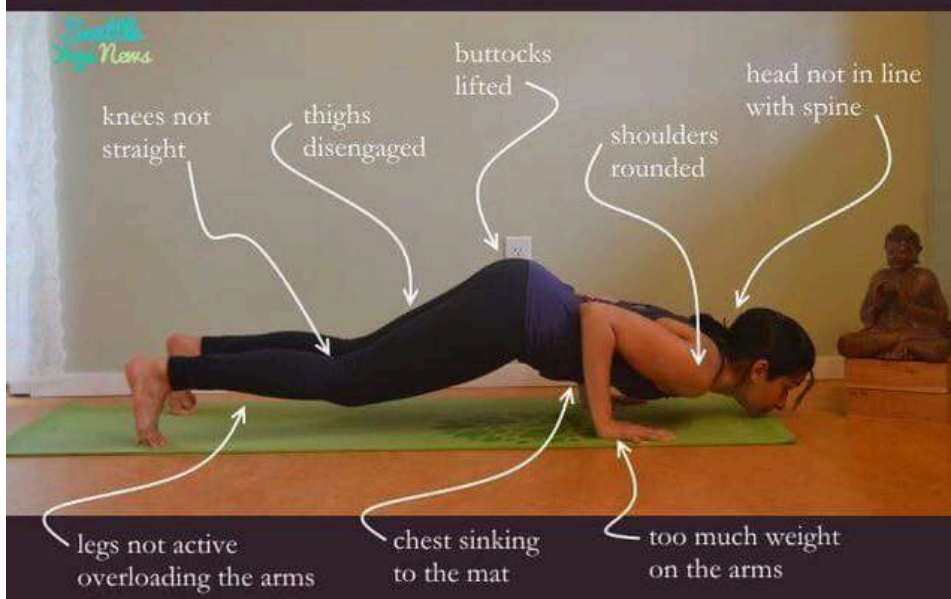
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## *Four-Limbed Staff*

### DO THIS:



### DON'T DO THIS:



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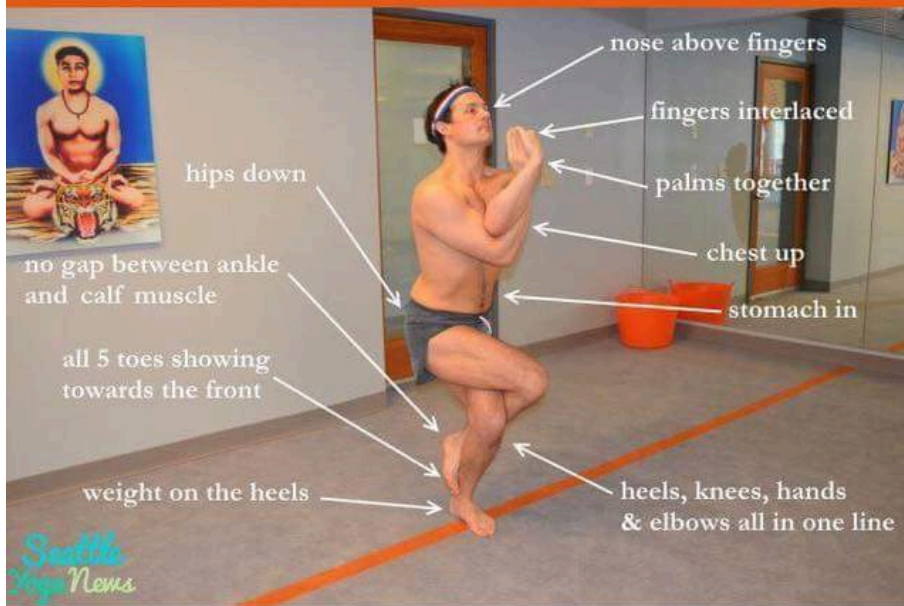
# PERFECTING THE BIKRAM YOGA POSES

with 

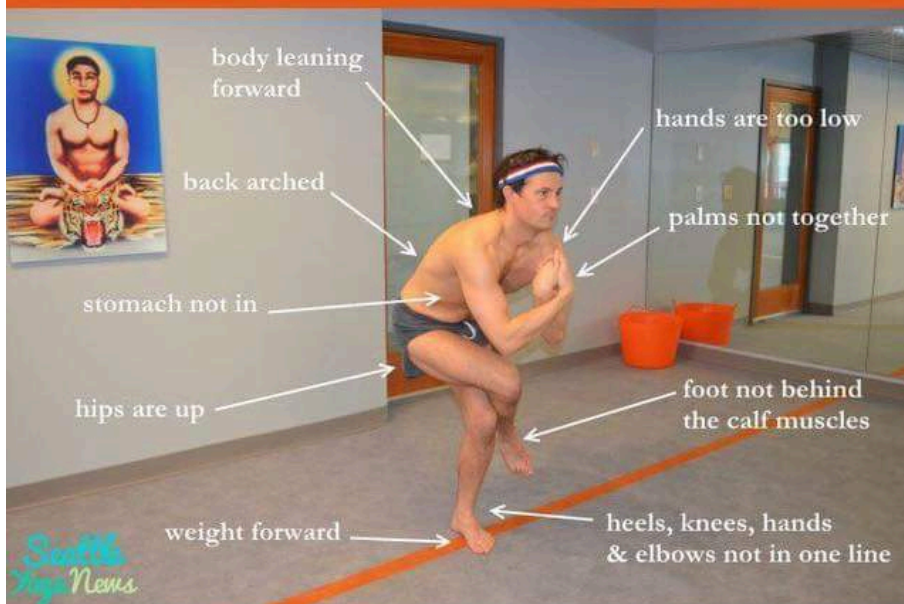
Presented by Seattle Yoga News

## Eagle

### DO THIS:



### DON'T DO THIS:



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# COMMON MISTAKES IN THREE LEGGED DOG



Do this or this:



↑ this works the hamstring

↑ this works the hip flexor

Not this:



# COMMON MISTAKES IN WHEEL POSE

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do this:

knees hip distance

toes & knees point forward

glutes relaxed

fingers forward

picture body as upside down letter U (not V)

armpits long

gaze between hands



not this:

knees wider than hips & splayed out

compression in low back

lack of back, chest & shoulder flexibility

means arms & armpits aren't long



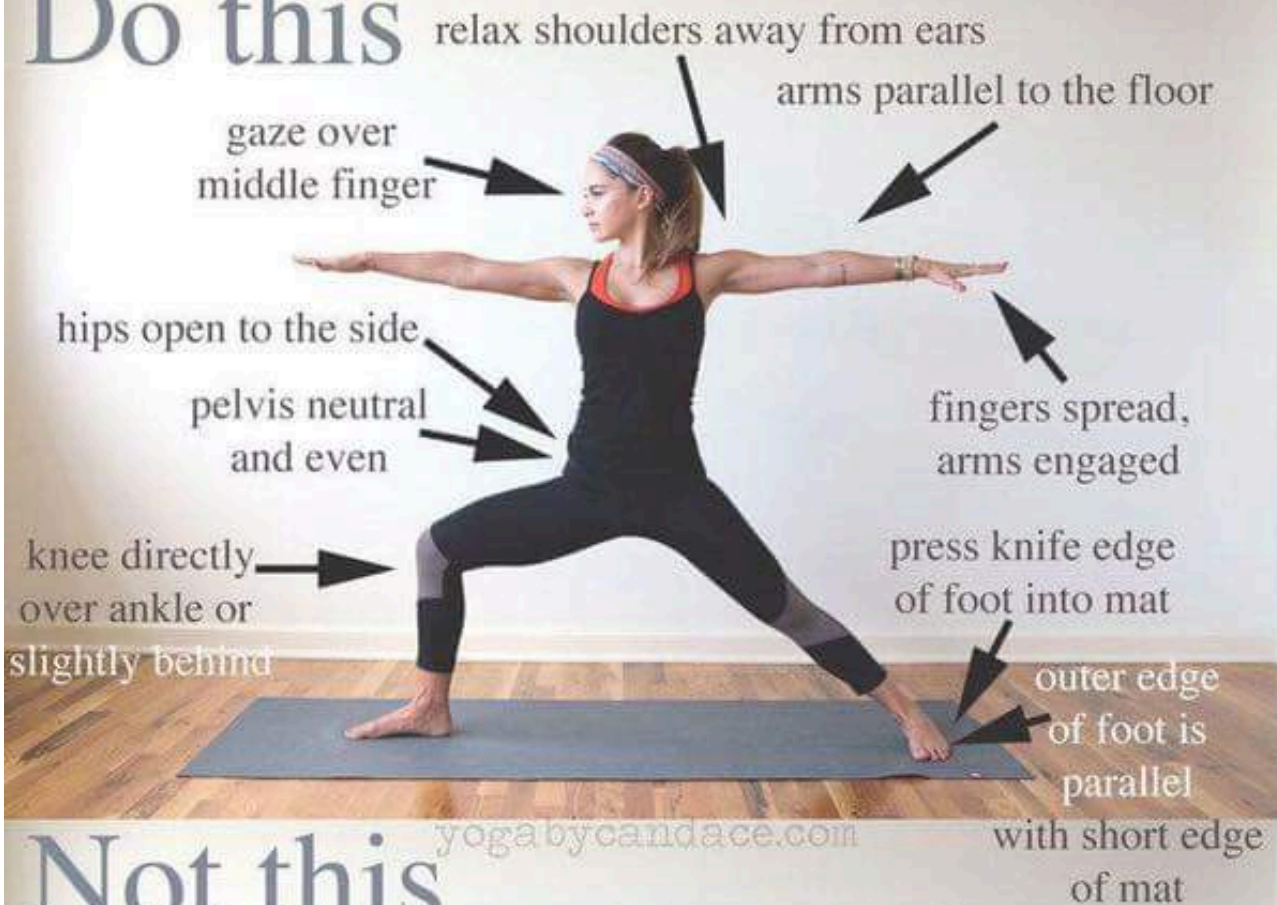
toes pointed out

# Common Mistakes

## in Warrior 2

yogabycandace.com

### Do this



### Not this



# Common Mistakes in Downward Dog

yogabycandace.com

do this:



not this:



# COMMON MISTAKES IN UPAVISTHA KONASANA B

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## Do this:

press out of bottoms of feet  
and spread toes

use core strength to stabilize

grab outside  
edges of feet

draw shoulder  
blades toward  
each other for  
open chest

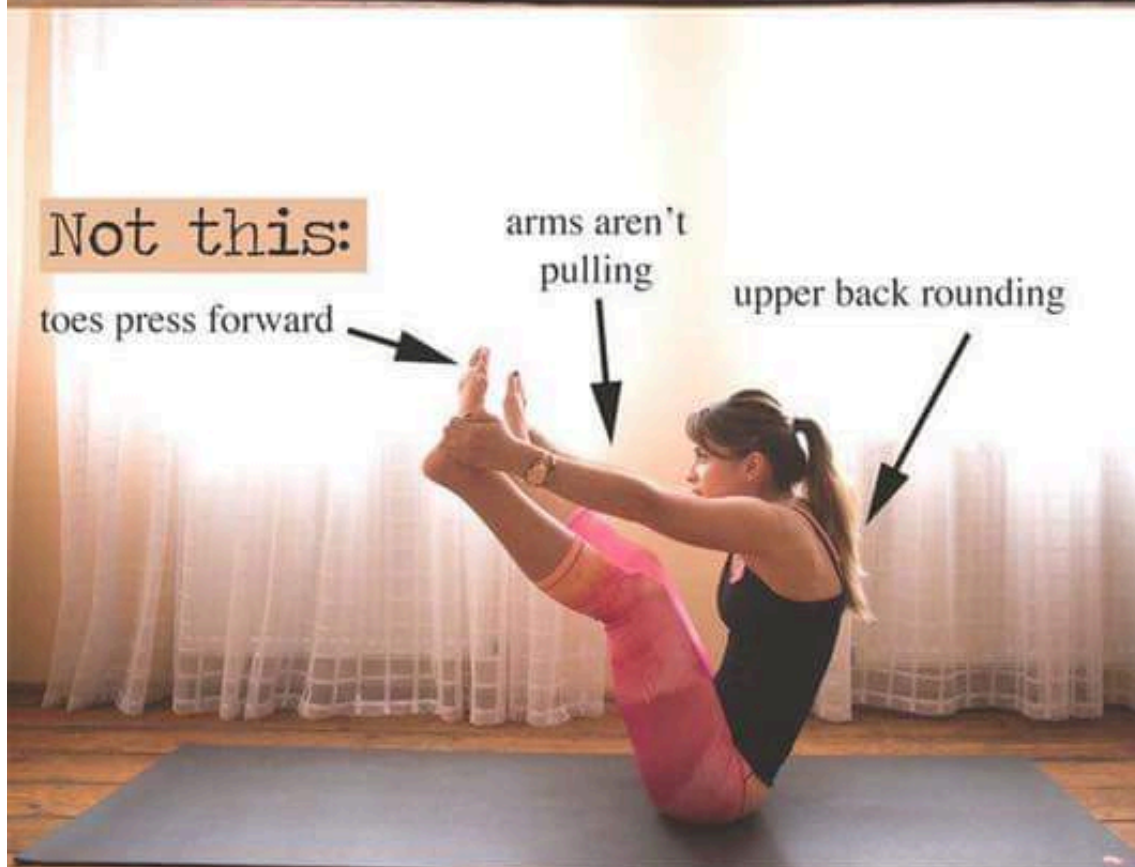
activate leg muscles  
by engaging kneecaps

## Not this:

toes press forward

arms aren't  
pulling

upper back rounding



# HOW TO DO THE HALF LORD OF THE FISHES



step-by-step guide on  
[sexyyogaschool.com](http://sexyyogaschool.com)

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**YOGA**  
**SCHOOL**  
yoga that will make you HOT

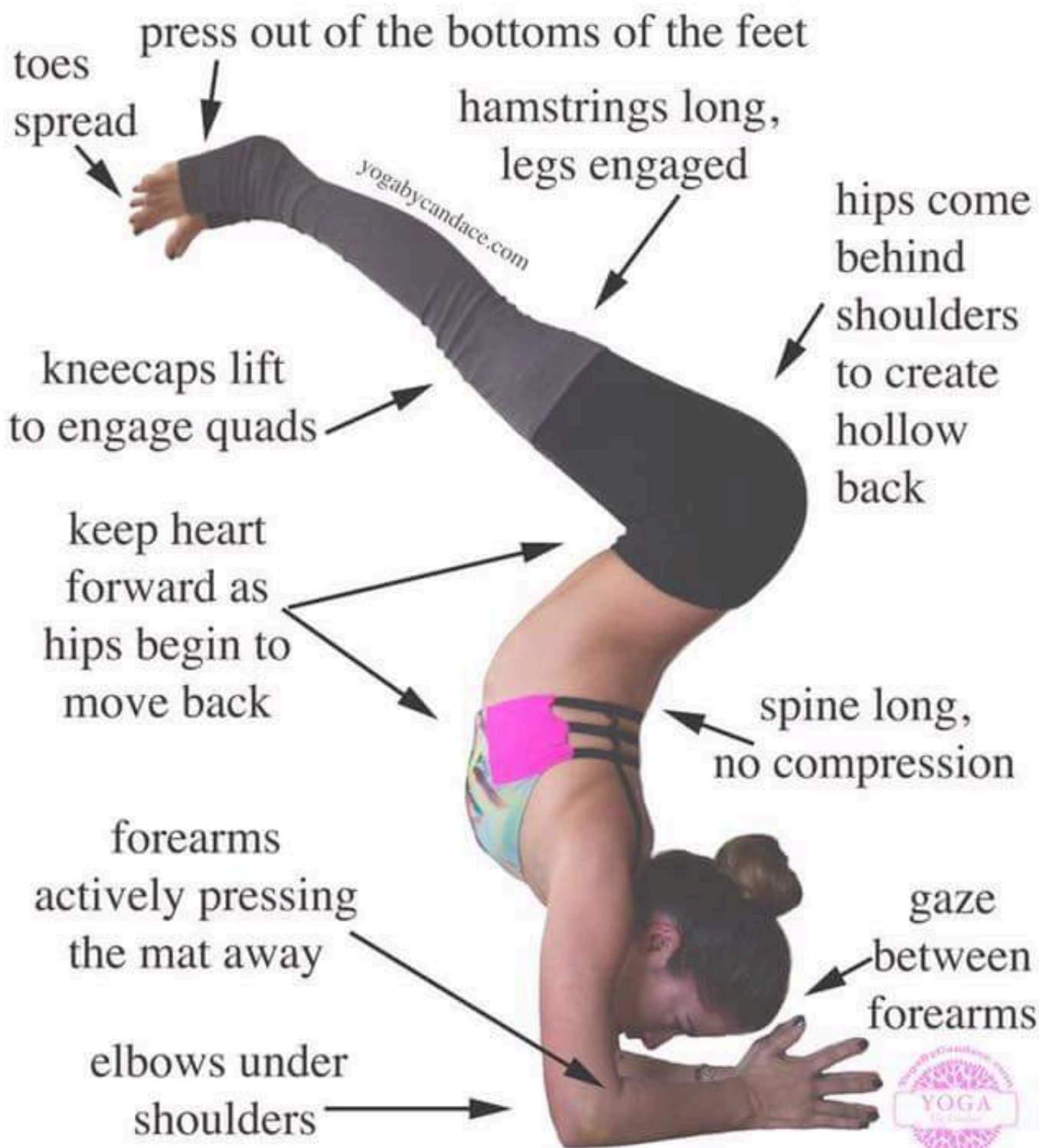


# HOW TO DO THE PLOW POSE



# How to do Forearm Stand with a Hollow Back

YOGABYCANDACE.COM



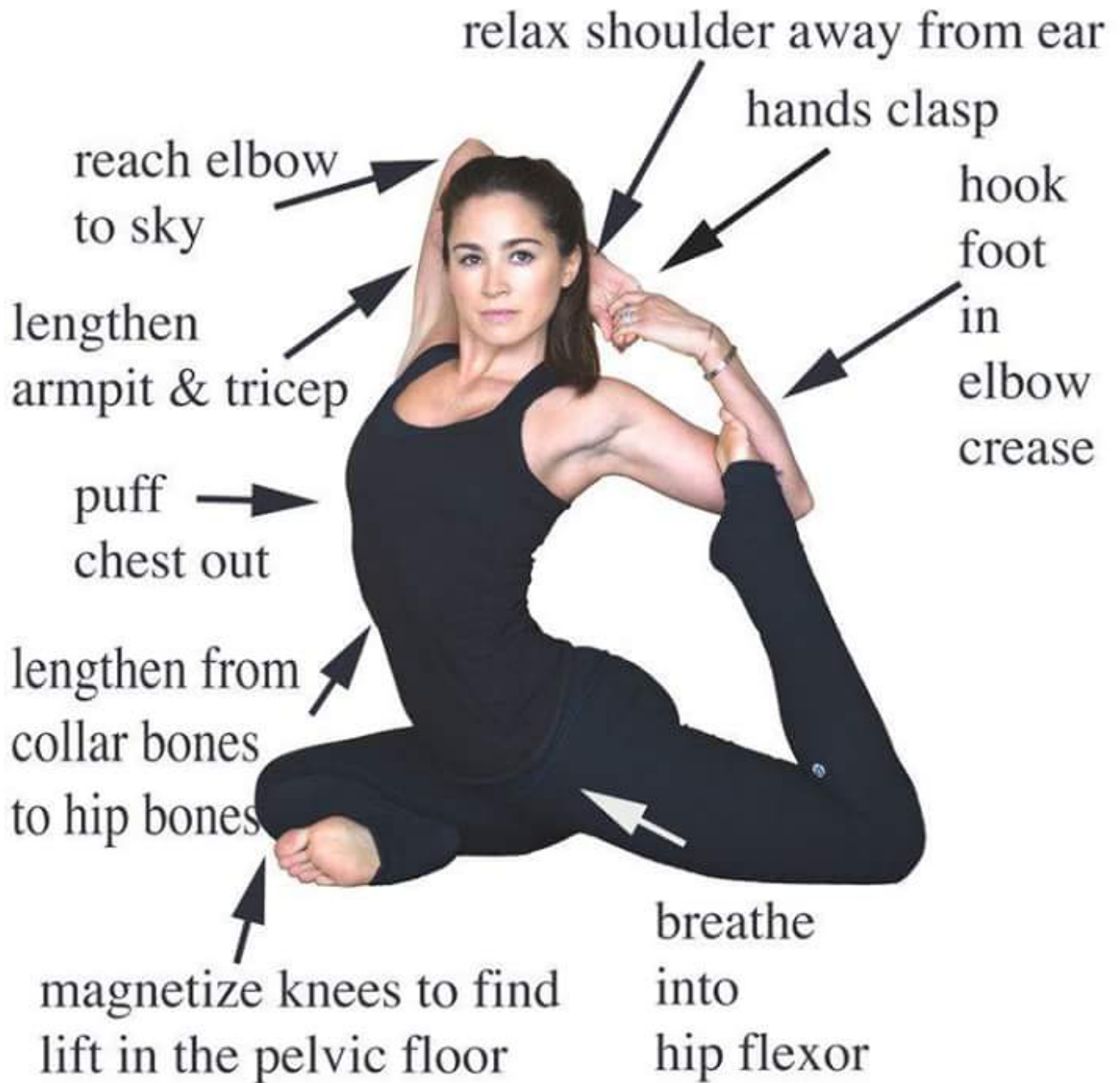
# HOW TO DO THE HALF MOON POSE

[www.sexyyogaschool.com](http://www.sexyyogaschool.com)



# Mermaid Pose

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# HOW TO DO THE REVOLVED CHAIR POSE



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# HOW TO DO THE REVOLVED ABDOMEN POSE



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# HOW TO DO THE HALF FROG POSE



Yoga Pose Guide  
Sexy yoga school

# HOW TO DO THE BRIDGE POSE





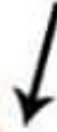
# HOW TO DO THE LOCUST POSE

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feet together



straight gaze



chest up

pubic bone pressed on the floor

# HOW TO DO THE CHATURANGA

<http://sexyyogaschool.com/>



# HOW TO DO THE WARRIOR II



# HOW TO DO THE MOUNTAIN POSE



# HOW TO DO THE SIDE PLANK POSE

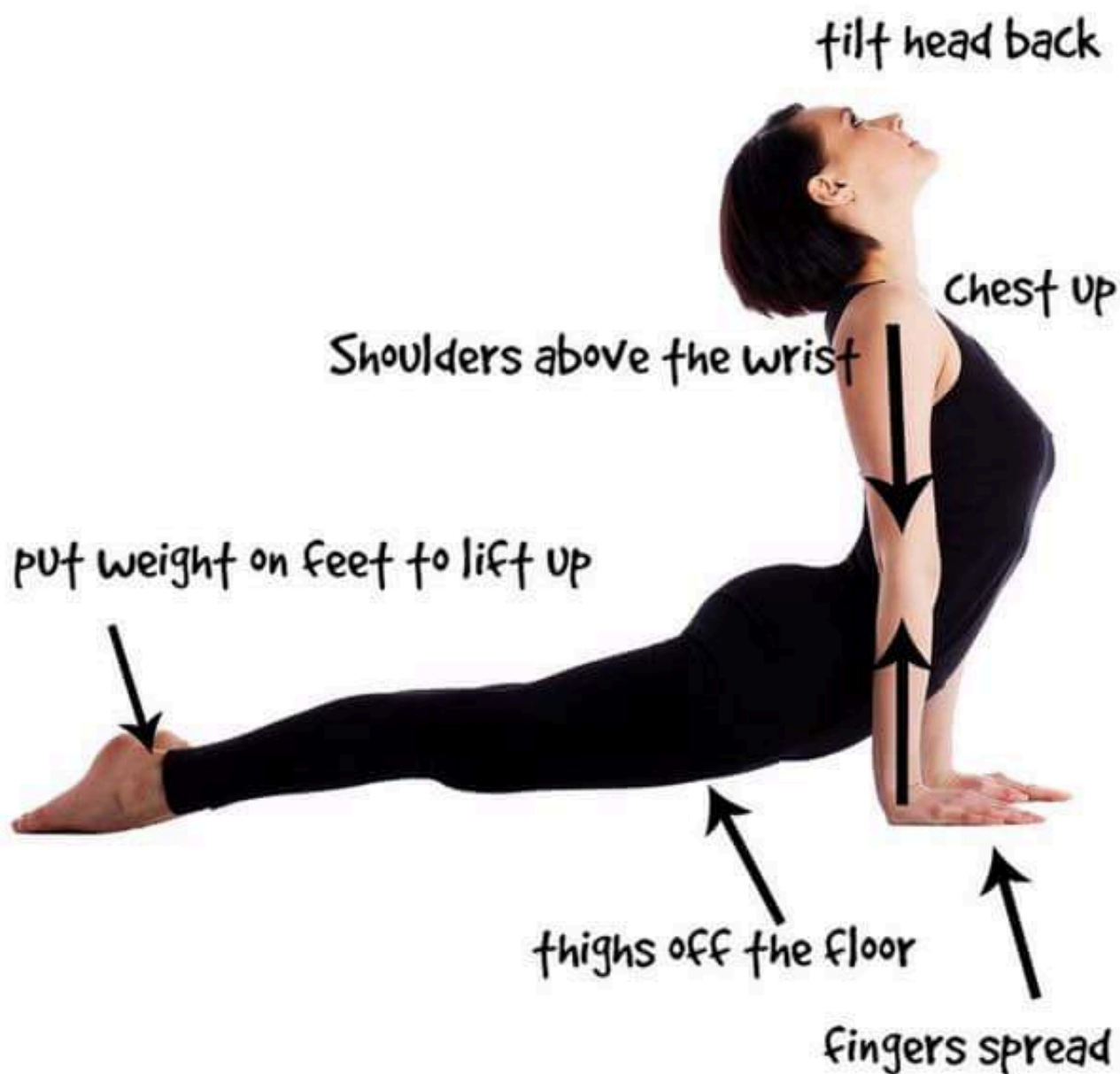


# HOW TO DO THE CAMEL POSE

<http://www.sexyyogaschool.com/>



# HOW TO DO THE UPWARD FACING DOG



# HOW TO DO THE HALF MOON POSE

[www.sexyyogaschool.com](http://www.sexyyogaschool.com)





# HOW TO DO THE WARRIOR III



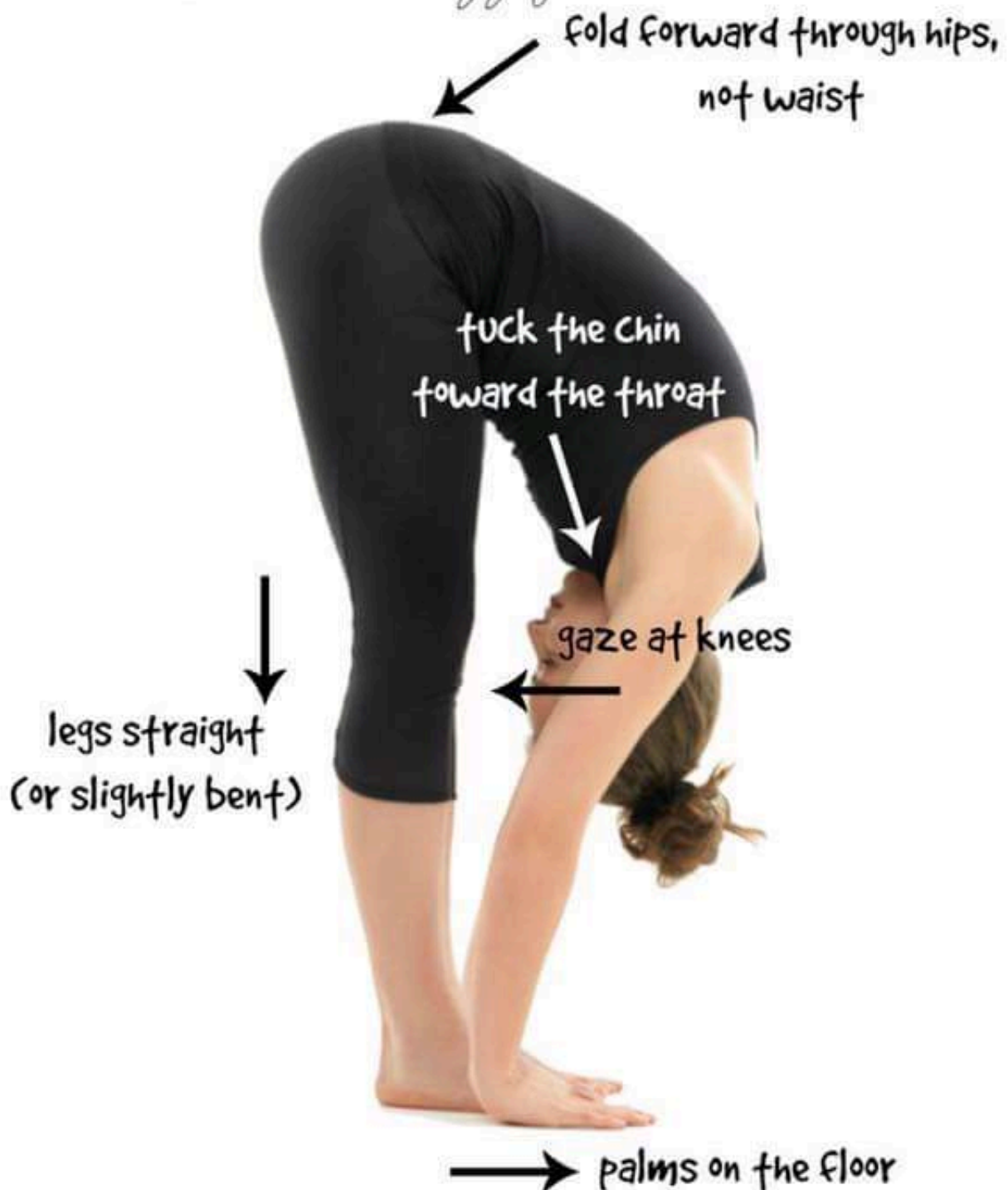
# HOW TO DO THE LOW LUNGE

[www.sexyyogaschool.com](http://www.sexyyogaschool.com)



# HOW TO DO THE FORWARD FOLD

<http://www.sexyyogaschool.com>

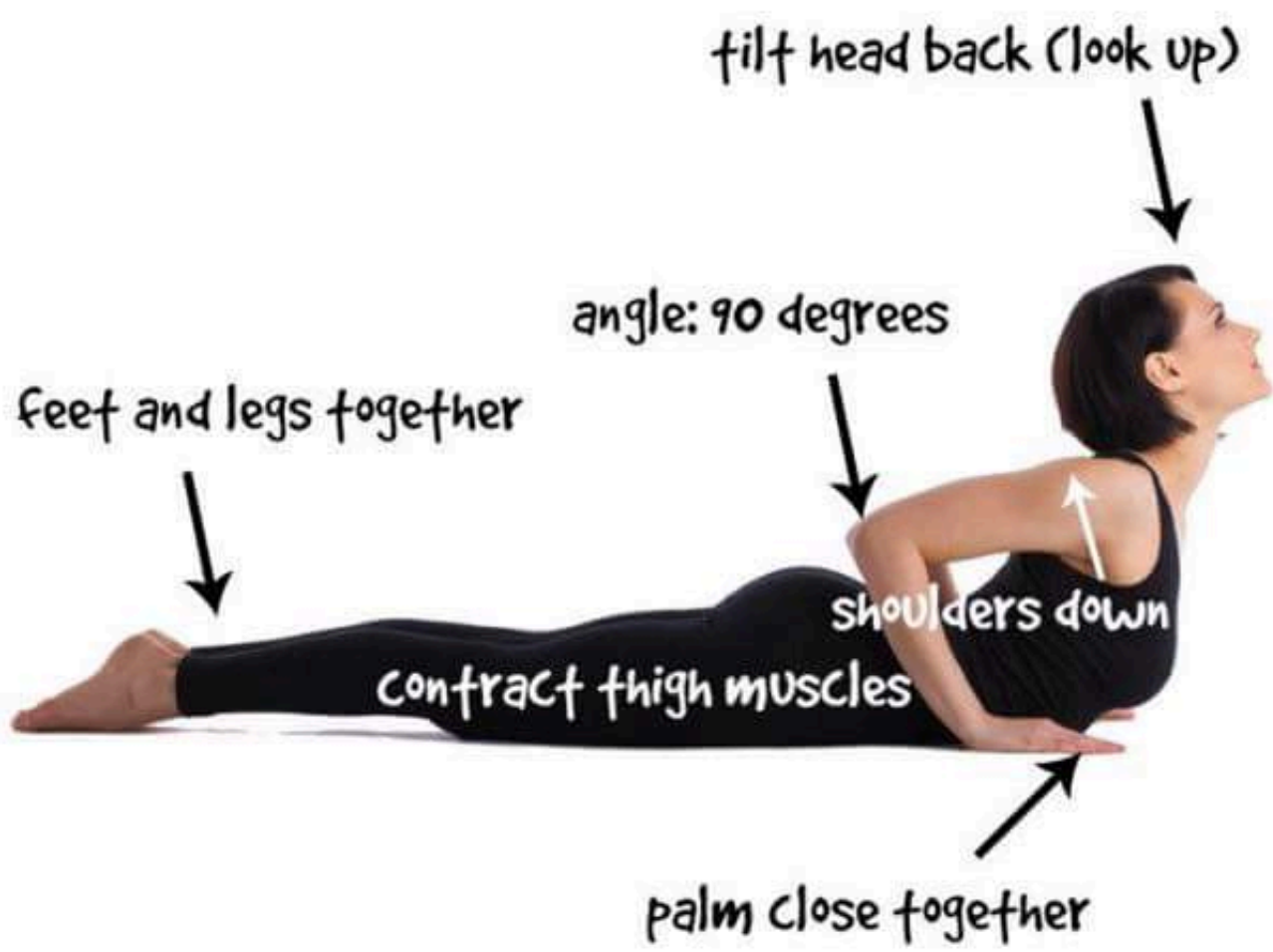


# HOW TO DO THE EAGLE POSE

<http://www.sexyyogaschool.com/>



# BEGINNER'S GUIDE



# COBRA POSE

# HOW TO DO THE CHAIR POSE

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# HOW TO DO THE PYRAMID POSE

fold forward through  
the hips

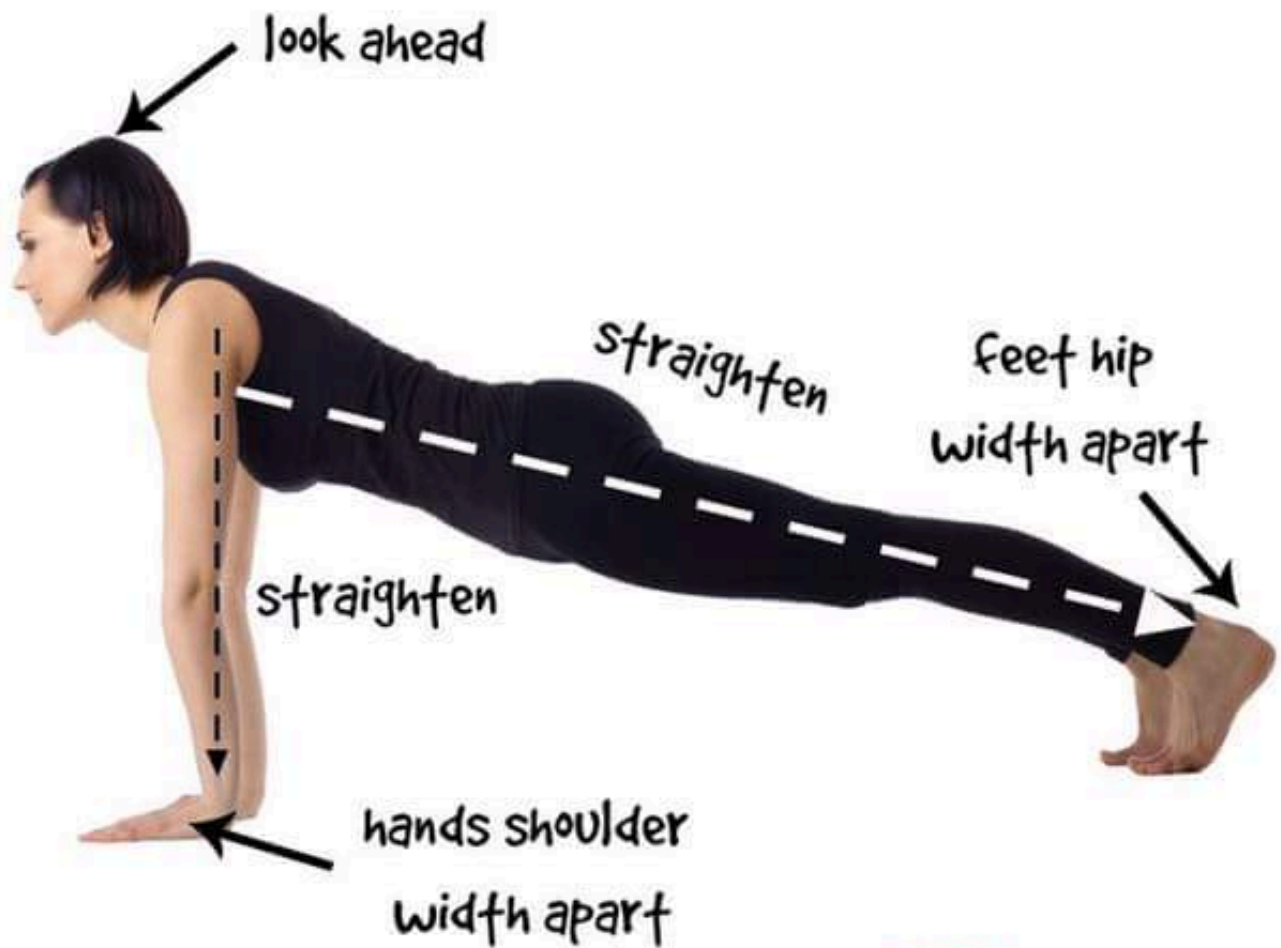


# HOW TO DO THE SUPPORTED SHOULDERSTAND





# HOW TO DO THE PLANK POSE



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# HOW TO DO THE STAFF POSE



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# HOW TO DO THE COW POSE



step-by-step guide on  
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# HOW TO DO THE DOWNWARD DOG

<http://www.sexyyogaschool.com/>



# HOW TO DO THE RECLINING HERO POSE



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# HOW TO DO THE UPWARD PLANK



# HOW TO DO THE SUPPORTED HEADSTAND



# HOW TO DO THE CHILD'S POSE



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# HOW TO DO THE SEATED FORWARD BEND

don't slouch the back



toes pointing  
up



bend using your hips

elbows pointing this way



step-by-step guide on  
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# HOW TO DO THE COW FACE POSE

<http://www.sexyyogaschool.com>



# HOW TO DO THE HERO POSE

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# HOW TO DO THE BUTTERFLY POSE

<http://www.sexyyogaschool.com/>





# HOW TO DO THE BOW POSE

<http://www.sexyyogaschool.com/>

# REVERSE WARRIOR

## VIPARITA VIRABHADRASANA

(REVERSED/INVERTED) (FIERCE WARRIOR)

**therapeutic for...**  
sciatica  
fatigue

**strengthens**

quads, arms and neck

**stretches**

groins, hips and obliques

**opens**

chest and shoulders

**modify...**

if you have knee issues you can always straighten your front leg

**tip**

keep the front knee open, try not to let it cave inward

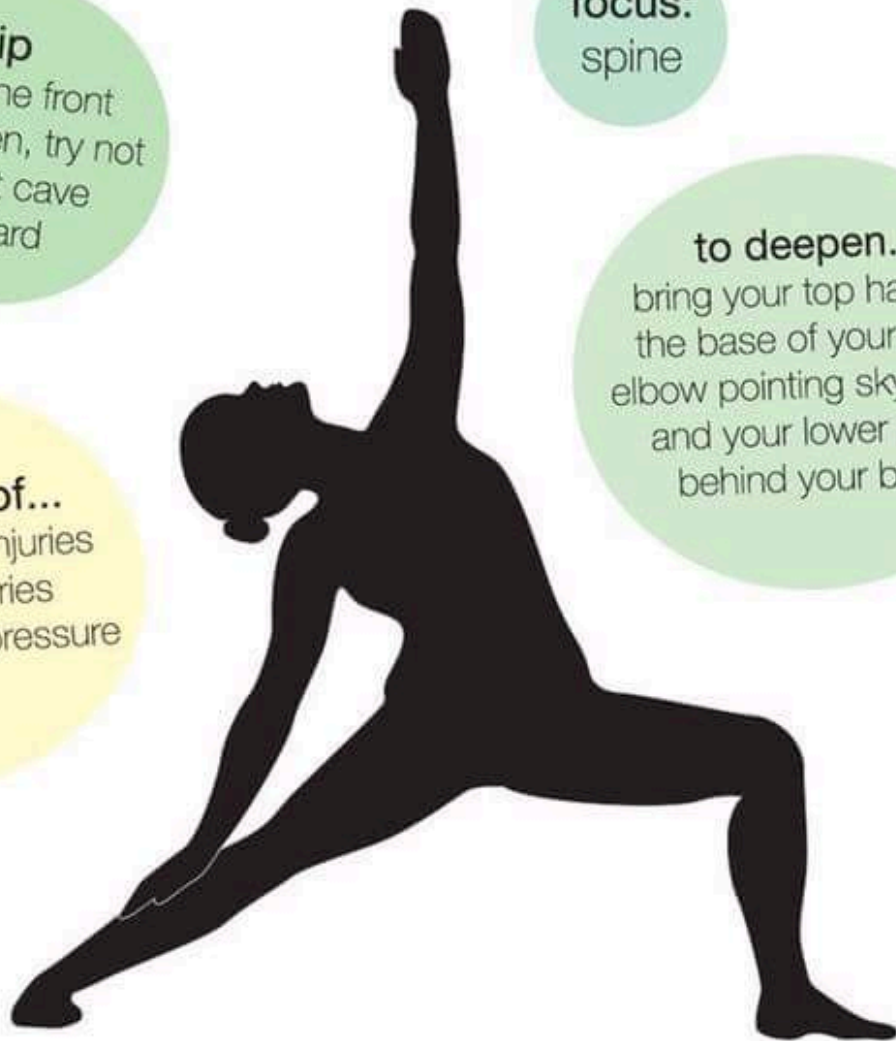
**focus:**  
spine

**to deepen...**

bring your top hand to the base of your skull, elbow pointing skywards, and your lower hand behind your back

**be careful of...**

neck or spinal injuries  
shoulder injuries  
high/low blood pressure



# HOW TO DO SASANGASANA

YOGABYCANDACE.COM

## RABBIT POSE

breathe into the spine,  
and lengthen as you round

hips lift

back rounds

arms long and  
strong as you pull  
on the feet

breathe  
between  
shoulder blades

hands cup  
the bottoms  
of the feet

top of head on mat

knees hip distance



# HOW TO DO THE CAT POSE



knees directly under the hips

elbows and hands under the shoulders

step-by-step guide on  
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# HEADSTAND

## SALAMBA SIRASNA

(WITH SUPPORT) (HEAD)

### be careful of...

low/high blood pressure  
menstruation  
pregnancy  
glaucoma  
conjunctivitis  
migrain  
sinus problems  
neck injury  
head injury  
heart condition

to deepen...  
squeeze inner  
thighs together  
lotus legs

therapeutic  
for...  
sciatica  
carpal tunnel  
flat feet  
infertility  
osteoporosis

### alleviates

stress mild depression

### stimulates

digestion, pituitary and pineal glands

### strengthens

arms, legs, spine and lungs

### increases

circulation to the brain,  
nervous system, scalp and face

### tones

ab organs

### calms

brain and heart

### tip

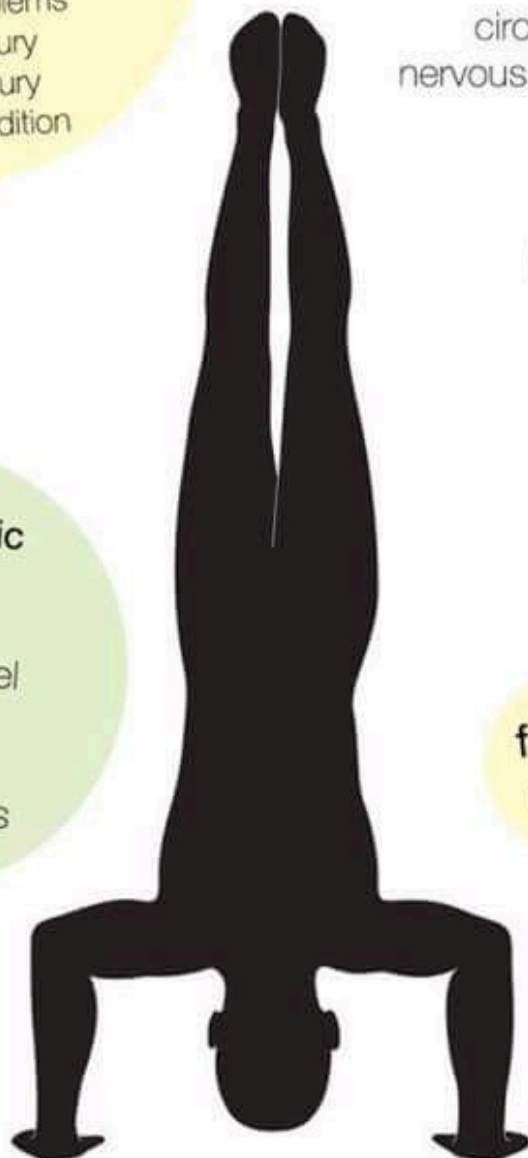
rest 90% of your  
weight on your  
elbows

### focus:

uterus

### modify...

perform against a  
wall or in the corner  
of a room



# DANCER'S POSE

NATARAJASANA

(ACTOR/DANCER) (KING)

## modify...

kick leg back to a comfortable level or not at all  
lift your chest to alleviate tension  
balance along a wall

## to deepen...

tilt chest forward until  
foot appears over the  
head

## therapeutic for..

fatigue  
A.D.D.

## strengthens and stretches

abs  
legs  
ankles  
shoulders  
chest  
thighs  
groin

## improves

flexibility  
lower spine strength  
lung capacity  
**encourages**  
concentration  
patience  
breath

## tip

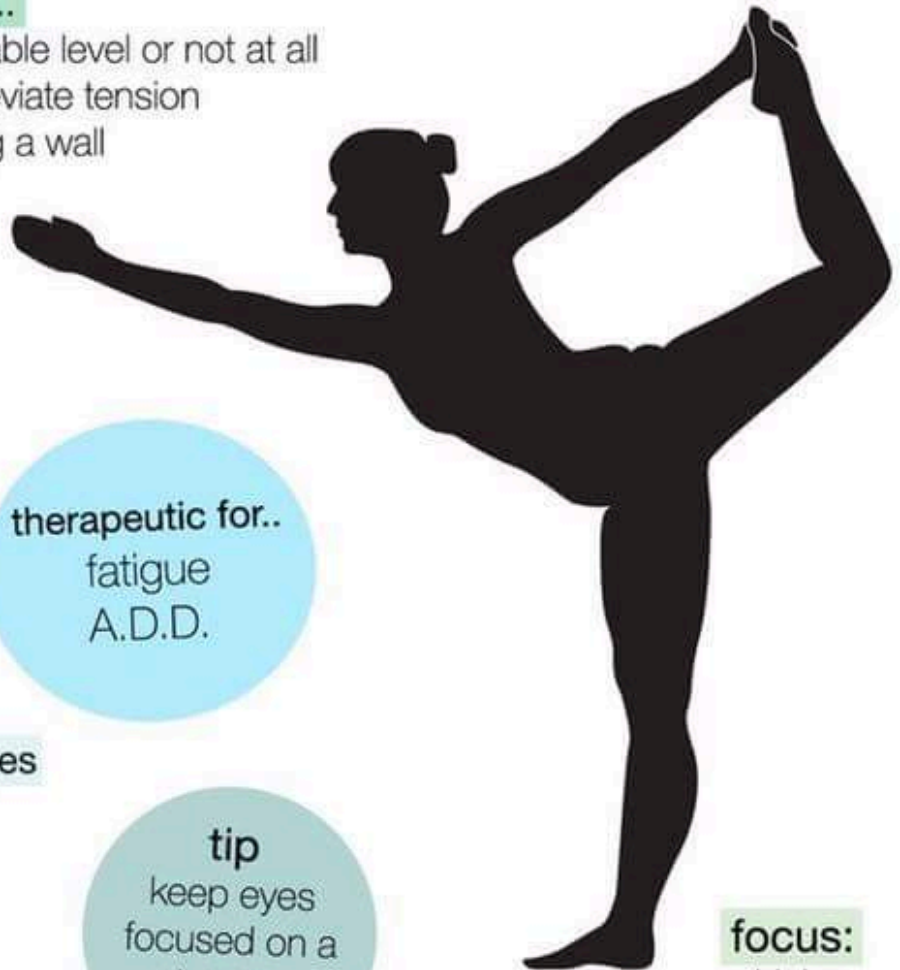
keep eyes  
focused on a  
point ahead

## be careful of...

improper grip  
bent standing leg  
swinging knee  
low blood pressure

## focus:

thighs  
knees  
ankles  
abs  
pelvis  
groin  
chest  
shoulders  
spine  
kidney  
lungs



# CHAIR

## UTKATASANA

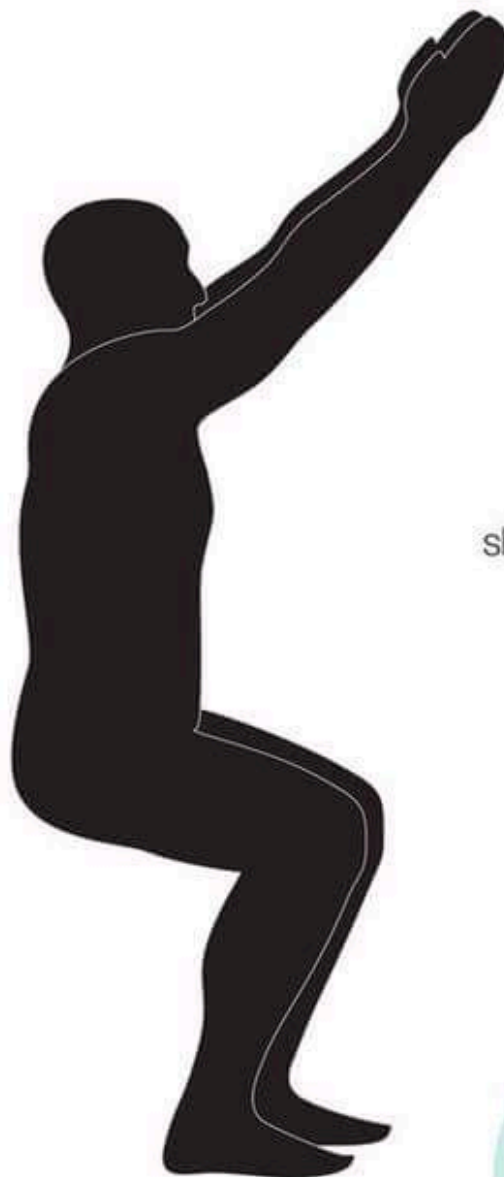
(POWERFUL)

**therapeutic for...**  
flat feet

**modify...**  
hold arms straight, parallel  
to the floor and straighten  
knees to a comfortable  
level

**tip**  
keep spine as  
straight as possible  
and put weight into  
heels

**to deepen...**  
dig heels deep into the  
floor lifting sitting bones  
and sit hips way back as  
if reaching for a small  
chair



### strengthens and stretches

ankles  
calves  
knees  
thighs  
shoulders  
chest

### tones

back  
quads  
hip muscles

### relieves

tension  
shoulder stiffness

### improves

balance  
metabolism  
posture

### stimulates

ab organs  
diaphragm  
circulation  
heart

**be careful of...**  
swaying low back  
insomnia  
low blood pressure

**focus:**  
thighs

# DOWNWARD FACING DOG

ADHO MUHA SVANASANA

(DOWNWARD) (FACE) (DOG)

**deepen by...**  
deeply bend knees  
and bring belly to  
thighs

**focus:**  
hamstrings  
backside

**modify...**  
bend knees as  
needed



**improves**  
digestion  
vitality  
circulation

**strengthens and stretches**

arms  
shoulders  
neck  
back  
hips

abdomen  
legs  
calves  
arches

**calms**

brain  
stress  
mild depression

**tip**

draw abs up and in  
place weight into thumbs and index finger to relieve wrists

**therapeutic for...**  
sinusitis  
sciatica  
flat feet  
asthma  
insomnia  
osteoporosis  
back pain  
fatigue  
digestion

**be careful of...**  
a rounding back  
hyper-extended elbows  
hunching shoulders  
carpal tunnel syndrome  
diarrhea  
high blood pressure  
pregnancy

# TREE

## VRKASANA

(TREE)



### improves

balance posture concentration focus

### strengthens

thighs calves spine ankles

### tones

leg muscles

### increases

flexibility in ankles knee and hip joints

### prevents

groin pulls

### tip

fix your gaze to  
a point at eye  
level

### modify...

place upper  
foot below the  
knee to estab-  
lish balance

### therapeutic for...

flat feet  
headache  
sciatica  
insomnia

**focus:**  
thighs

### be careful of...

bent standing leg  
hiking up one hip  
high/low blood pressure  
keep pressure off knee joint

### to deepen...

hold hands in prayer pose above the head  
learn to balance eyes closed

# WARRIOR II

## VIRBHADRASANA II

( FIERCE ) ( WARRIOR )



**focus:**  
shoulders  
legs  
abs

**be careful of...**  
diarrhea  
high blood pressure  
neck problems

**modify...**  
shorten stance  
by bringing back  
foot in

**to deepen...**  
sit lower in  
lunge

### strengthens and stretches

- legs
- ankles
- groin
- chest
- lungs
- shoulders
- stimulates**  
ab muscles
- increases**  
stamina
- focus

**therapeutic for...**  
sciatica  
carpal tunnel  
flat feet  
osteoporosis  
infertility

**tip**  
keep shoulders stacked  
over hips, keep a strong  
back leg for stability and  
anchor weight through the  
back edge of back foot

# BRIDGE

## SETU BANDHA SARVANGASANA

(BRIDGE) (LOCK)

### therapeutic for...

insomnia  
asthma  
high blood pressure  
osteoporosis  
sinusitis  
stress

### tip

press hands to  
the floor next to  
the hips

### strengthens and stretches

neck  
chest  
spine

### stabilizes and releases

lower back  
tones  
glutes  
thighs  
abs

**focus:**  
uterus

### be careful of...

neck injury  
back injury  
upper back injury  
splaying knees  
feet pointed out

### improves

lung capacity  
brain function  
stress  
anxiety

### stimulates

ab organs  
digestion  
lungs  
thyroid

### rejuvenates

tired legs

### to deepen...

lift heels off the floor and  
push tailbone up,  
reach tailbone toward  
knees to lengthen spine

### modify...

hold up the small of  
your back with your  
hands



# UPWARD FACING DOG

URDHVA MUKHA SVANASANA

(UPWARD) (FACE) (DOG)

**modify...**  
release thighs to floor  
into high cobra

**tip**  
keep shoulders  
away from the  
ears

**focus:**  
wrists  
back

**to deepen...**  
draw  
shoulderblades  
together



**improves**

lung capacity  
posture

**strengthens and stretches**

wrists  
chest  
shoulders  
abs  
spine  
trapezius  
upper arm muscles

**stimulates**

abdominal organs

**therapeutic for...**  
sciatica  
asthma  
fatigue  
mild depression

**be careful of...**  
knees and thighs not lifted  
sickled feet  
shoulders crunching  
locked arms



# WIDE LEGGED FORWARD FOLD

## PRASARITA PADOTTANASANA

(STRETCHED-OUT) (FOOT) (INTENSE) (STRETCH)

### stretches and tones

calves  
hamstrings  
legs  
ab muscles  
internal organs

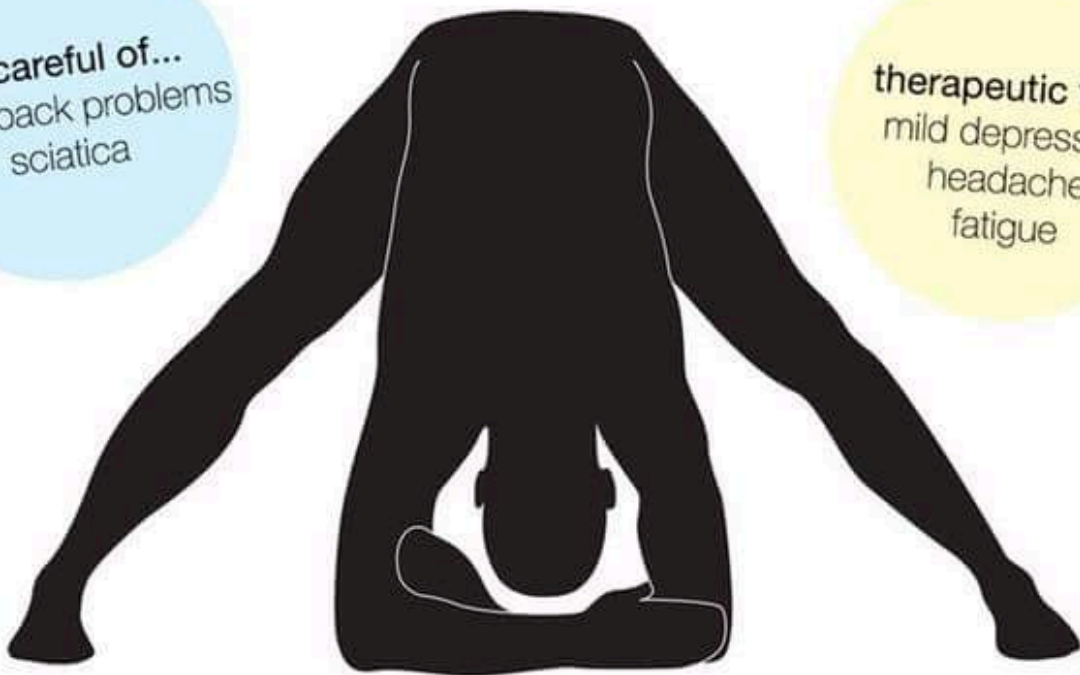
### oxygenates, calms, and soothes

entire nervous system

**tip**  
support head on  
a block

**be careful of...**  
lower back problems  
sciatica

**therapeutic for...**  
mild depression  
headache  
fatigue



**modify...**  
bend knees as  
needed, place  
hands on the floor,  
shorten stance or  
hold hands on  
calves

### focus:

brain  
liver  
kidneys  
calves  
hips  
groin  
knee  
spine

**to deepen...**  
reach hands through  
legs with fingertip  
pointed away from the  
face to deepen upper  
back stretch

alo  
yoga

# PIKE HANDSTAND



SHOP THE PATENT PENDING GODDESS LEGGING AT [ALOYOGA.COM](http://ALOYOGA.COM)

alo  
yoga

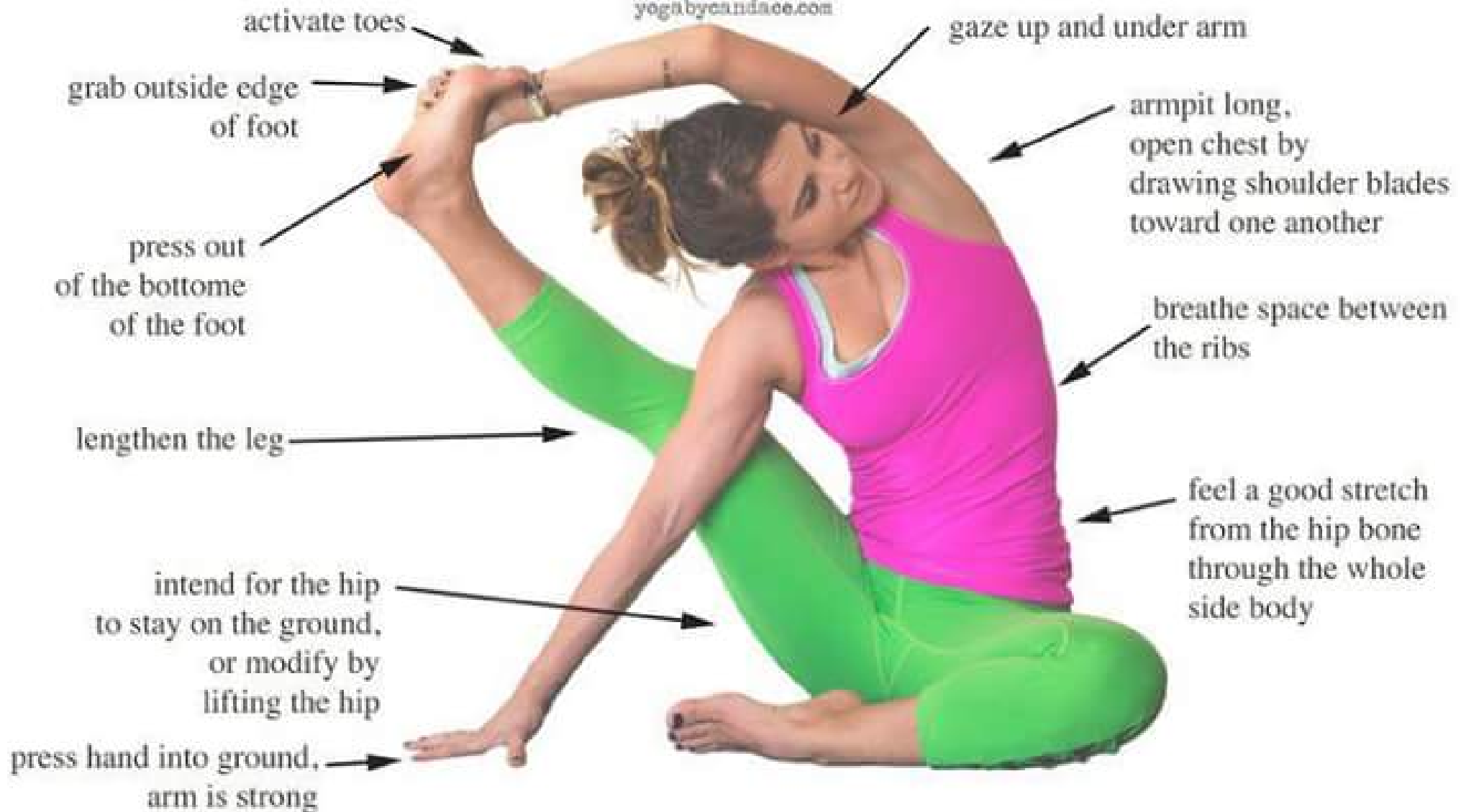
# COMPASS POSE



SHOP THE PATENT PENDING GODDESS LEGGING AT [ALOYOGA.COM](http://ALOYOGA.COM)

# How to do Sundial Pose

yogabycandace.com



alo  
yoga

# LOTUS POSE

EXTERNALLY ROTATE THE HIP JOINT  
AS YOU GENTLY FOLD ONE FOOT INTO  
OPPOSITE HIP AREA AT A TIME

WARM UP HIPS  
BEFORE ENTERING



NEVER FORCE

SHOP THE PATENT PENDING GODDESS LEGGING AT [ALOYOGA.COM](http://ALOYOGA.COM)

# HOW TO DO THE CAMEL POSE

<http://www.sexyyogaschool.com/>



# HOW TO DO THE COW FACE POSE

<http://www.sexyyogaschool.com>

