

Strike it up with your Yoga Poses

There are a lot of yoga poses and you might wonder if some are still exercised and applied. The answer is yes. Yoga poses function and perform differently. Each pose is designed to develop one's flexibility and strength.

Here are some of the yoga poses that are commonly used:

Standing Poses

Standing is one of the important yoga poses. This type of pose is helpful in aligning your body and your feet. This is also very useful in improving and maintaining a good posture. It is an advantage because if you have a bad posture, your backbones can be stretched and straightened without noticing it. Standing poses helps in giving strength to your legs and at the same time increase elasticity in your legs and hips because they are all connected to each other.

Seated poses

These types of yoga poses increase your lower back and hip's flexibility. This also strengthens your back. This adds suppleness to your knees, groin, ankle and most especially your spine. Another advantage is that it helps you to breathe in deep which gives you that calm and peaceful feeling.

Forward Bends

This type helps you in stretching the hamstrings and your lower back also strengthening it. This lessens the tension found in your neck, shoulder, back and increase flexibility in your spine. Calmness is also achieved in this type of pose.

Back bends are amazingly helpful in opening your chest, hips and even the rib cage. This is helpful in strengthening and making your arms shoulders stronger. At the same time, it simultaneously increases your flexibility and elasticity in your shoulders. The great thing is that it helps to relieve the tension from the front of your body up to your hips and it increases your spinal ability. Your spinal cord is one thing that is important in your body so you need to take good care of it.

Back Bends

Notice that the forward bends are challenging because the exercise gives you a

nice feeling and it can cause to fix some injuries. In this type of position, you can use a prop like the strap or the block because it will be very helpful.

Balance

Balance poses are very challenging. People who do yoga get too excited in performing balances. This is good because the fun that the person acquires helps him to live up his spirit and enlighten his soul. Balance is helpful in improving your posture. In improving your posture, the spinal cord is elongated which helps to keep yourself from some injuries and falling over.

Balance helps in training your ability to focus on your main goal and attention. However, attention should be obtained in the ultimate level because if your concentration is weak, for sure you cannot perform this type of pose.

Balance is one of the yoga poses that people truly appreciate and exert effort for. Along with the balance poses comes the twist which extremely releases tension all over your body. The tension in your spine is made clear. Twisting may seem to be hard to obtain. It is important to execute twists on both sides of the body so that the balance and alignment is obtained.

Taking note of these yoga poses will help you get along with yoga perfectly. Keep in mind that concentration is your main key if you want to be successful in doing these yoga poses.