

Tips and Steps to Beat up a Good Yoga Posture

Keeping up a good yoga posture is all it takes for you to be able to keep up with a good yoga practice.

Yoga's not only fine for achieving balance, developing calm, and making you elastic enough to make your body move to its utmost. A yoga posture can also build the inner strength.

Fighting the Cobra

This relieves slight pain in your back and tones abs

First step: Stretch out on your stomach with legs and feet joined in together. Plant palms on the floor below shoulders with fingers facing onward.

Second step: Next is to lift the upper body by gradually lifting the head and chest, just make sure that you keep your shoulders down. (Pelvis and thighs shouldn't leave the yoga mat.)

The last step: Hold your pose for about twenty to thirty seconds as you breathe in even breaths all the way through your nose. Go back to your preliminary location and do it all over again.

Strengthens your abs

First: In the first yoga posture, you should situate yourself in a standing position with legs hip width apart, holding arms directly ahead with palms facing down.

Second: Twist your knees and squat if you want as if you're about to sit in a chair in your classroom. Make sure to center weight in your heels, lock it and don't bring hips lower than the level of your knees.

Third: Allow yourself to reach forward, and center your eyes in a straight line ahead while breathing in and breathing out all the way through the nose. Hold this yoga posture for about 20 seconds. Gradually go back to standing position, and then you can release your arms.

The Wind-Relieving Posture

This yoga posture stretches your spine and helps in the digestion of your

stomach. It's a good thing to have a good running stomach so that you will always feel fresh.

First: Recline on your rear or back. As you breathe in, drag your right knee near to your chest. Keep your left leg in a straight line and on the ground.

Second: push your shoulders and the rear side of your neck into the ground at the same time as firmly holding your knee. You can breathe for ten seconds only. This might be quick but seems longer when you execute it.

Third: Change the sides, while holding the left knee to your chest for about ten seconds. Complete this set by hugging both of your knees to your chest and holding it for another ten seconds. Do the set again.

The Upward Boat Posture

This strengthens your abs, improves your balancing ability, and also helps in digestion.

First: Sit down on the floor. Bend your knees and place feet flat on the floor.

Second: breathe in, bend back and raise heels off the ground, straightening your legs as possible as you can. Expand your arms with palms facing downward. If you find it difficult to perform, you can rest your hands beneath your knees for support. This may be a difficult yoga posture to perform but after a few practices, you will never have that difficulty again.

Third: while you hold the pose for thirty seconds, you should keep your back in a straight line, and make sure your abs are doing the work.

Practice this yoga posture all over again when you have time and you will find it easy to execute after you have continuously repeated it. A yoga posture can save your health, your digestion and your backbone so better keep it up.