



CREATING WELLNESS

YANG YOGA
POSES
HANDBOOK

Angela beattie



Banana 2 to 3 minutes



Banana

Strengthens the spine and rib cage in a lateral flexion. Stretches the oblique stomach muscles and intercostal muscles between the ribs.

Big Toe 1 to 3 minutes



Benefits

Lengthens and strengthens the back of the legs.

Boat 2 to 3 minutes



Benefits

Strengthens the abdomen, hip flexors, and spine. Stimulates the kidneys, thyroid and prostate glands, and intestines. Helps relieve stress. Improves digestion.

Half Boat 2 to 3 minutes



Benefits

Strengthens the abdomen, hip flexors and spine. Stimulates the kidneys, thyroid, prostate glands and intestines. Helps relieve stress. Improves digestion.

Cat 2 to 3 minutes



Benefits

Relieves the spine and neck. Energizes the body.

Bow 2 to 3 minutes



Benefits

Stretches the entire front of the body, ankles, thighs and groins, abdomen and chest, and throat, and deep hip flexors (psoas). Strengthens the back muscles. Improves posture. Stimulates the organs of the abdomen and neck.

Bridge 3 to 5 minutes



Benefits

Stretches the chest, neck, and spine. Stimulates abdominal organs, lungs, and thyroids. Rejuvenates tired legs. Improves digestion. Helps relieve the symptoms of menopause. Relieves menstrual discomfort when done supported. Reduces anxiety, fatigue, backache, headache, and insomnia. Therapeutic for asthma, high blood pressure, osteoporosis, and sinusitis.

Butterfly 2 to 3 minutes



Benefits

Stretches the lower back and adductor muscles.

Camel 2 to 3 minutes



Benefits

Stretches the entire front of the body, the ankles, thighs and groins, abdomen and chest, and throat. Stretches the deep hip flexors (psoas). Strengthens back muscles. Improves posture. Stimulates the organs of the abdomen and neck.

Chair 1 to 2 minutes



Benefits

Strengthens the ankles, thighs, calves, and spine. Stretches shoulders and chest. Stimulates the abdominal organs, diaphragm, and heart. Reduces flat feet.

Chair with open twist Increases the flexibility of the spine and back. Strengthens the legs. Increases flexibility of the hip and knee joints. Improves balance.

Revolved Chair Stretches the lower back. Increases the flexibility of the spine and back. Stretches the shoulders. Challenges the balance.

Child pose 3 to 5 minutes



Benefits

Gently stretches the hips, thighs, and ankles. Calms the brain and helps relieve stress and fatigue. Relieves back and neck pain when done with head and torso supported.

Cobra 2 to 3 minutes



Benefits

Increases spine flexibility. Stretches the chest and abdominals while strengthening the spine and shoulders.

Cow 2 to 3 minutes



Benefit

Removes fatigue. Improves breathing and the circulation of blood to the brain. Rejuvenates the entire body.

Crescent 2 to 3 minutes



Benefits

Lunge Creates flexible strength. Promotes stability in the front and back of the torso. Tones the lower body. Stretches the chest, lungs, shoulders, arms, neck, belly, groins (psoas) and the muscles of the back. Strengthens and stretches the thighs, calves and ankles.

Revolved Crescent Lunge Lengthens and stretches the spine. Creates flexibility in the rib cage. Stimulates the internal abdominal organs and kidneys.

Crescent Lunge Twist Creates flexible strength. Promotes stability in the front and back of the torso. Tones the lower body. Stretches the chest, lungs, shoulders, arms, neck, belly, groins (psoas) and the muscles of the back. Strengthens and stretches the thighs, calves and ankles.

Low Crescent Lunge 2 to 3 minutes



Benefits

Stretches the chest, lungs, neck, belly and groin (psoas). Strengthens the shoulders, arms and back muscles. Strengthens and stretches the thighs, calves and ankles.

Low Crescent Lunge twist on the knee
Creates flexible strength. Promotes stability in the front and back of the torso. Tones the lower body. Stretches the chest, lungs, shoulders, arms, neck, belly, groins (psoas) and the muscles of the back. Strengthens and stretches the thighs, calves and ankles.

Revolved Low Crescent Lunge Lengthens and stretches the spine. Creates flexibility in the rib cage. Stimulates the internal abdominal organs and kidneys.

Crescent Moon 1 to 2 minutes



Benefits

Stretches the rib cage, arms and torso.
Tones the oblique muscles.

Dolphin 3 to 5 minutes



Benefits

Calms the brain and helps relieve stress and mild depression. Energizes the body. Stretches the shoulders, hamstrings, calves, arches, and hands. Strengthens the arms and legs. Helps relieve the symptoms of menopause. Relieves menstrual discomfort when done with the head supported. Helps prevent osteoporosis. Relieves headache, insomnia, back pain, and fatigue. Therapeutic for high blood pressure, sciatica, and sinusitis.

Downward Facing Dog

2 to 3 minutes



Benefits

Calms the brain and helps relieve stress and mild depression. Energizes the body. Stretches the shoulders, hamstrings, calves, arches, and hands. Strengthens the arms and legs. Helps relieve the symptoms of menopause. Relieves menstrual discomfort when done with the head supported. Helps prevent osteoporosis. Improves digestion. Relieves headache, insomnia, back pain, and fatigue.

Eagle 2 to 3 minutes



Benefits

Eagle Strengthens and stretches the ankles and calves. Stretches the thighs, hips, shoulders, and upper back. Improves concentration. Improves sense of balance.

Extended Puppy 2 to 3 minutes



Benefits

Stretches the spine and shoulders.

Fish 2 to 3 minutes



Benefits

Releases the neck. Opens the belly and chest. Strengthens the spine and shoulders.

Gate 2 to 3 minutes



Benefits

Stretches your side body, abdominals, spine, inner thighs, and hamstrings.

Garland (squat) 2 to 3 minutes



Benefits

Stretches the ankles, groins and back torso. Tones the belly.

Goddess 2 to 3 minutes



Benefits

Strengthens the glutes, hips, thighs, calves, ankles, shoulders and arms

Goddess with Cactus Arms

Goddess with heel lifts - Strengthens the glutes, hips, thighs, and calves.

Half Moon 2 to 3 minutes



Benefits

Strengthens the abdomen, ankles, thighs, buttocks and spine. Stretches the groins, hamstrings, calves, shoulders, chest and spine. Improves coordination and sense of balance. Helps relieve stress. Improves digestion.

Revolved Half Moon Bow Strengthens the abdomen, ankles, thighs, buttocks and spine. Stretches the groins, hamstrings, calves, shoulders, chest and spine. Improves coordination and sense of balance.

Half Pidgeon (Swan)

2 to 3 minutes



Benefits

Stretches the thighs, groin, psoas, abdomen, chest, shoulders, and neck. Stimulates the abdominal organs. Opens the shoulders and chest.

Half Splits

2 to 3 minutes



Benefits

Stretches the spine, hips, and hamstrings. Strengthens the legs. Stimulates the abdominal organs.

Happy Baby

3 to 5 minutes



Benefits

Gently stretches the inner groins and the back spine. Calms the brain and helps relieve stress and fatigue.

Hero's

2 to 3 minutes



Benefits

Stretches the thighs, knees, and ankles. Strengthens the arches. Improves digestion and relieves gas. Helps relieve the symptoms of menopause. Reduces swelling of the legs during pregnancy (through second trimester). Therapeutic for high blood pressure and asthma.

Lizard (Dragon)

2 to 3 minutes



Benefits

Stretches the hip flexors, hamstrings, and quadriceps. Improves flexibility in hip ligaments and strengthens muscles in your legs.

Locust 2 to 3 minutes



Benefits

Strengthens muscles of spine, buttocks, and backs of the arms and legs. Stretches the shoulders, chest, belly, and thighs.

Mountain 2 to 3 minutes



Benefits

Improves posture. Strengthens thighs, knees, and ankles. Firms abdomen and buttocks. Relieves sciatica. Reduces flat feet.

Pyramid 2 to 3 minutes



Benefits

Calms the brain. Stretches the spine, the shoulders, the hips and the hamstrings. Strengthens the legs.

Pyramid with extended arms Calms the brain. Stretches the spine, the shoulders, the hips and the hamstrings. Strengthens the legs. Stimulates the abdominal organs. Improves posture and sense of balance. Improves digestion.

Pyramid with hands on inside leg Calms the brain. Stretches the spine, hips, and hamstrings. Strengthens the legs. Stimulates

Rabbit 2 to 3 minutes



Benefits

Maintains the mobility and elasticity of spine. Nurtures the nervous system and helps with depression. Improves digestion. Helps cure sinus problems, colds and chronic tonsillitis. Strengthens and firms the abdomen. Stretches the back muscles. Removes the tension from the upper back and the neck. Improves posture. Stimulates the thymus gland, improving the function of the immune system.

Rag Doll – 1 to 3 minutes



Benefits

Stretches the hamstrings, calves, and knees.
Relaxes the neck.

Reversed Warrior 2 to 3 minutes



Benefits

Strengthens and stretches the legs, knees, and ankles. Stretches the groin, spine, waist, chest, lungs, and shoulders. Stimulates abdominal organs. Increases stamina. Relieves backaches, especially through second trimester of pregnancy. Therapeutic for carpal tunnel syndrome, flat feet, infertility, osteoporosis, and sciatica.

Seated Forward Bends

2 to 3 minutes



Benefits

Stretches the spine, shoulders and hamstrings.

Seated Spinal Twist 2 to 3 minutes



Benefits

Massages abdominal organs, including the liver and kidneys. Stretches the shoulders. Stimulates the brain. Relieves mild backache and hip pain. Strengthens and stretches the spine.

Side Angle Extended 2 to 3 minutes



Benefits

Strengthens and stretches the legs, knees, and ankles. Stretches the groin, spine, waist, chest, lungs, and shoulders. Stimulates abdominal organs. Increases stamina.

Snake 2 to 3 minutes



Benefits

Strengthens muscles of spine, buttocks, and backs of the arms and legs. Stretches the shoulders, chest, belly, and thighs.

Sphinx 3 to 5 minutes



Benefits

Strengthens the spine. Stretches the chest, the lungs, the shoulders and the abdomen. Stimulates the abdominal organs. Opens the heart and the lungs.

Standing Bow 2 to 3 minutes



Benefits

Stretches the shoulders, the chest, the thighs, the groins and abdomen. Strengthens the legs and the ankles. Improves balance

Standing Forward Bend 1 to 2 minutes



Benefits

Calms the brain and helps relieve stress and mild depression. Stimulates the liver and kidneys. Stretches the hamstrings, calves, and hips. Strengthens the thighs and knees. Improves digestion. Helps relieve the symptoms of menopause. Reduces fatigue and anxiety. Relieves headache and insomnia.

Standing Forward Bend Twist Lengthens and strengthens the spine. Opens the shoulders. Strengthens the core and stretches the hamstrings, calves, hips and lower back.

Standing Foreword half lift

2 to 3 minutes



Benefits

Calms the brain and helps relieve stress and mild depression. Stimulates the liver and kidneys. Stretches the hamstrings, calves, and hips. Strengthens the thighs and knees. Improves digestion. Helps relieve the symptoms of menopause. Reduces fatigue and anxiety. Relieves headache and insomnia.

Standing Splits

2 to 3 minutes



Benefits

Stretches the hamstrings, calves, and thighs. Strengthens the thighs, knees, and ankles. Stretches the back of the leg, the front thigh and groin. Improves balance.

Supine Spinal Twist

2 to 3 minutes



Benefits

Stretches the back muscles and spine. Stimulates the kidneys, abdominal organs, urinary bladders and intestines. Releases stress. If the knee is straightened, it stretches the hamstrings and strengthens the legs

Table

2 to 3 minutes



Benefits

Increases abdominal strength. Warms up the joints, muscles of arms and the legs.

Thread the needle 2 to 3 minutes



Benefits

Full Body Stretch. Opens your shoulders, neck, arms, chest and upper back. Allows for a light twist in the spine. Releases upper back and shoulder tension.

Tiger 2 to 3 minutes



Benefits

Tones and strengthens the arms, belly and legs. Improves flexibility and opens the hips.

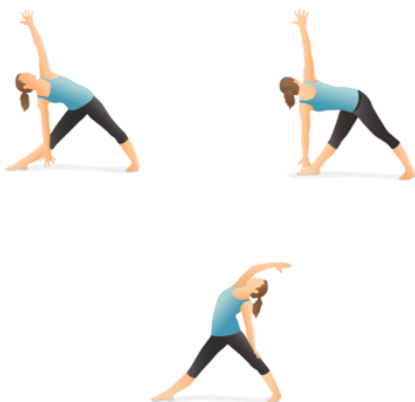
Tree 2 to 3 minutes



Benefits

Strengthens the legs, ankles, and feet. Improves flexibility in the hips and knees. Improves balance.

Triangle 2 to 3 minutes



Benefits

Stretches and strengthens the thighs, knees, and ankles. Stretches the hips, groin, hamstrings, calves, shoulders, chest, and spine. Stimulates the abdominal organs. Helps relieve stress. Improves digestion. Helps relieve the symptoms of menopause. Relieves backache, especially through second trimester of pregnancy. Therapeutic for neck pain, osteoporosis, and sciatica.

Revolved Triangle Calms the brain. Stimulates the liver and kidneys. Stretches the hamstrings, calves, and thighs. Strengthens the thighs, knees, and ankles. Stretches the back of the leg, the front thigh and groin.

Reversed Triangle Strengthens and stretches the legs, knees, and ankles. Stretches the groin, spine, waist, chest and shoulders.

Upward Facing Dog 2 to 3 minutes



Benefits

Improves posture. Strengthens the spine, arms, and wrists. Stretches the chest, lungs, shoulders, and abdomen. Firms the buttocks. Stimulates abdominal organs. Helps relieve mild depression, fatigue, and sciatica. Therapeutic for asthma.

Warrior I 2 to 3 minutes



Benefits

Stretches the chest, lungs, shoulders, neck, belly and groin (psoas). Strengthens the shoulders, arms and back muscles. Strengthens and stretches the thighs, calves and ankles.

Warrior II 2 to 3 minutes



Benefits

Strengthens and stretches the legs and ankles. Stretches the groin, chest, lungs, and shoulders. Stimulates abdominal organs. Increases stamina. Relieves backaches, especially through second trimester of pregnancy. Therapeutic for carpal tunnel syndrome, flat feet, infertility, osteoporosis, and sciatica.

Warrior III 2 to 3 minutes



Benefits

Strengthens the ankles and legs. Strengthens the shoulders and muscles of the back. Tones the abdomen. Improves balance and posture.

Wide Legged Forward Bend

2 to 3 minutes



Benefits

Strengthens and lengthens the body. Aligns the spine. Strengthens legs, ankles, abdomen and back.

Wide Legged Forward Bend Twist

2 to 3 minutes



Benefits

Strengthens and lengthens the body. Aligns the spine. Strengthens legs, ankles, abdomen and back.

Windmill

3 to 5 minutes



Benefits

Releases spine and lower back and heals the body.



