

A person is shown in silhouette, performing a yoga pose (Urdhva Dhanurasana or Upward Bow Pose) with their arms raised and hands joined above their head. The background is a vibrant sunset or sunrise over a body of water, with a bright sun low on the horizon creating a lens flare effect. The sky is filled with warm orange and yellow hues.

# **BENEFITS OF YOGA**

## **PART-I**

**SANATAN JENA**

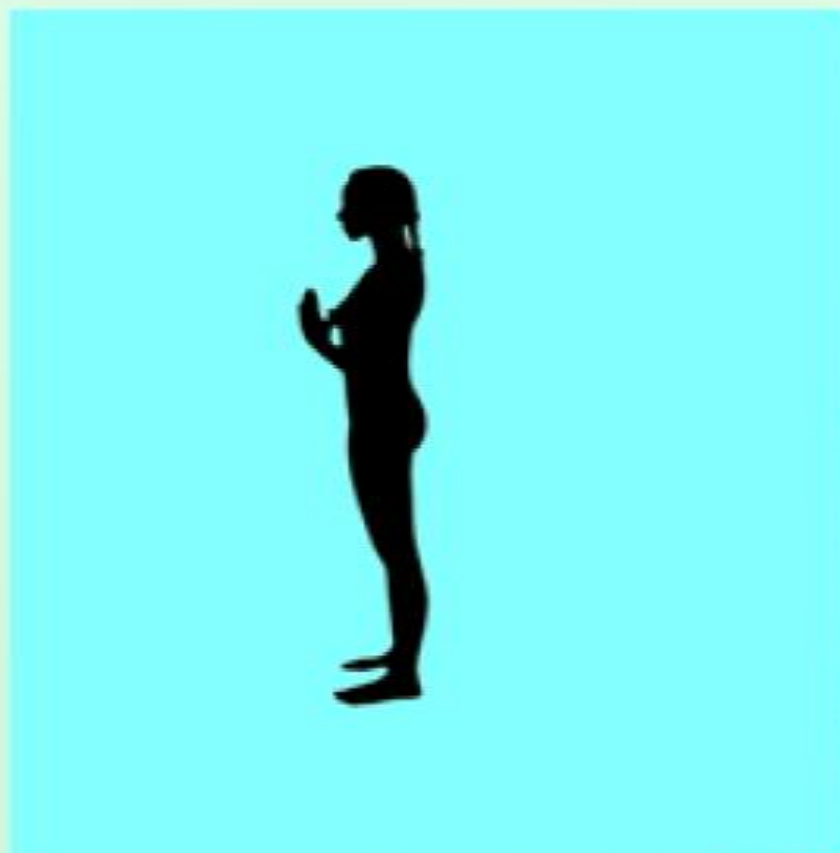
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## TYPES OF ASANA

1. Pranamasana
2. Padmasana
3. Bhadrasana I, II & III
4. Dhanurasana
5. Bandhasan/  
Setubandhasana
6. Virabhadrasana II & III
7. Vrikshasana
8. Balasana
9. Sirsasana
10. Ustrasana
11. Halasana
12. Dandasana
13. Bhujangasana
14. Ardhchandrasana
15. Ardhnavaasana
16. Garudasana
17. Mayurasana
18. Kamtkar asana
19. Kukkutasana
20. Rajakapotasana

# PRANAMASANA



**Benefits:** Pranamasana is a simple standing yoga posture that generally is the first and last asana of any yoga session. It helps with nervous system strengthening, digestion improvement, body posture maintenance, and mental calmness.



# PADMASANA



**Benefits:** Helps in relieving constipation and improves digestion process. Usual blood flow to legs is diverted to the abdominal region aiding digestion. Helps in maintaining body weight.

# BHADRASANA - I



**Benefits:** Helps to calm the mind and activates muladhara chakra. Activate reproductive organs. Improves and supports digestion.

## BHADRASANA - II



**Benefits:** Helps to stabilize mind and keep the body firm. Improves digestion and reduces stomach ailments such as acidity, peptic ulcer and constipation.

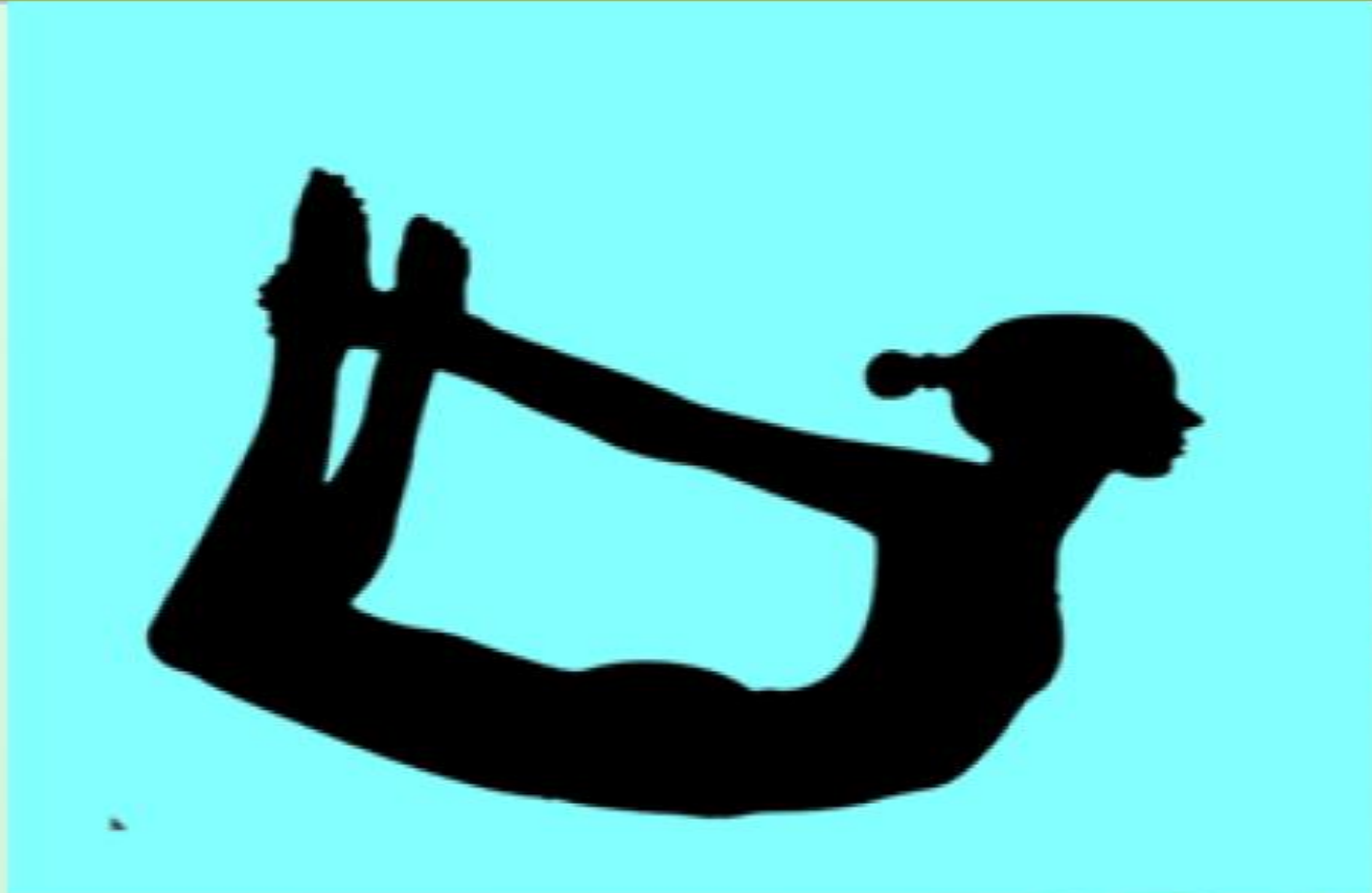
## BHADRASANA - III



**Benefits:** Increase blood flow in pelvic (region between abdomen and thighs) parts. Direct pranic energy upwards and reduces mental activity.



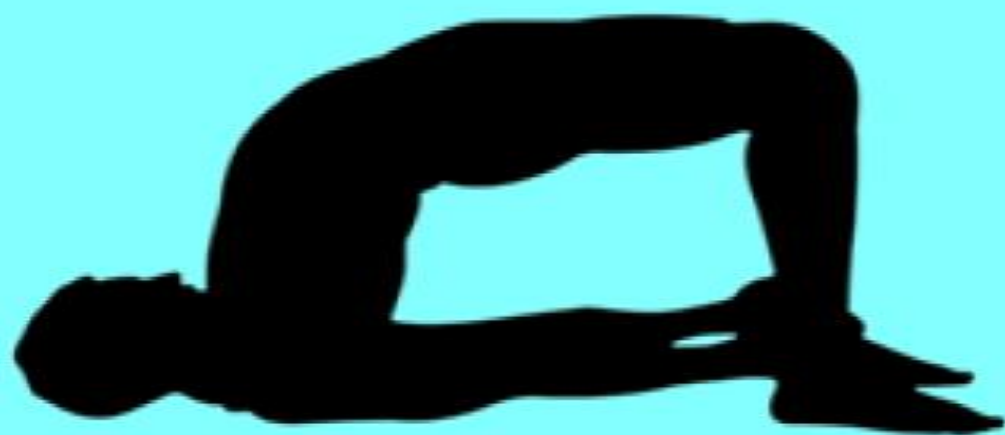
# DHANURASANA



**Benefits:** Enhances blood circulation. Adjusts hunched back and body posture. Manages diabetes, digestive ailments and chest ailments.



## BANDHASANA/SETUBANDHASANA



**Benefits:** Reduces stress, anxiety, mild depression, fatigue, insomnia and headaches by allowing blood flow to head.

## VIRABHADRASANA II



**Benefits:** Strengthens arms, shoulders and maintain balance in body. Increases stamina and muscle endurance.

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**Benefits:** Strengthens arms, shoulders and maintain balance in body. Increases stamina and muscle endurance.



# VRIKSHASANA



ALSO HANDS UP

**Benefits:** Calms and relaxes central nervous system and stretches entire body. Strengthens legs and improves neuromuscular coordination.

# BALASANA



**Benefits:** Relaxes muscle in chest. Relaxes back and spine. Alleviates stress in shoulders and hands.

# SIRSASANA



**Benefits:** Improves concentration, balance and posture of body and reduces production of stress hormone. Improves digestion, blood circulation and flexibility.



# USTRASANA



**Benefits:** Strengthens chest, abdomen and quadriceps muscles (front of thigh) and tones glutes (muscle in buttock) and hamstrings muscles (back of thigh). Relaxes cervical (neck) area and stretches neck.

# HALASANA



**Benefits:** Stretches spine. Stretches, strengthens and tones back muscles. Prevent and relieves tightness in neck, shoulders and back.

# DANDASANA



**Benefits:** Improves posture and strengthens back muscles. Lengthens and stretches spine and relieves complications related to reproductive organs.



# BHUJANGASANA



**Benefits:** Stretches muscles in chest, shoulders and abdominal area. Soothes sciatica (pain in back) and enhances flexibility. Rejuvenate heart.

# ARDHCHANDRASAN



**FACE UP**

**Benefits:** Reduces pressure from lower belly by strengthening spine. Strengthens ankles, thighs, hamstrings, calves and shoulders.

# ARDHNAVASANA



**Benefits:** Tones muscles and builds strength in body. Improves digestion and immunity. Increases confidence.

# GARUDASANA



**Benefits:** Stretches shoulder and upper body area. Helps to remove stiffness and reduce pain in shoulders.



# MAYURASANA



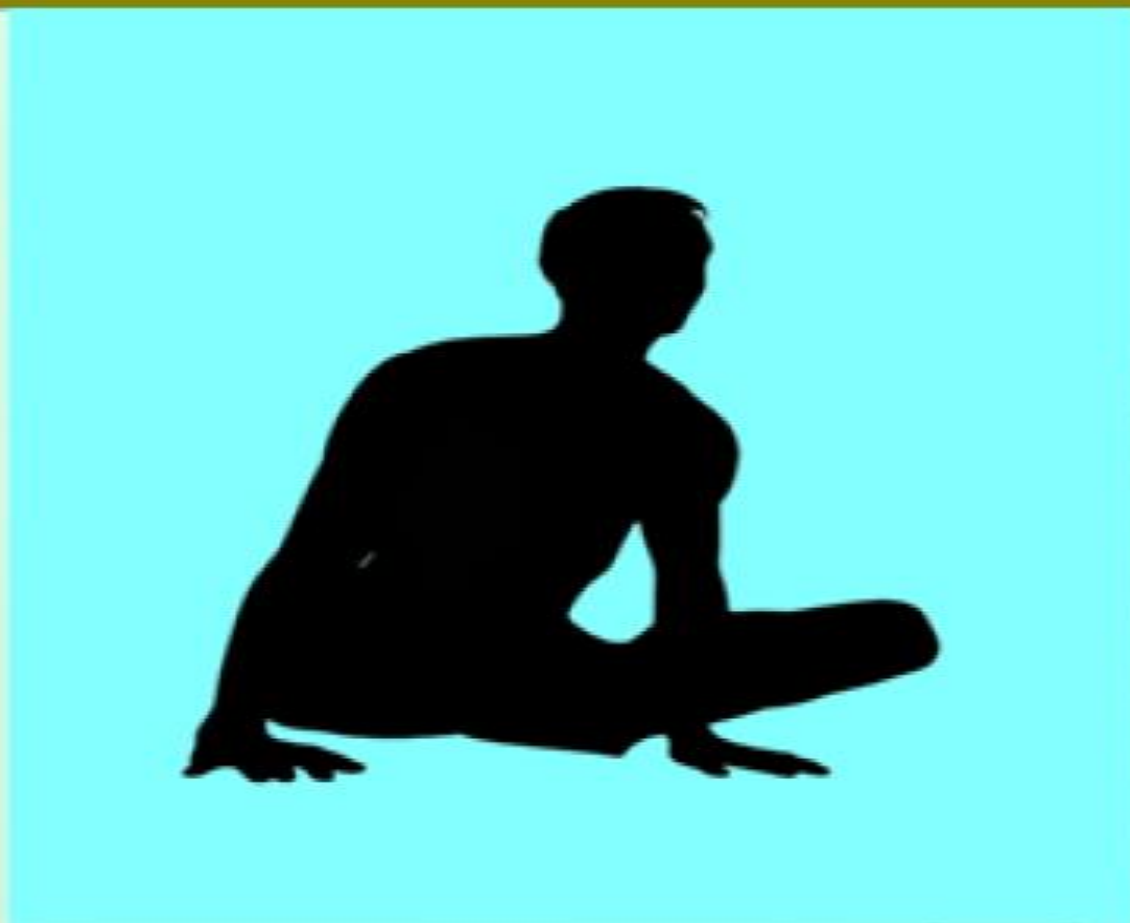
**Benefits:** Improves digestion. Reduces risk of diseases in stomach.

## CAMATKAR ASANA



**Benefits:** Opens up shoulders, lungs and chest. Builds strength in upper back and shoulders. Improves blood circulation to organs.

# KUKKUTASANA



**Benefits:** Strengthens shoulders and arms. Promotes smooth blood flow. Improves mobility and flexibility in leg and enhances digestive function.

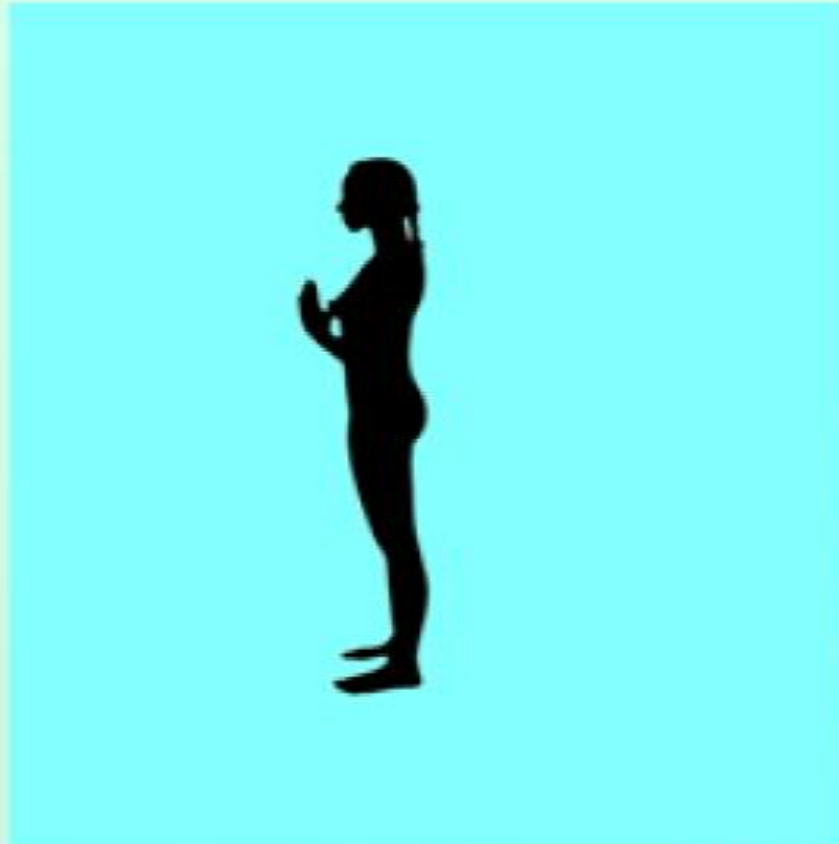
# RAJAKAPOTASANA



**Benefits:** Stretches thighs, psoas (muscle in vertebral column), gluteus (muscle in buttock) and piriformis (muscles in hip). Opens up hip joints and increases its range of movement.



# PRANAMASANA



**Benefits:** Pranamasana is a simple standing yoga posture that generally is the first and last asana of any yoga session. It helps to nervous system strengthening, digestion improvement, body posture maintenance and mental calmness.

A silhouette of a person in a yoga pose (Urdhva Dhanurasana) is positioned on the left side of the image. The background is a vibrant sunset or sunrise with a bright sun low on the horizon, creating a warm, orange and yellow glow. The person's arms are raised, and their hands are pressed together in a prayer position above their head.

# THANKS

SANATAN JENA

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