

DRU YOGA POSTURE BENEFITS

Physical Benefits

Abdomen	The Bridge
Abdominal Organs	Knee to Head
	Charity Posture (<i>internal</i>)
	Locust (<i>spleen, pancreas, liver, kidneys</i>)
	Bow
	Moon Sequence (<i>soothes organs</i>)
	Peace Posture
	Chair of the Heart
	Sitting Forward Bend (<i>+ pelvic organs; peristalsis</i>)
	Cobra
	The Bridge (<i>+ colon</i>)
	Maltese Cross (<i>+ peristalsis</i>)
	Shoulder Stand
	Tranquillity Pose
	Sitting Spinal Twist
Abdominal Muscles	The Cat (<i>+ back muscles</i>)
	Extended Lateral Triangle
	Power Sequence
	The Beam
	The Wheel
	Charity Pose (<i>internal abdominal muscles</i>)
	Tiger
	Inner Fire Sequence (<i>muscles + legs and buttocks muscles</i>)
Achilles Tendons	Chair of the Heart
Aerobic Workout	Vitality Sequence
Alignment at all levels	Crocodile
Alignment of all joints	Tadasana
Ankles	Eagle (<i>muscles + increased flexibility</i>)
	Chair of the Heart
	Parrot
	Warriors
	Bhima
	The Tree (<i>+ foot position</i>)
Arms	7 stage Cobra
Asthma	Camel
	Shoulder Stand (<i>+ Bronchitis, breathlessness</i>)
	Tranquillity Pose (<i>+ Bronchitis, breathlessness</i>)
Back	Mast (<i>lumbar spine; muscles in back</i>)
	Locust (<i>spinal and lower back/hips muscles; sacral/lower back pain</i>)
	Tiger (<i>lower back muscles; spine</i>)
	Peace Posture (<i>lumbar spine; muscles in back; increased lordosis in spine</i>)
	Extended Lateral Triangle (<i>upper back & shoulder muscles; extends spine</i>)
	Sitting Forward Bend (<i>lower back muscles</i>)
	Cobra (<i>lumbar spine – releases fears and insecurities; scapula muscles; health of intervertebral discs; Thoracic Spine/heart chakra; strengthens deep extensor muscles, alleviates back pain</i>)
	The Beam (<i>lumbar spine + trunk</i>)

	7 stage Cobra (<i>promotes extension of spine; intervertebral discs; deep lifting spinal muscles</i>)
	Crane (<i>spine</i>)
	Charity Posture (<i>spine</i>)
	Camel (<i>spine; upper back</i>)
	Child Pose (<i>spine</i>)
	Tree (<i>spinal alignment</i>)
	Maltese Cross (<i>spine</i>)
	Salutation to the 4 Directions (<i>spine</i>)
	Rotated Triangle (<i>scoliosis of spine</i>)
	Chair of the Heart
	The Bow (<i>complete activation of spine</i>)
	The Bridge (+ <i>neck</i>)
	The Cat (<i>spine; muscles + abdominal muscles</i>)
	The Plough (<i>lower back muscles; spinal nerves</i>)
	Crocodile (<i>lower back pain; spinal disorders; slipped discs</i>)
	Cow Face (<i>Thoracic Spine</i>)
	The Wheel (<i>spinal nerves</i>)
	Parrot (<i>spinal muscles</i>)
	Power Sequence (<i>spine</i>)
	Vitality Sequence (<i>releases stiffness in spine & shoulders</i>)
	Lord of the Dance (<i>spine</i>)
	Warriors 1, 2, 3 (<i>spine; Warrior 3 – sacral/lower back pain</i>)
	Sitting Spinal Twist (<i>increasing mobility between vertebrae, develops spinal mobility</i>)
	Complete Spinal Alignment (<i>spinal pain; spine</i>)
Balance	Crane (<i>improves</i>)
	Lord of the Dance (<i>improves</i>)
	Earth Sequence (<i>sense of balance</i>)
	Warrior 3 (+ <i>co-ordination</i>)
	Power Sequence (+ <i>co-ordination & endurance</i>)
Breath	Mast
Breathing	The Fish
	Earth Sequence (<i>calmer breathing</i>)
	Mountain Posture (<i>relaxed breathing process</i>)
Breathing Difficulties (Bronchitis, Asthma, Breathlessness)	Shoulder Stand
	Tranquillity Pose
	Camel (<i>Asthma</i>)
Buttocks	Inner Fire Sequence (<i>muscles + abdomen and legs toned</i>)
Calves	Eagle (+ <i>recurring cramp in lower leg</i>)
	Downward Dog (<i>muscles + hamstrings</i>)
Chest	Mast
	Lord of the Dance
	Camel
	Chair of the Heart
	The Bridge
	The Fish
	Warrior 1, 2, 3
	Viparita Karani (<i>lungs</i>)
	Downward Dog (<i>sides of upper chest stretched; front of chest opened</i>)
Circulation	Crane (<i>to head</i>)
	Charity Pose (<i>increases blood flow to head</i>)
	Downward Dog (<i>to head</i>)

Circulation of blood to upper body	Peace Posture
Colon	The Bridge
Constipation	Rotated Triangle
Core Stability Muscles	Bhima
Deep Extensor Muscles of Back	Cobra
Deep Postural Muscles	Complete Spinal Alignment
Diabetes	Sitting Forward Bend
Digestion	The Bridge
	Rotated Triangle
	Tranquillity Pose
	Shoulder Stand
	Moon Sequence
	Bhima
Digestive Disorders	Knee to Head
	Salutation to the 4 Directions
	Rotated Triangle (<i>constipation</i>)
	Sitting Forward Bend (<i>peristalsis</i>)
	Maltese Cross (<i>peristalsis</i>)
	Bhima (<i>peristalsis</i>)
	The Fish (<i>overeating and under eating</i>)
Digestive System	Locust
	Maltese Cross
	Vitality Sequence
	Bow
	Sitting Spinal Twist
	Peace Posture
	Cat
	Power Sequence
	Inner Fire Sequence
Eliminates Tiredness	Vitality Sequence
Elimination System	Peace Posture
Energy Levels	Power Sequence
	Sitting Spinal Twist
	Vitality Sequence
Endocrine System	Sun Sequence
	Shoulder Stand
	Tranquillity Pose
	The Plough
Enhancing all bodily functions	Moon Sequence
Enhancing Movement of Ribcage	The Beam
Entire Nervous System	The Plough
	Shoulder Stand
	Tranquillity Pose
External Body	Mast (<i>chest; flexibility in knees, lumbar spine & hips, muscles of back</i>)
	Bhima (<i>knees; thighs; ankles; core stability muscles</i>)
	Child Pose (<i>freeing tension in shoulders; spine</i>)
	Downward Dog (<i>hamstrings; calf muscles; eyes & brain refreshed; replenish vitality; pectoral muscles; scapula & shoulder muscles strengthened; circulation to head; sides of upper chest stretched; front of chest opened</i>)

Tree (*knees; alignment of spine; hips; shoulders; foot & ankle position; thigh & buttock muscles, pelvic floor*)

Warriors 1, 2, 3 (*knees; ankles; chest; ribcage; stiffness in spine & shoulders; vigour & vitality; develops balance & co-ordination – Warrior 3; QL & gluteal muscles – Warrior 3; sacral/lower back pain – Warrior 3*)

Parrot (*improved flexibility in hips, ankles & knees; spinal muscles*)

Peace Posture (*lumbar spine; muscles of back; leg muscles; circulation of blood to upper body; increased lordosis in spine; totally refreshed*)

Cobra (*spine; lumbar spine; deep extensor muscles of back; scapula muscles; health of intervertebral discs; postural/shoulder problems; thoracic spine/heart chakra, alleviates back pain, improves posture*)

The Beam (*lumbar spine + trunk; hip adductors; abdominal muscles; muscles on sides of body; enhancing movement of ribcage; QL muscles*)

Charity Posture (*spine; hips; legs; internal abdominal muscles; shoulders; wrists; increases blood flow to head*)

Knee to Head (*hamstrings; hips*)

Locust (*hips; spinal, lower back/hips muscles; sacral/lower back pain; spinal nerves*)

Bow (*hips; complete activation of spine*)

Eagle (*muscles of hips; thighs; calves; ankles; shoulders + flexibility in shoulders, hips & ankles increased; helps with recurring cramp in lower leg*)

Tiger (*spine; muscles of lower back; abdominal muscles; gluteal ; muscles; posture*)

Extended Lateral Triangle (*pelvis; muscles of upper back; trunk & thighs; abdominal muscles; shoulder muscles; extends spine*)

Sitting Forward Bend (*muscles of lower back; hamstrings*)

Lord of the Dance (*chest; legs; shoulders; spine; improves balance*)

Camel (*spine; chest; front of body; lungs; upper back*)

Chair of the Heart (*chest; leg alignment; Achilles tendons stretched, back; shoulders; ankles strengthened; heart*)

The Bridge (*chest, back & neck; abdomen; hips; pelvis; gluteus maximus muscles; freeing blocked energy from pelvis*)

Crane (*strengthens spine, pelvic girdle & legs; improves balance; improves circulation to head*)

7 stage Cobra (*arms; spinal nerves supplying internal organs; deep lifting muscles in spine; intervertebral discs; promotes extension in spine*)

Sitting spinal twist (*neck muscles; shoulder muscles; increasing mobility between vertebrae; spine, develops spinal mobility, promotes weight loss, boost energy levels*)

The Fish (*chest; removing tension in neck; removing tension from head & shoulders*)

Maltese Cross (*spine*)

Power Sequence (*improves posture; spine; abdominal, leg & buttock muscles; balance, co-ordination & endurance*)

The Plough (*lower back & leg muscles; spinal nerves; whole back of body*)

Rotated Triangle (*scoliosis of spine*)

Complete Spinal Alignment (*deep postural muscles; spine; spinal pain*)

The Cat (*back + abdominal muscles; spine*)

	Crocodile (<i>spinal nerves; slipped disc; lower back pain; sciatica; spinal disorders; alignment at all levels</i>)
	Simple Inversion (<i>return of venous fluid; varicose veins</i>)
	Shoulder Stand & Tranquillity Pose (<i>varicose veins; entire system by increasing flow of blood, oxygen and nerve energy; headaches; whole back of body</i>)
	Earth Sequence (<i>sense of balance; main joints</i>)
	Sun Sequence (<i>main postural muscle groups; vitality & endurance increased, stimulating physical healing</i>)
	Tadasana (<i>main postural muscle groups; alignment of all joints, whole body strengthened and tones, releases unnecessary pressure on muscles</i>)
	Cow Face (<i>Thoracic spine; shoulder blades / round shoulders; shoulder joint mobility improved</i>)
	Viparita Karani (<i>heart; lungs</i>)
	The Wheel (<i>abdominal muscles; spinal nerves</i>)
	Salutation to the 4 Directions (<i>main joints of body; strengthens thigh muscles</i>)
	Bow (<i>spine</i>)
	Vitality Sequence (<i>aerobic workout; tones major muscles groups; releases stiffness in spine & shoulders; eliminates tiredness; energy levels boosted</i>)
	Inner Fire Sequence (<i>improving posture mobilising spine, toning abdominal, legs and buttock muscles</i>)
Eyes and Brain Refreshed	Downward Dog
Flush out toxins/detoxify	Parrot
	Sitting Spinal Twist
Foot	The Tree (+ <i>ankle position</i>)
Front of body	Camel
Gluteal Muscles	Tiger
	The Bridge (<i>Gluteus Maximus</i>)
	The Tree (<i>especially Gluteus Medius</i>)
	Warrior 3
	Power Sequence
Hamstrings	Knee to head
	Downward Dog (+ <i>calf muscles</i>)
	Sitting Forward Bend
Head	Crane (<i>improves circulation</i>)
	Charity Pose (<i>increases blood flow to head/refreshes the mind</i>)
	Downward Dog (<i>eyes & brain refreshed; circulation to head</i>)
	The Fish (<i>removing tension; headaches</i>)
	Shoulder Stand & Tranquillity Pose (<i>headaches</i>)
Headaches	The Fish
	Shoulder Stand & Tranquillity Pose
Health of Intervertebral Discs	Cobra
Heart	Chair of the Heart
	Viparita Karani
Hip Adductors	The Beam
Hips	Mast (<i>flexibility +knees & lumbar spine</i>)
	Charity Posture (<i>supple + spine, legs, shoulders & wrists</i>)
	Knee to Head
	Locust
	Bow
	Tree
	Parrot

Hormonal Changes and Menopause	Eagle (<i>muscles; flexibility increased</i>)
	The Bridge
	The Beam (<i>hip adductors</i>)
Improves Balance	Moon Sequence
	Crane
Increased Blood Flow to Head	Lord of the Dance
	Charity Pose
Increasing Mobility Between Vertebrae	Sitting Spinal Twist
Internal Abdominal Organs Internal Body	Charity Pose
	Tiger (<i>toning reproductive organs</i>)
	The Tree (<i>develops concentration & balance</i>)
	Mast (<i>breath; kidneys activated</i>)
	The Wheel (<i>spinal blood flow</i>)
	The Beam (<i>kidneys</i>)
	Knee to Head (<i>kidneys; abdominal organs; digestive disorders</i>)
	Camel (<i>kidneys; asthma</i>)
	Sitting Forward Bend (<i>kidneys; liver, pancreas, adrenals; abdominal organs; pelvic organs; peristalsis; diabetes</i>)
	Parrot (<i>kidneys; flush out toxins</i>)
	Eagle (<i>kidneys; sexual organs; sense of balance</i>)
	7 stage Cobra (<i>intervertebral discs; spinal nerves supply internal organs</i>)
	Crane (<i>circulation to head; improves balance</i>)
	Charity Pose (<i>increases blood flow to head; refreshes the mind; internal abdominal organs</i>)
	Salutation to the 4 Directions (<i>helps alleviate digestive & reproductive disorders</i>)
	Locust (<i>abdominal organs; reproductive system; digestive system</i>)
	Bow (<i>abdominal organs; digestive system</i>)
	Peace Posture (<i>abdominal organs; peripheral nervous system; elimination system; circulation of blood to upper body; totally refreshed; digestive system</i>)
	Chair of the Heart (<i>heart; abdominal organs</i>)
	Cobra (<i>abdominal organs</i>)
	The Bridge (<i>abdominal organs; thyroid gland; freeing blocked energy from pelvis; colon; improving digestion; menstrual problems</i>)
	Maltese Cross (<i>abdominal organs; peristalsis; digestive system</i>)
	Shoulder Stand & Tranquillity Pose (<i>abdominal organs; thyroid gland; parathyroid gland; parasympathetic nervous system; digestion; entire nervous system; endocrine system; entire system by increasing flow of blood, oxygen and nerve energy; bronchitis, asthma & breathlessness; return of venous fluid; varicose veins; headaches</i>)
	Sitting Spinal Twist (<i>abdominal & pelvic organs; lymphatic system; abdominal viscera, improves digestive system, adrenals, helps detoxify body</i>)
	Rotated Triangle (<i>constipation; aids digestion</i>)
	The Fish (<i>breathing; overeating & under eating; thyroid gland; removing tension from head; headaches; helps balance homeostasis</i>)
	Bhima (<i>peristalsis; digestion</i>)
	Simple Inversion (<i>return of venous fluid; varicose veins</i>)

	Earth Sequence (<i>calmer breathing; sympathetic & parasympathetic nervous system; sense of balance</i>)
	The Plough (<i>parasympathetic nervous system; entire nervous system; endocrine system; master glands – pituitary thyroid & parathyroid</i>)
	Lord of the Dance (<i>improves balance</i>)
	Tree of Transformation (<i>power of intention</i>)
	Power Sequence (<i>digestive system; energy levels boosted; improves balance & co-ordination</i>)
	The Cat (<i>menstrual problems; digestive system</i>)
	Mountain Posture (<i>whole body strengthened and toned, releases unnecessary pressure on nerves and internal organs, relaxes breathing process</i>)
	Sun Sequence (<i>vitality & endurance increased; endocrine system</i>)
	Downward Dog (<i>eyes & brain refreshed; replenish vitality; circulation to head</i>)
	Viparita Karani (<i>soothing to heart; lungs, free breathing; return of venous blood</i>)
	Moon Sequence (<i>hormonal changes & menopause, improves digestion, balances kidneys, soothes abdominal organs</i>)
	Cow Face (<i>reproductive hormones</i>)
	Vitality Sequence (<i>stimulates major organs and systems; digestive system stimulated; energy levels boosted</i>)
	Warriors 1, 2, 3 (<i>vigour & vitality; balance & co-ordination – Warrior 3</i>)
	Inner Fire Sequence (<i>digestive system, sense of balance, co-ordination, determination and endurance</i>)
Internal Organs	Mountain Posture (<i>releases unnecessary pressure</i>)
Intervertebral Discs	7 stage Cobra
	Cobra
Kidneys	Mast
	The Beam
	Knee to Head
	Camel (<i>increased blood & oxygen circulation</i>)
	Sitting Forward Bend (<i>+ liver, pancreas, adrenals</i>)
	Maltese Cross (<i>+ liver, gall bladder, stomach, spleen & pancreas</i>)
	Parrot
	Eagle
	Moon Sequence (<i>balances</i>)
	Locust (<i>+ liver, pancreas & spleen</i>)
Knees	Mast (<i>improves flexibility + hips & lumbar spine</i>)
	Bhima
	Tree
	Warriors
	Parrot
Legs	Mast (<i>knees + improves flexibility in hips & lumbar spine</i>)
	Bhima (<i>knees; ankles; thighs</i>)
	Tree (<i>knees & ankle/foot position; thigh & buttock muscles</i>)
	Warriors (<i>knees; ankles</i>)
	Parrot (<i>knees; ankles</i>)
	Power Sequence (<i>muscles</i>)
	Knee to head (<i>hamstrings</i>)
	Downward Dog (<i>calf muscles; hamstrings</i>)
	Crane (<i>strengthens + pelvic girdle & spine</i>)
	Charity Posture (<i>supple + spine, hips shoulders & wrists</i>)
	Lord of the Dance

	Peace Posture (<i>muscles</i>)
	Chair of the Heart (<i>alignment + ankles strengthened; Achilles tendons stretched</i>)
	Plough (<i>muscles</i>)
	Eagle (<i>recurring cramp in lower leg; calf muscles; thigh muscles; + ankle muscles; increased flexibility in ankles</i>)
	Parrot (<i>ankles</i>)
	Sitting Forward Bend (<i>hamstrings</i>)
	Crocodile (<i>sciatica</i>)
	Simple Inversion (<i>return of venous fluid; varicose veins</i>)
	Shoulder Stand & Tranquillity Pose (<i>varicose veins</i>)
	Extended Lateral Triangle (<i>trunk & thighs</i>)
	Salutation to the 4 Directions
	Inner Fire Sequence (<i>muscles + abdomen and legs toned</i>)
Lower Back Muscles	Sitting Forward Bend
	Locust (+ spinal)
	The Plough
	Tiger
Lower Back Pain	Crocodile
	Locust (+ sacral)
Lumbar Spine	Mast (<i>flexibility + knees & hips</i>)
	Peace Posture
	Cobra (<i>releases fears and insecurities</i>)
	The Beam (+ trunk)
Lungs	Viparita Karani
	Camel
Lymphatic System	Sitting Spinal Twist
Main Joints	Earth Sequence
	Salutation to the 4 Directions
Main Postural Muscle Groups	Sun Sequence
	Tadasana
	The Plough
Master Glands (Pituitary, Thyroid & Parathyroid)	
Menstrual Problems	The Bridge
	The Cat
Muscles	Mast (<i>back muscles</i>)
	Charity Posture (<i>internal abdominal muscles</i>)
	Locust (<i>spinal and lower back/hips muscles</i>)
	Warrior 3 (<i>QL muscles; gluteal muscles</i>)
	Tiger (<i>lower back muscles; gluteal muscles; abdominal muscles</i>)
	Peace Posture (<i>spinal muscles; leg muscles; muscles of back</i>)
	Extended Lateral Triangle (<i>upper back muscles; abdominal muscles; shoulder muscles</i>)
	Sitting Forward Bend (<i>lower back muscles; hamstrings; peristalsis</i>)
	Knee to head (<i>hamstrings</i>)
	Downward Dog (<i>hamstrings; calf muscles; pectoral muscles; scapula & shoulder muscles</i>)
	7 stage Cobra (<i>deep lifting muscles</i>)
	The Beam (<i>hip adductors; abdominal muscles; muscles on sides of body; QL muscles</i>)
	Eagle (<i>recurring cramp in lower leg muscles; ankle muscles; thigh muscles; hip muscles</i>)
	Complete Spinal Alignment (<i>deep postural muscles</i>)
	The Cat (<i>abdominal muscles + back muscles</i>)
	The Plough (<i>lower back muscles; leg muscles</i>)

	Crocodile (<i>sciatica</i>)
	Maltese Cross (<i>peristalsis</i>)
	Bhima (<i>peristalsis; core stability muscles</i>)
	Sun Sequence (<i>main postural muscle groups</i>)
	Tadasana (<i>main postural muscle groups, releases unnecessary pressure</i>)
	Cobra (<i>deep extensor muscles of back; scapula muscles</i>)
	The Wheel (<i>abdominal muscles</i>)
	Parrot (<i>spinal muscles</i>)
	The Tree (<i>thigh & buttock muscles – especially gluteus medius; pelvic floor</i>)
	The Bridge (<i>Gluteal muscles</i>)
	Chair of the Heart (<i>heart</i>)
	Viparita Karani (<i>heart</i>)
	Salutation to the 4 Directions (<i>thigh muscles</i>)
	Sitting Spinal Twist (<i>neck muscles</i>)
	Power Sequence (<i>leg, abdominal and gluteal muscles</i>)
	The Fish (<i>removing tension in neck muscles</i>)
	Vitality Sequence (<i>tones all major muscle groups</i>)
	Inner Fire Sequence (<i>abdomen, legs and buttocks toned</i>)
Muscles of Back	Mast
	Locust (<i>spinal, lower back/hips</i>)
	Tiger (<i>lower back</i>)
	The Plough (<i>lower back</i>)
	Peace Posture
	Extended Lateral Triangle (<i>upper back & shoulder</i>)
	Sitting Forward Bend (<i>lower back</i>)
	Cobra (<i>deep extensor muscles of back; scapula muscles</i>)
	The Cat (+ <i>abdominal muscles</i>)
	Parrot (<i>spinal muscles</i>)
	Warrior 3 (<i>QL muscles</i>)
Neck	Sitting Spinal Twist (<i>muscles</i>)
	The Fish (<i>removing tension; thyroid gland</i>)
	The Bridge (+ <i>back; thyroid gland</i>)
	Shoulder Stand & Tranquillity Pose (<i>thyroid gland</i>)
Nerves	Mountain Posture (<i>releases unnecessary pressure</i>)
Overeating / under eating	The Fish
Pectoral Muscles	Downward Dog
Pelvic Floor	The Tree
Pelvic Organs	Sitting Forward Bend
	Sitting Spinal Twist
Pelvis	Crane (<i>strengthens + spine & legs</i>)
	Extended Lateral Triangle
	The Bridge (<i>freeing block energy in pelvic area</i>)
Peripheral Nervous System	Peace Posture
Peristalsis	Sitting Forward Bend
	Maltese Cross
	Bhima
Posture	Tiger
	Power Sequence
	Cobra (<i>postural / shoulder problems, improving posture</i>)
	Inner Fire Sequence
Postural / Shoulder Problems	Cobra
Power of Intention	Tree of Transformation
Promote weight loss	Sitting Spinal Twist

QL Muscles	Warrior 3 The Beam Eagle
Recurring Cramp in Lower Leg	
Removing Tension	The Fish (<i>in neck muscles</i>)
Replenish Energy	Sitting Forward Bend
Replenish Vitality	Downward Dog
Reproductive Hormones	Cow Face
Reproductive Organs	Tiger (<i>especially after childbirth</i>)
Reproductive System	Locust Salutation to the 4 Directions (<i>helps alleviate disorders</i>)
Return of Venous Fluid	Simple Inversion Shoulder Stand & Tranquillity Pose Viparita Karani
Ribcage	Warriors 1, 2, 3 The Beam
Sacral & Lower Back Pain	Locust Warrior 3
Scapula Muscles	Cobra Downward Dog (<i>+ shoulder muscles</i>)
Sciatica	Crocodile
Scoliosis of Spine	Rotated Triangle
Sense of Balance	Earth Sequence Eagle (<i>+ co-ordination</i>) Inner Fire Sequence (<i>+ co-ordination, determination and endurance</i>)
Sexual Organs	Eagle
Shoulders	The Tree Charity Posture (<i>supple + spine, hips, legs & wrists</i>) Cobra (<i>scapula muscles; shoulder problems</i>) Lord of the Dance Child Pose (<i>releases tension</i>) Extended Lateral Triangle (<i>muscles</i>) Chair of the Heart Sitting Spinal Twist (<i>muscles</i>) Tadasana Eagle (<i>flexibility increased</i>) The Fish (<i>removing tension</i>) Warriors 1, 2, 3 (<i>stiffness</i>) Cow Face (<i>shoulder blades / round shoulders</i>) Downward Dog (<i>scapula and shoulder muscles</i>) Vitality Sequence (<i>releases stiffness</i>)
Slipped Disc	Crocodile
Spinal Blood Flow	The Wheel
Spinal Disorders	Crocodile
Spinal Muscles	Parrot Locust
Spinal Nerves	7-Stage Cobra (<i>supplying internal organs</i>) Locust Crocodile The Plough The Wheel
Spinal Pain	Complete Spinal Alignment
Spine	Mast (<i>lumbar spine</i>) Peace Posture (<i>lumbar spine + spinal muscles</i>)

	Cobra (<i>lumbar spine; health of intervertebral discs; thoracic spine/heart chakra</i>)
	The Beam (<i>lumbar spine + trunk</i>)
	Vitality Sequence (<i>releases stiffness</i>)
	7 stage Cobra (<i>extension + intervertebral discs; deep lifting muscles; spinal nerves supplying internal organs</i>)
	Crane (<i>strengthens + pelvic girdle & legs</i>)
	Charity Posture (<i>supple + hips, legs, shoulders & wrists</i>)
	Tiger
	Camel
	Child Pose
	Tree (<i>alignment</i>)
	Power Sequence
	Maltese Cross (<i>improves mobility</i>)
	Locust (<i>spinal muscles & nerves</i>)
	Salutation to the 4 Directions
	Rotated Triangle (<i>scoliosis of spine</i>)
	Complete Spinal Alignment (<i>+ spinal pain</i>)
	Crocodile (<i>slipped disc; lower back pain; spinal disorders; spinal nerves</i>)
	Cow Face (<i>Thoracic Spine</i>)
	Parrot (<i>spinal muscles</i>)
	The Plough (<i>spinal nerves</i>)
	The Wheel (<i>spinal nerves; spinal blood flow</i>)
	Bow
	Sitting Spinal Twist (<i>increasing mobility between vertebrae, develops spinal mobility</i>)
	Lord of the Dance
	Warriors 1, 2, 3 (<i>stiffness</i>)
	Peace Posture (<i>increased lordosis</i>)
	Extended Lateral Triangle (<i>extends</i>)
	The Cat
Stimulating physical healing	Sun Sequence
Sympathetic /	Earth Sequence
Parasympathetic Nervous	The Plough (<i>parasympathetic</i>)
Systems	Shoulder Stand & Tranquillity Pose (<i>parasympathetic</i>)
Thigh and Buttock Muscles	The Tree
Thighs	Eagle (<i>muscles</i>)
	Extended Lateral Triangle (<i>+ trunk</i>)
	The Tree (<i>thigh & buttock muscles</i>)
	Bhima
	Salutation to the 4 Directions (<i>muscles</i>)
Thoracic Spine	Cobra (<i>heart chakra</i>)
	Cow face
Thyroid Gland	The Bridge
	Shoulder Stand & Tranquillity Pose (<i>+ Parathyroid Gland</i>)
	The Fish
	The Plough (<i>+ pituitary & parathyroid</i>)
Toning Reproductive Organs	Tiger
Totally Refreshed	Peace Posture
Trunk and thighs	Extended Lateral Triangle
Under eating / overeating	The Fish
Upper Back	Camel
	Extended Lateral Triangle (<i>upper back muscles</i>)

Upper Chest	Downward Dog (+ <i>scapula & shoulder muscles; sides of chest</i>)
Varicose Veins	Simple Inversion Shoulder Stand & Tranquillity Pose
Vigour and Vitality	Warriors 1, 2, 3 (<i>combined sequence</i>)
Vitality and Endurance	Sun Sequence
Increased	
Whole Back of Body	The Plough Shoulder Stand & Tranquillity Pose
Whole body	Mountain Posture (<i>strengthened and toned</i>)
Wrists	Charity Posture (<i>supple + spine, hips, legs & shoulders</i>)

Mental / Emotional Benefits

Accentuating empathy & integrity	Power Sequence
Accepting Body	Knee to Head Posture
Alignment of Subtle Body	Camel
Anger	The Fish
Awakens feelings of strength	Mountain Posture
Balance / clarity / focus	Cobra
Build confidence	Inner Fire Sequence
Calm and stillness	Earth Sequence
Calmness and Joy	The Bridge
Calm and quietens a restless mind	Viparita Karani The Plough
Calms Agitated State of Mind	Peace Posture
Calms Body and Mind	Moon Sequence
Clarity and Insight	Eagle
Concentration and Clarity	Lord of the Dance
Creates Balance / Brings Joy	Chair of the Heart
Creative decision-making promoted	Sun Sequence
Depression	Mast Extended Lateral Triangle Parrot (<i>transforms energy to dynamism</i>) The Tree
Develops Balance and Concentration	The Wheel
Develop Consistency & Self-Discipline	Sun Sequence
Dynamic Creativity, resourcefulness, spontaneity & enthusiasm	
Eases Depression	The Bridge
Encourages successful communication	The Bridge
Emotional Balance	Charity Pose (+ <i>positive self-esteem</i>) Sun Sequence (+ <i>mental balance</i>) Shoulder Stand (<i>beneficial at end of day</i>) Tranquillity Pose Vitality Sequence (<i>helps overcome negative emotions</i>)
Emotional / Mental Stress	Moon Sequence
Emotions	Inner Fire Sequence (<i>enabling to build more meaningful relationships</i>)
Enhance empathy and integrity	7 Stage Cobra
Enhance Feeling of Wellbeing	Bow
Express Self	Mountain Posture
Feel strong and calm	Cow Face
Forgiveness	Tiger
Flexible in life's challenges	The Beam
Frustration and anger	Charity Pose (+ <i>selflessness</i>)

Grief	Mast
Gratitude & Generosity	Camel
Grounding	Sitting Spinal Twist
Helps Clear Stagnant Thoughts	EBR 2
	The Wheel
	Salutation to the 4 Directions (<i>mental & emotional</i>)
Helps to build confidence	Inner Fire Sequence (<i>by increasing inner strength</i>)
Humility and child-like innocence	Child Pose
Letting go of deeply entrenched emotional patterns	EBR 5
Let go of frustration/irritability/find creative solution	Rotated Triangle
Letting go of painful emotions	Sitting Forward Bend
Letting Go of Past	Downward Dog (+ <i>bringing into present</i>)
	Maltese Cross
Mental Balance	Sun Sequence (+ <i>emotional balance</i>)
Peace and inner stillness	Viparita Karani
Perceive a Wider Picture	Extended Lateral Triangle
Power of Intention	Tree of Transformation
Psycho-physiological System	Corpse
Refreshing and Invigorating	Rotated Triangle
Relaxing Body and Mind	Simple Inversion
Release Fear and Attachments	Locust
Release Fear / Eradicate Fearful Memories / Amplify Courage	Sitting Forward Bend
Release of feelings of rejection, resentment, fear	Cow Face
Releasing Stuck Energy	Extended Lateral Triangle (sides of torso)
	The Bridge
Removal of Stubborn Habit Patterns	Crane
Sadness	Camel
Security and Inner Peace	Child Pose
Self-esteem	Charity Pose
Sense of Peace	Peace Posture
Soothes and calms mind	Sitting Forward Bend
Stability, determination, endurance, harmony, balance & poise	Warriors 1, 2, 3
Strengthens Character and Willpower	Bhima
	Vitality Sequence (<i>character</i>)
Stress and Pressure	EBR 2
	Vitality Sequence (<i>helps adapt to stress & manage change</i>)
Willpower and Determination	Tiger
Willpower and Enthusiasm Awakened	Sun Sequence

Energetic Benefits

Activating Inner Energy Resources	Sun Sequence
Ajna Chakra	Tiger
	The Tree (<i>via solar plexus</i>)
	Rotated Triangle (<i>rises from lower chakras to heart, throat & forehead</i>)
All Chakras	Crane
	Camel (<i>balancing chakras</i>)

	Viparita Karani
	Crocodile
	Downward Dog (<i>flows up from Mooladhara to crown</i>)
	Plough (<i>reversal</i>)
	The Bridge (<i>free-flowing energy upwards from base</i>)
	Tadasana
	Cat
	Wheel
	Salutation to the 4 Directions (<i>helps to unblock energy</i>)
Anahata Chakra	Mast (<i>energy rises from Manipura</i>)
	Cow Face
	Charity Pose
	Peace Posture (<i>energy to rise up to heart & throat</i>)
	Seat of Compassion
	Chair of the Heart (<i>Manomaya Kosha</i>) (<i>feelings of devotion, compassion & love</i>)
	Cobra (<i>Thoracic Spine</i>)
	Rotated Triangle (<i>rises from lower chakras to heart, throat & forehead</i>)
	Maltese Cross
	Eagle (<i>on thought layer – Vijnamaya Kosha</i>)
	Extended Lateral Triangle
Artistic ability / creativity / appreciation of beauty	
Balancing physical, mental and spiritual bodies	Earth Sequence
Blocked Energies Released	The Plough
	The Wheel
	The Bridge
Boost Energy Levels	Sitting Spinal Twist
Circle of Energy	Child Pose
Concentration	Earth Sequence
Control over Desire-dominated Senses	Sitting Forward Bend
Creative Expression	Rotated Triangle
Devotion / Compassion / Love	Chair of the Heart
Dynamic Energy	Power Sequence (<i>from solar plexus to heart</i>)
	Vitality Sequence (<i>from solar plexus to heart, throat & crown</i>)
	Inner Fire Sequence (<i>from solar plexus to heart</i>)
Freeing Blocked Energy	The Bridge (<i>from pelvic area</i>)
	The Beam (<i>from Swadhistana & Manipura</i>)
	Viparita Karani
Generosity and Compassion	Cow Face
Heart Centre	Cobra (<i>working thoracic spine</i>)
Increases Kinaesthetic Awareness	The Cat (<i>of spine</i>)
Letting Go of Past / Moving Forward with Self-Confidence	Cobra (<i>engaging lumbar spine</i>)
Lower Chakras	Earth Sequence (<i>raises earth's energies to heavens & vice versa</i>)
	Maltese Cross (<i>releasing blockages</i>)
Manipura Chakra	Mast
	Bhima
	Knee to Head Posture (<i>calming</i>)
	The Fish
	The Bow
	Maltese Cross (<i>releases blockages to heart</i>)

	The Beam
	Tiger
	Sitting Spinal Twist
	Parrot (<i>rising to heart</i>)
	Warriors 1, 2, 3
Mooladhara Chakra	Knee to Head Pose (<i>calming</i>)
	Locust
	Crocodile (<i>to Sahasraha Chakra</i>)
	Downward Dog (<i>main focus of energy but flows up all chakras to crown</i>)
	Maltese Cross (<i>releases blockages to heart</i>)
	The Bridge (<i>free-flowing energy upwards</i>)
Opens Inner Vision	The Tree
Past Habits Cleared	Shoulder Stand & Tranquillity Pose
	The Plough
	Sitting Forward Bend
Power of Intention	Tree of Transformation
Raising Chakras / Energies	Extended Lateral Triangle
	Earth Sequence
	Sitting Spinal Twist
	Rotated Triangle (<i>to heart, throat & forehead</i>)
	Inner Fire Sequence
Release inner strength and determination needed to overcome obstacles	
Releasing Negative Feelings From Past	Viparita Karani
Reversal of Chakra Energy	Shoulder Stand & Tranquillity Pose
	The Plough
Reversal of Time	The Plough
	Shoulder Stand & Tranquillity Pose
Reverses Energy Flow	Simple Inversion (<i>in legs</i>)
Revitalises Entire System	Sun Sequence
	Shoulder Stand & Tranquillity Pose (<i>increases flow of blood, oxygen and nerve energy</i>)
Sense of Stillness	Knee to Head Pose
Spiritual Awakening	Sitting Forward Bend
Swadhistana Chakra	Knee to Head Pose (<i>calming</i>)
	Locust
	Tiger (<i>rising to Manipura, Vishuddhi & Ajna</i>)
	Moon Sequence
	Maltese Cross (<i>releases blockages to heart</i>)
	Sitting Forward Bend
	The Beam
	Warriors 1, 2, 3
Trapped Thoughts / memories / emotions released	The Wheel
Transformation of Negative Experiences	Maltese Cross
Vishuddhi Chakra	Bow
	The Bridge
	Earth Sequence
	The Fish
	Tiger
	Peace Posture (<i>energy to move up to heart & throat</i>)
	Rotated Triangle (<i>from lower chakras to heart, throat and forehead</i>)

Spiritual Benefits

**Awakens Spiritual Consciousness
and Awareness**

Sun Sequence