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## Ashtanga Yoga Benefits . . .

It is not just the asana that detoxify the body, it is the heat, the sequencing, the breathing and the bandhas combined with the asana that create quite an extraordinary therapeutic system.

The actual practice of learning and doing Ashtanga Yoga is therapy—the breathing, sweating, stretching, rearranging, realigning, squeezing and soaking, purifying, and transforming. It cleans out the system, destressing and detoxing as it assists the body in its ability to heal itself and maintain a strong and healthy immune system.

<b>POSE</b>	<b>BENEFITS</b>
Sun Salutes	Warm up body, connect breathing and moving synchronicity, improve blood flow to/around spine
Standing poses	Begin the opening/stretching process in the body. Help us to connect to grounding while lengthening in to pose. They strengthen back, hips, and legs and help to realign the skeletal system
Dandasana	Bring awareness too spinal alignment. Improves posture. Helps prepare the back for forward bending.
Paschimattanasana	Massages abdominal organs and stimulates circulation and digestion. Eliminates fat around the stomach and removes excess gas. Has a calming effect on body and mind.
Purvottanasana	Counter pose to paschimattansana. Stretches chest area “opening heart”, strengthens back of body and wrists.
Ardha Baddha Padma Paschimattanasana	Benefits the liver and the spleen. (The liver controls fat digestion and aids in metabolism, the spleen purifies our blood and keeps the immune system healthy.) Gastric problems and constipation are also relieved with this pose.
Triang Mukhaekapada Paschimattanasana	This pose helps reduce body fat, water retention, swollen thighs, piles, and sciatica.
Janu Sirsasana A,B,C	The heel is placed in position to put pressure on the nerve which simulates the pancreas to make sufficient insulin (A,B for men and C for women). It also benefits urinary system and prostate gland.
Marichyasana A,B,C,D	This series is about digestion and elimination. Gaseous movements in the stomach and intestines are cured, with that flatulence, indigestion, and constipation are eliminated and good digestion restored. These poses also benefit the kidneys and relieve pain from menstruation.
Navasana	Core strength! The abdominals are strengthened which improves digestive power. Spinal column, anal channel, lower abdomen and lower ribs are purified from navasana
Bhujapidasana	Directly benefits the esophagus (when in the full expression of the posture), strengthens wrists and arms and prepares the body for the next series of postures.
Kurmasana/Supta Kurmasana	Kurmasana is about the heart/lung system—it improves the amount of oxygenated blood to our heart and lungs. Yogic texts tout it to cure heart disease, asthma, and bronchitis. The spinal cord and spine are both stretched and strengthened, and the kidneys purified.
Garbha Pindasana Kukkutasana	Cleans and tones the liver and spleen, is good for the uterus and rectum. Kukkutasana strengthens arms and wrists and cures urinary problems by strengthening the urethra.



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Baddha Konasana	Stomach, gastric, and rectal problems are cured, eliminating constipation, hemorrhoids, and indigestion.
Upavishta Konasana A,B	Directly benefit back problems including sciatica and help the body break down fat. The head back position purifies the esophagus,
Supta Konasana	The rolling motion of this posture helps correct subluxations of the vertebrae, and helps improve our connection to the bandhas. The head/neck position is a counter balance for the neck from the previous posture.
Supta Padangusthasana	Cleanses the rectum, urinary tract, veins, and esophagus. Strengthens the abdominals and connection to bandhas. Corrects the length of extremities in relation to the torso.
Ubhaya Padangusthasana & Urdhva Mukha Paschimattanasana	Strengthens genital organs and eliminates the burning sensation that can occur during urination.
Setu Bandhasana	Lungs and veins are cleansed and purified, digestion improved. The neck is strengthened and throat opened, the chest is expanded and lung capacity increased.
Urdhva Dhanurasana & Back Bending	Urdhva Dhanurasana is not part of closing, nor is it really part of primary, it is more like the climax of the practice. It is beneficial to the nervous, digestive, respiratory, cardiovascular, and glandular systems. It influences all hormonal secretions and relieves gynaecological disorders. In this asana the whole body and nervous system are being placed in an abnormal position. It may be difficult to raise the body if the nervous system is not ready. If proprioception is lost, strength is lost. This asana develops proprioception.
Sarvangasana	Inversions are about blood flow! Getting stale, stagnant blood out of the lower parts of the organs into the circulatory system where the blood is purified. The throat area is purified and the glands in the neck (thyroid, pituitary, pineal) are brought into balance directly benefitting our endocrine system.
Halasana	Same as sarvangasana plus purifies the intestines and strengthens the waist.
Karna Pidasana	Same as sarvangasana plus eliminates diseases of the ears and ringing of the ears.
Urdhva Padmasana	Same as sarvangasana plus purifies anal and urinary channels and strengthens the front of the spinal column.
Pindasana	Same as sarvangasana, plus purifies the lower abdomen, the spinal column, liver, spleen, and stomach
Matsyasana & Uttanapadasana	Counter pose the previous 5 poses and purify esophagus and anus, liver and spleen and strengthen the waist and neck.
Sirsasana	Blood flow to brain and eyes is increased improving memory and the sense organs and removing eye diseases.
Baddha Padmasana	Purifies liver and spleen, straightens spinal column, and purifies anal canal.
Padmasana	Destroys great sins as well as diseases of the body
Uth Pluthi	Strengthens the waist and improves abdominal and anal control. Prepares one for rest pose.
Rest pose	Like clicking save on all the above ;)