

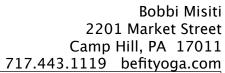


## Ashtanga Yoga Benefits . . .

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.

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<u>POSE</u>	BENEFITS
	Warm up body, connect breathing and moving synchronicity, improve
Sun Salutes	blood flow to/around spine
	Begin the opening/stretching process in the body. Help us to connect
Standing poses	to grounding while lengthening in to pose. They strengthen back,
	hips, and legs and help to realign the skeletal system
	Bring awareness too spinal alignment. Improves posture. Helps
Dandasana	prepare the back for forward bending.
Paschimattanasana Purvottanasana	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.
	Counter pose to paschimattansana. Stretches chest area "opening
	heart", strengthens back of body and wrists.  Benefits the liver and the spleen. (The liver controls fat digestion and
Ardha Baddha Padma	aids in metabolism, the spleen purifies our blood and keeps the
Paschimattanasana	immune system healthy.)
	Gastric problems and constipation are also relieved with this pose.
Triang Mukhaekapada	This pose helps reduce body fat, water retention, swollen thighs, piles,
Paschimattanasana	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.
	This series is about digestion and elimination. Gaseous movements in
Marichyasana A,B,C,D	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 is about the heart/lung system—it improves the amount of
Kurmasana/Supta	oxygenated blood to our heart and lungs. Yogic texts tout it to cure
Kurmasana	heart disease, asthma, and bronchitis. The spinal cord and spine are
	both stretched and strengthened, and the kidneys purified.
Garbha Pindasana	Cleans and tones the liver and spleen, is good for the uterus and
Kukkutasana	rectum. Kukkutasana strengthens arms and wrists and cures urinary
	problems by strengthening the urethra.



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	Stomach, gastric, and rectal problems are cured, eliminating
Baddha Konasana	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,
Opavisina Konasana A,b	The rolling motion of this posture helps correct subluxations of the
Supta Konasana	vertebrae, and helps improve our connection to the bandhas. The
	head/neck position is a counter balance for the neck from the previous
Supta Padangusthasana	posture.
	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 &	Strengthens genital organs and eliminates the burning sensation that
Urdhva Mukha	can occur during urination.
Paschimattanasana	can occur during urmation.
i asciiiii accanasana	Lungs and veins are cleansed and purified, digestion improved. The
Setu Bandhasana	neck is strengthened and throat opened, the chest is expanded and
Seta Barrarrasarra	lung capacity increased.
	Urdhva Dhanurasana is not part of closing, nor is it really part of primary, it is
Urdhva Dhanurasana &	more like the climax of the practice. It is beneficial to the nervous, digestive,
Back Bending	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.
	Inversions are about blood flow! Getting stale, stagnant blood out of
Sarvangasana	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
Llalacana	benefitting our endocrine system.
Halasana	Same as sarvangasana plus purifies the intestines and strengthens the waist.
	Same as sarvangasana plus eliminates diseases of the ears and ringing
Karna Pidasana	of the ears.
Natita Piuasatia	Same as sarvangasna plus purifies anal and urinary channels and
Urdhya Padmasana	strengthens the front of the spinal column.
Urdhva Padmasana	Same as sarvangasana, plus purifies the lower abdomen, the spinal
Pindasana	column, liver, spleen, and stomach
Matsyasana &	Counter pose the previous 5 poses and purify esophagus and anus,
Uttanapadasana	liver and spleen and strengthen the waist and neck.
Ottanapadasana	Blood flow to brain and eyes is increased improving memory and the
Sirsasana	sense organs and removing eye diseases.
Baddha Padmasana	Purifies liver and spleen, straightens spinal column, and purifies anal
Badana radinasana	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 ;)
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