

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
Abdominal Muscles	The Bridge (+ <i>colon</i>) Maltese Cross (+ <i>peristalsis</i>) Shoulder Stand Tranquillity Pose Sitting Spinal Twist 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>) Chair of the Heart
Achilles Tendons	Vitality Sequence
Aerobic Workout	Crocodile
Alignment at all levels	Tadasana
Alignment of all joints	Eagle (<i>muscles + increased flexibility</i>)
Ankles	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>) 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>) Mast The Fish Earth Sequence (<i>calmer breathing</i>) Mountain Posture (<i>relaxed breathing process</i>) Shoulder Stand Tranquillity Pose Camel (<i>Asthma</i>) Inner Fire Sequence (<i>muscles + abdomen and legs toned</i>) Eagle (+ <i>recurring cramp in lower leg</i>) Downward Dog (<i>muscles + hamstrings</i>) 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>) Crane (<i>to head</i>) Charity Pose (<i>increases blood flow to head</i>) Downward Dog (<i>to head</i>)
Balance	
Breath	
Breathing	
Breathing Difficulties (Bronchitis, Asthma, Breathlessness)	
Buttocks	
Calves	
Chest	
Circulation	

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
	Moon Sequence
Enhancing all bodily functions	
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 - Warrier 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*)

Eyes and Brain Refreshed	Crocodile (<i>spinal nerves; slipped disc; lower back pain; sciatica; spinal disorders; alignment at all levels</i>)
Flush out toxins/detoxify	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>)
Foot	Downward Dog
Front of body	Parrot
Gluteal Muscles	Sitting Spinal Twist
	The Tree (+ <i>ankle position</i>)
	Camel
	Tiger
	The Bridge (<i>Gluteus Maximus</i>)
	The Tree (<i>especially Gluteus Medius</i>)
Hamstrings	Warrior 3
	Power Sequence
	Knee to head
	Downward Dog (+ <i>calf muscles</i>)
Head	Sitting Forward Bend
	Crane (<i>improves circulation</i>)
	Charity Pose (<i>increases blood flow to head/refreshes the mind</i>)
Headaches	Downward Dog (<i>eyes & brain refreshed; circulation to head</i>)
	The Fish (<i>removing tension; headaches</i>)
	Shoulder Stand & Tranquillity Pose (<i>headaches</i>)
	The Fish
Health of Intervertebral Discs	Shoulder Stand & Tranquillity Pose
Heart	Cobra
Hip Adductors	Chair of the Heart
Hips	Viparita Karani
	The Beam
	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>) Moon Sequence
Improves Balance	Crane Lord of the Dance Charity Pose
Increased Blood Flow to Head	Sitting Spinal Twist
Increasing Mobility Between Vertebrae	
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>)

Internal Organs
Intervertebral Discs

Kidneys

Earth Sequence (*calmer breathing; sympathetic & parasympathetic nervous system; sense of balance*)
 The Plough (*parasympathetic nervous system; entire nervous system; endocrine system; master glands – pituitary thyroid & parathyroid*)
 Lord of the Dance (*improves balance*)
 Tree of Transformation (*power of intention*)
 Power Sequence (*digestive system; energy levels boosted; improves balance & co-ordination*)
 The Cat (*menstrual problems; digestive system*)
 Mountain Posture (*whole body strengthened and toned, releases unnecessary pressure on nerves and internal organs, relaxes breathing process*)
 Sun Sequence (*vitality & endurance increased; endocrine system*)
 Downward Dog (*eyes & brain refreshed; replenish vitality; circulation to head*)
 Viparita Karani (*soothing to heart; lungs, free breathing; return of venous blood*)
 Moon Sequence (*hormonal changes & menopause, improves digestion, balances kidneys, soothes abdominal organs*)
 Cow Face (*reproductive hormones*)
 Vitality Sequence (*stimulates major organs and systems; digestive system stimulated; energy levels boosted*)
 Warriors 1, 2, 3 (*vigour & vitality; balance & co-ordination – Warrior 3*)
 Inner Fire Sequence (*digestive system, sense of balance, co-ordination, determination and endurance*)
 Mountain Posture (*releases unnecessary pressure*)

Knees

7 stage Cobra
 Cobra
 Mast
 The Beam
 Knee to Head
 Camel (*increased blood & oxygen circulation*)
 Sitting Forward Bend (+ *liver, pancreas, adrenals*)
 Maltese Cross (+ *liver, gall bladder, stomach, spleen & pancreas*)
 Parrot
 Eagle
 Moon Sequence (*balances*)
 Locust (+ *liver, pancreas & spleen*)
 Mast (*improves flexibility + hips & lumbar spine*)

Legs

Bhima
 Tree
 Warriors
 Parrot
 Mast (*knees + improves flexibility in hips & lumbar spine*)
 Bhima (*knees; ankles; thighs*)
 Tree (*knees & ankle/foot position; thigh & buttock muscles*)
 Warriors (*knees; ankles*)
 Parrot (*knees; ankles*)
 Power Sequence (*muscles*)
 Knee to head (*hamstrings*)
 Downward Dog (*calf muscles; hamstrings*)
 Crane (*strengthens + pelvic girdle & spine*)
 Charity Posture (*supple + spine, hips shoulders & wrists*)
 Lord of the Dance

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

Muscles of Back	<p>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>) 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>) 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>) Mountain Posture (<i>releases unnecessary pressure</i>) The Fish Downward Dog The Tree Sitting Forward Bend Sitting Spinal Twist Crane (<i>strengthens + spine & legs</i>) Extended Lateral Triangle The Bridge (<i>freeing block energy in pelvic area</i>) Peace Posture Sitting Forward Bend Maltese Cross Bhima Tiger Power Sequence Cobra (<i>postural / shoulder problems, improving posture</i>) Inner Fire Sequence Cobra </p>
Neck	
Nerves	
Overeating / under eating	
Pectoral Muscles	
Pelvic Floor	
Pelvic Organs	
Pelvis	
Peripheral Nervous System	
Peristalsis	
Posture	
Postural / Shoulder Problems	
Power of Intention	
Promote weight loss	

QL Muscles	Warrior 3 The Beam Eagle
Recurring Cramp in Lower Leg	The Fish (<i>in neck muscles</i>) Sitting Forward Bend Downward Dog Cow Face Tiger (<i>especially after childbirth</i>) Locust
Removing Tension	Salutation to the 4 Directions (<i>helps alleviate disorders</i>)
Replenish Energy	Simple Inversion
Replenish Vitality	Shoulder Stand & Tranquillity Pose
Reproductive Hormones	Viparita Karani
Reproductive Organs	Warriors 1, 2, 3
Reproductive System	The Beam
Return of Venous Fluid	Locust
Ribcage	Warrior 3
Sacral & Lower Back Pain	Cobra
Scapula Muscles	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
Spinal Nerves	Locust
	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 Sun Sequence Earth Sequence The Plough (<i>parasympathetic</i>) Shoulder Stand & Tranquillity Pose (<i>parasympathetic</i>) The Tree 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>) Cobra (<i>heart chakra</i>) Cow face The Bridge Shoulder Stand & Tranquillity Pose (+ <i>Parathyroid Gland</i>) The Fish The Plough (+ <i>pituitary & parathyroid</i>) Tiger Peace Posture Extended Lateral Triangle The Fish Camel Extended Lateral Triangle (<i>upper back muscles</i>)
Stimulating physical healing	
Sympathetic /	
Parasympathetic Nervous	
Systems	
Thigh and Buttock Muscles	
Thighs	
Thoracic Spine	
Thyroid Gland	
Toning Reproductive	
Organs	
Totally Refreshed	
Trunk and thighs	
Under eating / overeating	
Upper Back	

Upper Chest	Downward Dog (+ scapula & shoulder muscles; sides of chest)
Varicose Veins	Simple Inversion
Vigour and Vitality	Shoulder Stand & Tranquillity Pose
Vitality and Endurance	Warriors 1, 2, 3 (<i>combined sequence</i>)
Increased	Sun Sequence
Whole Back of Body	The Plough
Whole body	Shoulder Stand & Tranquillity Pose
Wrists	Mountain Posture (<i>strengthened and toned</i>)
	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
Calms Agitated State of Mind	The Plough
Calms Body and Mind	Peace Posture
Clarity and Insight	Moon Sequence
Concentration and Clarity	Eagle
Creates Balance / Brings Joy	Lord of the Dance
Creative decision-making promoted	Chair of the Heart
Depression	Sun Sequence
Develops Balance and Concentration	Mast
Develop Consistency & Self-Discipline	Extended Lateral Triangle
Dynamic Creativity, resourcefulness, spontaneity & enthusiasm	Parrot (<i>transforms energy to dynamism</i>)
Eases Depression	The Tree
Encourages successful communication	The Wheel
Emotional Balance	Sun Sequence
Emotional / Mental Stress	
Emotions	The Bridge
Enhance empathy and integrity	The Bridge
Enhance Feeling of Wellbeing	Charity Pose (+ <i>positive self-esteem</i>)
Express Self	Sun Sequence (+ <i>mental balance</i>)
Feel strong and calm	Shoulder Stand (<i>beneficial at end of day</i>)
Forgiveness	Tranquillity Pose
Flexible in life's challenges	Vitality Sequence (<i>helps overcome negative emotions</i>)
Frustration and anger	Moon Sequence
	Inner Fire Sequence (<i>enabling to build more meaningful relationships</i>)
	7 Stage Cobra
	Bow
	Mountain Posture
	Cow Face
	Tiger
	The Beam
	Charity Pose (+ <i>selflessness</i>)

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

Anahata Chakra	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>) 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	Earth Sequence
Balancing physical, mental and spiritual bodies	The Plough The Wheel The Bridge
Blocked Energies Released	Sitting Spinal Twist Child Pose Earth Sequence Sitting Forward Bend
Boost Energy Levels	Rotated Triangle
Circle of Energy	Chair of the Heart
Concentration	Power Sequence (<i>from solar plexus to heart</i>) Vitality Sequence (<i>from solar plexus to heart, throat & crown</i>)
Control over Desire-dominated Senses	Inner Fire Sequence (<i>from solar plexus to heart</i>)
Creative Expression	The Bridge (<i>from pelvic area</i>)
Devotion / Compassion / Love	The Beam (<i>from Swadhistana & Manipura</i>) Viparita Karani
Dynamic Energy	Cow Face Cobra (<i>working thoracic spine</i>) The Cat (<i>of spine</i>) Cobra (<i>engaging lumbar spine</i>)
Freeing Blocked Energy	Earth Sequence (<i>raises earth's energies to heavens & vice versa</i>) Maltese Cross (<i>releasing blockages</i>)
Generosity and Compassion	Mast
Heart Centre	Bhima
Increases Kinaesthetic Awareness	Knee to Head Posture (<i>calming</i>)
Letting Go of Past / Moving Forward with Self-Confidence	The Fish The Bow
Lower Chakras	Maltese Cross (<i>releases blockages to heart</i>)
Manipura Chakra	

Mooladhara Chakra	The Beam Tiger Sitting Spinal Twist Parrot (<i>rising to heart</i>) Warriors 1, 2, 3 Knee to Head Pose (<i>calming</i>) Locust Crocodile (<i>to Sahasrara 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>) The Tree Shoulder Stand & Tranquillity Pose The Plough Sitting Forward Bend Tree of Transformation Extended Lateral Triangle Earth Sequence Sitting Spinal Twist Rotated Triangle (<i>to heart, throat & forehead</i>) Inner Fire Sequence
Opens Inner Vision Past Habits Cleared	
Power of Intention Raising Chakras / Energies	
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 The Plough
Reversal of Time	Shoulder Stand & Tranquillity Pose Simple Inversion (<i>in legs</i>) Sun Sequence
Reverses Energy Flow Revitalises Entire System	Shoulder Stand & Tranquillity Pose (<i>increases flow of blood, oxygen and nerve energy</i>) Knee to Head Pose Sitting Forward Bend 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 The Wheel
Sense of Stillness Spiritual Awakening Swadhistana Chakra	Maltese Cross 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>)
Trapped Thoughts / memories / emotions released Transformation of Negative Experiences Vishuddhi Chakra	

Spiritual Benefits

Awakens Spiritual Consciousness and Awareness Sun Sequence