

Yoga Basics - I

FOR EVERYDAY WELLNESS



YOUR HANDBOOK FOR SIMPLE YOGA POSES & DAILY FLEXIBILITY

About This Guide

Yoga Basics for Everyday Wellness is a beginner-friendly educational handbook designed to introduce simple, practical yoga poses for daily life. This guide includes foundational postures such as standing poses, seated stretches, gentle backbends, core strengthening movements, and restorative positions that support flexibility, balance, posture, and relaxation.

Each pose is explained in clear language with easy-to-follow descriptions, making it suitable for home practice. The goal of this handbook is to promote movement awareness, breathing control, and everyday mobility without requiring advanced experience.

This educational resource is created for wellness learning purposes and encourages consistent, mindful practice as part of a balanced lifestyle.

Always practice safely and consult a qualified professional if you have existing health concerns.

01-Lotus pose Yoga-Padmasana



Lotus Pose (Padmasana) is a classic seated yoga posture used for meditation, breathwork, and mental clarity. This powerful pose helps improve hip flexibility, support better posture, and create a deep sense of calm.

Practicing Lotus Pose regularly can enhance focus, reduce stress, and strengthen the mind-body connection. Keep your spine tall, relax your shoulders, and breathe slowly.

Perfect for meditation practice, morning routines, or stress relief sessions. Save this pose for your daily mindfulness flow ✨

02-Relaxing yoga Pose – Sukhasana



Sukhasana, also known as Easy Pose, is a simple seated yoga posture perfect for meditation and breathwork. This calming pose helps improve posture, promote mental clarity, and reduce stress.

Practicing Sukhasana regularly supports mindfulness, relaxation, and emotional balance. Keep your spine straight, relax your shoulders, and focus on slow, deep breathing. Perfect for beginners and daily self-care routines ✨ Save this pose for your meditation practice.

03-Thunderbolt pose- Diamond Pose Yoga-Vajrasana



Vajrasana, also known as Thunderbolt Pose or Diamond Pose, is a simple seated yoga posture that supports digestion, improves posture, and promotes mental calmness.

This pose can be practiced after meals and is perfect for breathwork and meditation. Sitting upright on your heels helps strengthen the back, align the spine, and encourage mindful breathing.

Great for beginners and daily wellness routines. Save this pose for your evening relaxation practice ✨

04-Tree pose Yoga- Vriksasana



Tree Pose (Vriksasana) is a powerful standing yoga posture that improves balance, strengthens the legs, and enhances concentration.

This pose helps develop stability in the ankles and thighs while promoting mental focus and body awareness. Keep your core engaged, spine tall, and breathe steadily.

Perfect for beginners and morning yoga routines. Save this pose to improve balance and strengthen your lower body ✨

05-child's pose yoga- Balasana



Child's Pose (Balasana) is a gentle, restorative yoga posture that helps release tension in the lower back, hips, and shoulders. This calming pose encourages deep breathing and activates the body's relaxation response, making it ideal for stress relief, anxiety reduction, and winding down after a long day.

Perfect for beginners and experienced yogis alike, Child's Pose can be added to any home yoga routine, morning stretch, or evening wind-down practice.

Save this pose for your daily relaxation flow ✨

06-Hand To Foot pose Yoga - Padahastasana



Hand to Foot Pose (Padahastasana) is a deep forward fold that stretches the hamstrings, calves, and lower back while calming the nervous system.

This standing yoga pose improves flexibility, supports better posture, and helps relieve tension caused by long hours of sitting. It's perfect for beginners looking to increase mobility and reduce stiffness in the legs and spine.

Add this pose to your morning stretch routine or post-workout recovery flow. Save it for your daily yoga practice ✨

07-Cobra pose Yoga- Bhujangasana



Cobra Pose (Bhujangasana) is a gentle backbend that strengthens the spine, opens the chest, and improves posture. This beginner-friendly yoga pose helps reduce stiffness in the lower back while encouraging deep breathing and flexibility.

Keep your shoulders relaxed, press through your palms, and lift your chest with control. Perfect for morning stretches, posture correction, and full-body yoga flows. Save this pose to support a healthy spine and strong back ✨

08-Corpse Pose yoga for Relaxation- Shavasana



Shavasana, also known as Corpse Pose, is one of the most important yoga poses for complete relaxation. This gentle resting posture helps calm the nervous system, reduce mental tension, and allow the body to fully absorb the benefits of your yoga practice.

Perfect for ending a yoga session or practicing mindfulness at home, Shavasana supports stress management, mental clarity, and overall wellness. Simply lie flat, relax your limbs, and focus on your breath.

Save this pin for your daily relaxation routine



09-Cow Face Pose-Gomukhasana



Looking to improve shoulder flexibility and relieve upper body stiffness? Cow Face Pose (Gomukhasana) is a powerful seated yoga posture that deeply stretches the shoulders, triceps, chest, and upper back.

This pose helps improve posture, mobility, and overall body awareness when practiced consistently.

Perfect for beginners and intermediate yogis focusing on shoulder openness and flexibility training. Add this stretch to your daily yoga routine for better movement and balance.

Save this pin for your next yoga session ✨

10-Boat Pose yoga -Naukasana



Boat Pose (Navasana) is a powerful core-strengthening yoga posture that targets the abs, hip flexors, and lower back.

This pose improves balance, builds endurance, and helps tone the midsection.

It's perfect for beginners and intermediate yogis looking to strengthen their core at home without equipment.

Add Boat Pose to your daily yoga routine or ab workout to support better posture and overall stability. Save this pose for your home fitness plan ✨

11-Bow pose Yoga – Dhanurasana



Bow Pose (Dhanurasana) is a dynamic backbend that strengthens the back, opens the chest, and activates the core.

This energizing yoga posture helps improve spinal flexibility, counteract slouching, and stretch the front body — including the hips, thighs, and shoulders.

It's a great addition to intermediate yoga flows and posture-correction routines.

Practice with steady breathing and proper alignment to maximize benefits.

Save this pose for your flexibility and strength routine ✨

12-Bridge Pose Yoga -Setu Bandha Sarvangasana



Bridge Pose (Setu Bandha Sarvangasana) is a beginner-friendly backbend that strengthens the glutes, lower back, and core while opening the hips and chest.

This pose helps improve posture, support spinal health, and reduce stiffness caused by prolonged sitting. It's a powerful addition to any home workout, yoga flow, or glute activation routine.

Perfect for beginners looking to build strength and flexibility safely.

Save this pose for your daily fitness or back-care routine ✨

13-Crocodile Pose yoga – Makarasana



Crocodile Pose (Makarasana) is a gentle relaxation posture that helps release tension in the lower back and improve breathing. This restorative yoga pose encourages diaphragmatic breathing, spinal decompression, and deep nervous system relaxation.

Simply lie face down, rest your chin on your hands, and allow your body to soften. Perfect for stress relief, back recovery days, or ending a yoga session. Save this pose for your daily relaxation routine ✨

14-Crow Pose yoga – Kakasana



Crow Pose (Kakasana) is a foundational arm balance that builds core strength, wrist stability, and upper body control.

This pose improves balance, coordination, and body awareness while strengthening the shoulders, arms, and abdominal muscles.

It's a great milestone pose for beginners progressing into intermediate yoga practice. Practice with focus and steady breathing to safely develop strength and confidence. Save this pose for your strength-building yoga routine ✨

15-Downward Face Breathing yoga pose- Adho Mukha Svanasana



Downward Facing Dog (Adho Mukha Svanasana) is a foundational yoga pose that stretches the hamstrings, calves, shoulders, and spine while strengthening the arms and core.

This energizing pose improves circulation, relieves tension, and supports better posture. It's perfect for beginners and advanced yogis as part of a daily yoga flow or morning stretch routine.

Practice this pose to reset your body, improve flexibility, and boost overall wellness. Save it for your home yoga workout ✨

16-Easy Standing Yoga Pose- Mountain Pose-Tadasana



Mountain Pose (Tadasana) is the foundation of all standing yoga poses. This simple yet powerful posture improves posture, strengthens the legs, and promotes body awareness.

Practicing Mountain Pose regularly helps align the spine, engage the core, and build stability from the ground up. Focus on standing tall, grounding through your feet, and breathing deeply.

Perfect for beginners, morning routines, and posture correction exercises. Save this pose to improve alignment and balance ✨

17-Fish Pose yoga –Matsyasana



Fish Pose (Matsyasana) is a gentle heart-opening yoga posture that stretches the chest, shoulders, and neck while improving posture. This pose helps counteract slouching from long hours of sitting and can support better breathing and relaxation.

Practice it after forward bends or at the end of your yoga session for a calming release. Perfect for beginners and intermediate yogis looking to improve flexibility and reduce upper body tension. Save this pose for your daily wellness routine ✨

18-Frog Pose yoga- Mandukasana



Frog Pose (Mandukasana) is a powerful hip-opening yoga posture that deeply stretches the inner thighs, groin, and hips.

This pose helps improve flexibility, increase lower body mobility, and relieve tightness caused by prolonged sitting.

It's especially beneficial for runners, athletes, and anyone working on hip flexibility at home. Practice with steady breathing and controlled movement to safely deepen the stretch. Save this pose for your flexibility and mobility routine ✨

19-Half Spinal Bend yoga pose – Ardha Matsyendrasana yoga



Half Spinal Twist (Ardha Matsyendrasana) is a seated yoga pose that improves spinal mobility, supports digestion, and tones the waist.

This gentle twisting posture helps release lower back tension, stimulate abdominal organs, and improve posture. It's perfect for beginners and anyone who sits for long hours. Add this pose to your daily yoga routine to support flexibility, core strength, and overall wellness. Save this stretch for your home yoga practice ✨

20-Locust Pose yoga – Shalabhasana



Locust Pose (Salabhasana) is a powerful back-strengthening yoga posture that targets the lower back, glutes, and core. This prone pose helps improve posture, counteract slouching, and build spinal stability.

It's especially beneficial for people who sit for long hours or experience mild lower back stiffness.

Add Locust Pose to your daily yoga flow or core workout routine to support better alignment and overall strength. Save this pose for your at-home fitness practice ✨

21-Plow Pose yoga – Halasana



Plow Pose (Halasana) is a deep stretching yoga posture that lengthens the spine, releases back tension, and promotes relaxation. This inversion helps improve flexibility, stretch the shoulders and hamstrings, and support overall spinal health.

It's commonly practiced after Shoulder Stand and is ideal for intermediate yoga flows. Focus on slow breathing and proper alignment to protect the neck and lower back. Save this pose for your flexibility and relaxation routine ✨

22- Seated Forward Bend yoga pose – Paschimottanasana



Seated Forward Bend (Paschimottanasana) is a powerful seated yoga pose that stretches the hamstrings, spine, and lower back while calming the mind.

This pose helps improve flexibility, support digestion, and reduce stress. Focus on lengthening your spine before gently folding forward and breathing deeply.

Perfect for beginners and evening yoga routines. Save this pose to improve flexibility and relaxation in your daily practice ✨

23-Shoulderstand yoga Pose- Sarvangasana



Shoulder Stand (Sarvangasana) is a powerful inversion yoga pose that strengthens the core, supports circulation, and improves body awareness.

This posture helps activate abdominal muscles, enhance balance, and promote healthy blood flow. It's often included in intermediate yoga flows and is beneficial for those looking to build strength and stability at home.

Practice with proper alignment and control, especially if you are new to inversions.

Save this pose for your strength and flexibility routine ✨

24- Standing Forward Bend yoga Pose - Uttanasana



Standing Forward Bend (Uttanasana) is a powerful yet simple yoga pose that stretches the hamstrings, calves, and lower back while calming the nervous system.

This forward fold helps relieve tension, improve flexibility, and support better posture. It's perfect for beginners, runners, and anyone with tight legs from sitting or workouts. Practice this pose in the morning to wake up your body or in the evening to release stress. Save this stretch for your daily yoga routine ✨

25-Triangle Pose yoga-Trikonasana



Triangle Pose (Trikonasana) is a powerful standing yoga posture that stretches the hamstrings, hips, and spine while strengthening the core and legs.

This pose improves balance, enhances flexibility, and supports better posture. It's great for beginners and intermediate yogis looking to tone their waist and improve full-body mobility.

Practice this pose as part of your daily yoga flow or add it to your lower body stretch routine. Save this pose for your home workout plan ✨

26-Warrior Pose II-yoga



Warrior II (Virabhadrasana II) is a powerful standing yoga pose that strengthens the legs, opens the hips, and builds endurance.

This pose improves balance, enhances focus, and tones the lower body while encouraging strong posture and steady breathing. Keep your front knee aligned, arms extended, and gaze forward.

Perfect for beginners and full-body yoga flows. Save this pose to build strength and confidence in your daily practice ✨

27-Wheel Pose yoga – Chakrasana



Wheel Pose (Chakrasana) is a powerful full backbend that strengthens the arms, legs, glutes, and spine while deeply opening the chest and shoulders.

This advanced yoga posture improves flexibility, builds core stability, and enhances overall body control. It's ideal for intermediate to advanced practitioners looking to level up their backbend practice.

Warm up properly before attempting this pose and focus on steady breathing and alignment. Save this pose for your flexibility and strength progression routine ✨

28-Wind Releasing Pose – Pavanamuktasana



Wind-Relieving Pose (Pavanamuktasana) is a gentle yoga posture that supports healthy digestion, relieves bloating, and relaxes the lower back.

This beginner-friendly pose helps stimulate abdominal organs, release trapped gas, and ease stomach discomfort naturally. It's perfect for morning routines, post-meal stretching, or adding to a calming evening flow.

Ideal for anyone looking to support gut health and core relaxation at home.

Save this pose for your daily wellness routine



Disclaimer

This handbook, *Yoga Basics for Everyday Wellness*, is created for educational and informational purposes only by [supplements.care](https://www.supplements.care). The content, images, and pose descriptions are intended to support general wellness learning and do not constitute medical advice, diagnosis, or treatment.

Yoga practices described in this guide should be performed mindfully and within personal limits. Individuals with medical conditions, injuries, pregnancy, or ongoing health concerns should consult a qualified healthcare professional before beginning any new exercise program.

The educational motto of [supplements.care](https://www.supplements.care) is to promote awareness, balanced lifestyle habits, and informed wellness choices through accessible, research-based learning resources.

Practice safely and listen to your body at all times.

About Supplements.Care

Supplements.Care is an independent health and wellness education platform focused on helping individuals make informed lifestyle and supplement-related decisions.

Our mission is to prioritize education before promotion. We publish content designed to support awareness, balance, and long-term wellness through practical guidance rather than quick fixes or exaggerated claims.

At Supplements.Care, we believe:

- Wellness works best when lifestyle habits come first
- Ingredient awareness matters
- Consistency outweighs extremes
- Informed choices build lasting confidence

We provide free guides, educational resources, and clear explanations across a wide range of wellness topics, including blood sugar balance, energy support, digestion, joint health, metabolism, and overall vitality.

Our goal is to help readers build sustainable wellness habits that fit everyday life