

# Yoga Basics-II

FOR EVERYDAY WELLNESS



ADVANCE YOUR YOGA PRACTICE & BOOST FLEXIBILITY

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# About This Guide

Yoga Basics -II for Everyday Wellness is a beginner-friendly educational handbook designed to introduce simple and advance, practical yoga poses for daily life. This guide includes basic cum advance postures such as Bound Angle Pose, Chair Pose, Half Headstand Pose, 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-Bound Angle Pose



Bound Angle Pose (Baddha Konasana) is a gentle yet powerful yoga pose that helps improve hip flexibility, inner thigh stretch, and overall relaxation. This pose is especially beneficial for those who sit for long hours or experience tight hips, making it perfect for beginners and daily practice.

Regular practice can support better posture, improved mobility, and stress relief, helping you feel more balanced and energized.

Add this pose to your morning or evening yoga routine to promote flexibility and inner calm.

Save this pose to stay consistent with your wellness journey

## 02-Bound Side Angle Pose



Bound Side Angle Pose (Baddha Parsvakonasana) is a powerful yoga pose that helps improve full-body strength, hip flexibility, and core stability. This pose is especially effective for building leg strength and balance, while also opening the chest and shoulders.

It's ideal for intermediate practitioners looking to deepen their practice and improve posture. Regular practice can support better mobility, enhanced endurance, and body coordination, making it a great addition to any fitness or yoga routine.

Include this pose in your morning flow or strength-focused yoga session to feel stronger and more energized. Save this pose to stay consistent

## 03-Camel Pose



Camel Pose (Ustrasana) is a powerful heart-opening yoga pose that helps improve spinal flexibility, posture, and energy levels.

This pose deeply stretches the chest, shoulders, and hip flexors, making it especially beneficial for those who spend long hours sitting or working at a desk.

Regular practice can support better posture, reduced back stiffness, and improved breathing capacity, helping you feel more open and energized throughout the day.

Add this pose to your morning or evening yoga routine to release tension and build flexibility. Save this pose to stay consistent with your wellness journey

## 04-Cat Pose



Cat Pose (Marjariasana) is a gentle and effective yoga pose that helps improve spinal flexibility, posture, and back pain relief. This pose is especially beneficial for those experiencing stiffness in the lower back or neck, making it ideal for beginners and daily practice.

When practiced regularly, it can support better spinal alignment, reduced tension, and improved mobility, helping you feel more relaxed and pain-free.

Add this pose to your morning stretch or desk-break routine to release stiffness and improve movement. Save this pose to stay consistent with your wellness journey

## 05-Chair Pose



Chair Pose (Utkatasana) is a powerful yoga pose that helps build lower body strength, core stability, and balance.

This pose targets the thighs, glutes, and core muscles, making it highly effective for improving endurance and supporting overall fitness.

It's great for both beginners and intermediate practitioners.

Regular practice can help with fat burning, muscle toning, and better posture, making it a perfect addition to your daily workout or yoga routine.

Add this pose to your morning flow or strength-focused session to feel stronger and more energized. Save this pose to stay consistent with your fitness journey

## 06-Compass Pose



Compass Pose (Surya Yantrasana) is an advanced yoga pose that helps improve deep hamstring flexibility, hip mobility, and core strength.

This pose is especially effective for opening the hips, shoulders, and legs, making it ideal for intermediate to advanced practitioners working on flexibility and control.

Regular practice can support better range of motion, muscle control, and body awareness, helping you progress in your yoga journey. Add this pose to your flexibility training or advanced yoga flow to challenge your body and improve mobility. Save this pose to stay consistent with your practice

## 07-Cow Pose



Cow Pose (Bitilasana) is a gentle and effective yoga pose that helps improve spinal flexibility, posture, and breathing capacity. This pose stretches the chest, shoulders, and abdomen while encouraging a natural curve in the spine, making it ideal for beginners and daily practice.

When practiced regularly, it can support better posture, reduced stiffness, and relief from back tension, especially for those who sit for long hours.

Include this pose in your morning yoga routine or desk-break stretch to feel more open and refreshed. Save this pose to stay consistent with your wellness journey

# 08-Eagle Pose



Eagle Pose (Garudasana) is a powerful yoga pose that helps improve balance, focus, and lower body strength.

This pose deeply engages the legs, ankles, and core, while also stretching the shoulders and upper back, making it a great full-body stability exercise.

Regular practice can support better coordination, mental focus, and muscle endurance, helping you feel more centered and strong.

Add this pose to your daily yoga flow or balance training routine to enhance stability and concentration. Save this pose to stay consistent with your wellness journey

# 09-Eight Limbed Salutation Pose



Eight Limbed Salutation (Ashtanga Namaskara) is a foundational yoga pose that helps build upper body strength, core stability, and body control.

This pose engages the arms, chest, shoulders, and core, making it an essential part of many yoga flows, especially in Sun Salutation sequences.

Regular practice can support better posture, muscle endurance, and smooth transitions between poses, helping you improve your overall yoga practice.

Include this pose in your daily yoga flow or beginner sequence to build strength and coordination. Save this pose to stay consistent with your wellness journey

## 10-Equestrian Pose



Equestrian Pose (Ashwa Sanchalanasana) is a powerful yoga posture that helps improve hip flexibility, leg strength, and overall mobility.

This pose deeply stretches the hip flexors, thighs, and groin, while also engaging the core and lower body, making it an essential part of many yoga flows like Sun Salutation.

Practicing this pose regularly can support better posture, improved balance, and reduced stiffness from long sitting hours.

Add this pose to your daily yoga routine or beginner flow to enhance flexibility and body awareness. Save this pose to stay consistent with your wellness journey

# 11-Extended Hand To Big Toe Pose



Extended Hand To Big Toe Pose (Utthita Hasta Padangusthasana) is a powerful standing yoga pose that enhances balance, focus, and hamstring flexibility. This pose strengthens the legs, core, and ankles, while deeply stretching the hamstrings and hips, making it ideal for improving both stability and mobility.

Practicing this pose regularly can help build body control, posture awareness, and mental concentration, making it perfect for intermediate yoga practitioners.

Add this pose to your daily yoga routine or balance training flow to develop strength and flexibility together. Save this pose to stay consistent with your wellness journey

# 12-Extended Side Angle Pose



Extended Side Angle Pose (Utthita Parsvakonasana) is a powerful yoga posture that improves full-body flexibility, core strength, and balance.

This pose deeply stretches the legs, hips, waist, and shoulders, while strengthening the core and lower body,

making it ideal for both beginners and intermediate practitioners. Regular practice can help enhance mobility, posture, and body alignment, while also building endurance and stability.

Include this pose in your daily yoga flow or flexibility routine to feel stronger, more open, and energized. Save this pose to stay consistent with your wellness journey

## 13-Garland Pose



Garland Pose (Malasana) is a deep squat yoga posture that helps improve digestion, hip flexibility, and lower body mobility.

This pose opens the hips, groin, and lower back, while strengthening the legs and ankles, making it highly beneficial for overall functional movement.

Regular practice can support better digestion, relief from lower back stiffness, and improved posture, especially for those who sit for long hours.

Include this pose in your daily yoga routine or mobility flow to feel more grounded and flexible. Save this pose to stay consistent with your wellness journey

## 14-Half Bound Lotus Standing Forward Bend



Half Bound Lotus Standing Forward Bend (Ardha Baddha Padmottanasana) is an advanced yoga pose that enhances balance, concentration, and deep flexibility.

This posture provides an intense stretch to the hips, hamstrings, and lower back, while also improving ankle stability and body awareness.

The bound lotus position helps open the hip joints and encourages better posture alignment. Practicing this pose regularly can help develop mental focus, coordination, and mobility, making it ideal for intermediate to advanced yoga practitioners.

Add this pose to your balance and flexibility routine to deepen your practice and build full-body control. Save this pose to stay consistent with your yoga journey

# 15-Half Headstand Pose



Half Headstand Pose (Urdhva Dandasana) is an advanced inversion that builds core strength, balance, and body control. This pose strengthens the shoulders, arms, and core muscles, while improving focus and stability.

It also helps enhance blood circulation and supports overall body awareness through controlled inversion practice.

Practicing this pose regularly can boost confidence in inversions, improve posture, and develop strong foundational strength for advanced yoga movements.

Add this pose to your inversion or strength-focused yoga routine to elevate your practice. Save this pose to stay consistent with your fitness and yoga journey

# 16-Half Lotus Tree Pose



Half Lotus Tree Pose (Ardha Padma Vrksasana) is a powerful standing balance posture that improves focus, stability, and hip flexibility. This pose combines the grounding benefits of Tree Pose with the deep hip opening of Lotus, helping to strengthen the legs, ankles, and core, while enhancing concentration and body awareness.

Regular practice can improve posture, coordination, and mental clarity, making it an excellent addition to your daily yoga or balance training routine.

Add this pose to your practice to build inner stability and flexibility. Save this pose to stay consistent with your yoga journey

# 17-Half Moon Pose



Half Moon Pose (Ardha Chandrasana) is a powerful standing balance pose that builds core strength, stability, and flexibility. This posture strengthens the legs, glutes, and core, while opening the hips and chest. It also improves balance, coordination, and focus, making it an excellent pose for developing full-body control.

Regular practice can enhance posture, muscle endurance, and body awareness, especially for those looking to improve strength and flexibility together.

Add this pose to your daily yoga or strength routine to feel more stable, strong, and energized. Save this pose to stay consistent with your yoga journey

# 18-Half Pigeon Pose



Half Pigeon Pose (Ardha Kapotasana) is one of the most effective yoga poses for opening tight hips and relieving lower back tension.

This deep stretch targets the hip flexors, glutes, and lower back, helping to release stored tension from long sitting hours.

It also improves flexibility, posture, and mobility, making it ideal for both beginners and experienced practitioners.

Regular practice can reduce stiffness, improve circulation, and support better movement patterns in daily life.

Add this pose to your daily stretching or yoga routine to feel more open, relaxed, and flexible. Save this pose to stay consistent with your wellness journey

# 19-Half Standing Forward Bend Pose



Half Standing Forward Bend (Ardha Uttanasana) is a simple yet powerful yoga pose that improves posture, flexibility, and spinal alignment.

This pose gently stretches the hamstrings, calves, and lower back, while strengthening the spine and core. It helps relieve back stiffness and tension, especially for those who sit or stand for long hours.

Regular practice can enhance mobility, balance, and body awareness, making it an essential part of any beginner or daily yoga routine.

Add this pose to your morning stretch or yoga flow to feel more aligned, refreshed, and energized. Save this pose to stay consistent with your wellness journey

# 20-Head To Knee Pose



Head To Knee Pose (Janu Sirsasana) is a gentle yet effective yoga pose that improves flexibility, relaxation, and mental calmness. This seated forward bend deeply stretches the hamstrings, spine, and hips, while also supporting digestion and stress relief.

It encourages a slow, mindful breath, helping to reduce anxiety and fatigue.

Regular practice can enhance mobility, posture, and inner balance, making it ideal for both beginners and experienced practitioners. Add this pose to your cool-down or relaxation yoga routine to feel more flexible, calm, and centered. Save this pose to stay consistent with your wellness journey

## 21-Headstand Pose



Headstand Pose (Sirsasana) is known as the “king of yoga poses” and is highly effective for building strength, balance, and mental focus.

This inversion strengthens the shoulders, arms, and core, while improving blood circulation to the brain, which may support better focus, energy, and clarity.

It also enhances body control and confidence. Regular practice can improve posture, stability, and overall body awareness, making it a key pose in advanced yoga routines.

Add this pose to your inversion or strength-focused yoga practice to elevate your performance. Save this pose to stay consistent with your fitness journey

## 22-Hero Pose



Hero Pose (Virasana) is a simple yet powerful seated yoga posture that promotes better posture, digestion, and relaxation.

This pose gently stretches the thighs, knees, and ankles, while encouraging an upright spine that improves postural alignment.

It is especially beneficial after meals, as it may help support healthy digestion.

Regular practice can enhance flexibility, circulation, and mental calmness, making it ideal for meditation, breathing exercises, or daily yoga routines.

Add this pose to your morning or evening routine to feel more grounded, relaxed, and aligned. Save this pose to stay consistent with your wellness journey

## 23-Heron Pose



Heron Pose (Krounchasana) is a powerful seated yoga pose that enhances hamstring flexibility, leg strength, and posture control. This pose provides an intense stretch to the hamstrings and calves, while strengthening the core and hip flexors.

It also improves balance, focus, and body awareness, making it ideal for intermediate to advanced practitioners.

Practicing this pose regularly can help increase range of motion, stability, and muscular control, while promoting a calm and mindful state.

Add this pose to your flexibility or strength-focused yoga routine to deepen your practice.

Save this pose to stay consistent with your yoga journey

## 24-High Lunge Pose



High Lunge Pose (Utthita Ashwa Sanchalanasana) is a dynamic yoga posture that builds strength, balance, and stability in the lower body.

This pose targets the legs, glutes, and core, while also stretching the hip flexors and calves.

It helps improve posture, coordination, and endurance, making it ideal for both beginners and intermediate practitioners. Regular practice can enhance lower body strength, flexibility, and overall body control, while boosting energy and focus.

Add this pose to your strength or flow yoga routine to build power and stability. Save this pose to stay consistent with your fitness journey

# 25-King Pigeon Pose



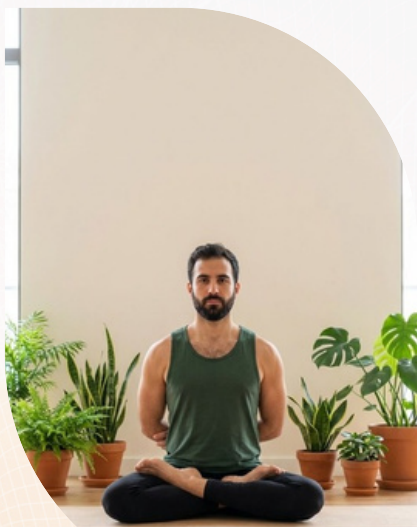
King Pigeon Pose (Eka Pada Rajakapotasana) is a powerful advanced yoga pose that deeply opens the hips, chest, and shoulders while improving overall flexibility and posture. This pose provides an intense stretch to the hip flexors, thighs, and spine, helping to release stored tension and stiffness in the lower body.

It also encourages heart opening and emotional release, making it beneficial for both physical and mental well-being.

Regular practice can improve mobility, balance, and body awareness, while enhancing your ability to perform deeper backbends.

Add this pose to your flexibility or advanced yoga routine to unlock tight hips and feel more open. Save this pose to stay consistent with your yoga journey

## 26-Locked Lotus Pose



Locked Lotus Pose (Baddha Padmasana) is an advanced seated yoga posture that combines deep hip opening, spinal alignment, and meditative focus. This pose stretches the hips, knees, and ankles, while encouraging an upright spine that supports better posture and breathing.

The arm bind behind the back enhances shoulder mobility and chest opening.

It is ideal for meditation, helping to improve concentration, inner calm, and mindfulness, while also promoting flexibility and body awareness.

Add this pose to your meditation or advanced yoga routine to deepen your practice and achieve a sense of balance and stillness. Save this pose to stay consistent with your yoga journey

## 27-Lord Of The Fishes Pose



Lord Of The Fishes Pose (Matsyendrasana) is a powerful seated twist that enhances spinal flexibility, digestion, and detoxification. This pose gently compresses and releases the abdominal organs, which may support better digestion and internal cleansing.

It also improves spinal mobility, posture, and back strength, making it ideal for relieving stiffness from long sitting hours.

Regular practice can help increase flexibility, circulation, and body awareness, while promoting a calm and focused mind.

Add this pose to your daily yoga or detox routine to feel refreshed, energized, and aligned. Save this pose to stay consistent with your wellness journey

## 28-Lord Shiva's Pose



Lord Shiva's Pose, also known as Natarajasana, is a beautiful and powerful yoga posture that improves balance, flexibility, and concentration.

This pose deeply stretches the chest, shoulders, hips, and thighs while strengthening the legs and core.

It helps enhance body coordination and posture, making it ideal for developing stability and grace.

Practicing Natarajasana regularly can boost mental focus, body awareness, and inner calm, while also improving overall flexibility.

Add this pose to your daily yoga or flexibility routine to feel stronger, more balanced, and energized. Save this pose to stay consistent on your yoga journey

# Disclaimer

This handbook, Yoga Basics-II 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