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12 BASIC ASANAS

Asana is one of the eight limbs of classical Yoga, which states that poses should be steady and comfortable, firm yet relaxed helping a practitioner to become more aware of their body, mind, and environment.

The 12 basic poses or asanas are much more than just stretching. They open the energy channels, chakras and psychic centers of the body while increasing flexibility of the spine, strengthening bones and stimulating the circulatory and immune systems. Along with proper breathing or pranayama, asanas also calm the mind and reduce stress. With regular practice one can ensure overall physical and mental health and the possible prevention of diseases such as diabetes, hypertension and arthritis. In time, performing the poses slowly and consciously, becomes a mental exercise in concentration and meditation.



OPEN CLASS - WHAT TO EXPECT

An Open Class is a traditional, slow paced, meditative class that helps encourage proper breathing, flexibility, strength and vitality in the body while calming the mind. Because Yoga is a spiritual system with a physical component, this non-competitive approach helps the practitioner gain much more than just a healthy body.

A typical open level class includes pranayama (breathing exercises), warm-ups including [Sun Salutations \(Surya Namaskar\)](#), 12 basic asanas (postures) and deep [relaxation](#). The focus is on mastering the basic asanas from which variations are then added to further deepen the practice. The asanas follow an exact order that allows for the systematic movement of every major part of the body in a balanced way that enhances prana or life force energy, keeping the mind quiet and without the need to think beyond each individual pose. Additional variations may also be taught.

12 BASIC ASANAS

1. Headstand (Sirshasana)
2. Shoulderstand (Sarvangasana)
3. Plough (Halasana)
4. Fish (Matsyasana)
5. Sitting Forward bend (Paschimothasana)
6. Cobra (Bhujangasana)
7. Locust (Shalabhasana)
8. Bow (Dhanurasana)
9. Spinal twist (Ardha Matsyendrasana)
10. Crow (Kakasana) or Peacock (Mayurasana)
11. Standing forward bend (Pada Hasthasana)
12. Triangle (Trikonasana)

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