



# PODAR ENRICHMENT ACADEMY

Learning for life

Year 2011 - 12

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## YOGA

- Free hand exercise

### Benefits:

1. Improves flexibility.
2. Prepares the children for yoga practices.
3. Protects from injury.

- Talasana - I, II, III, & IV

### Benefits:

1. The entire body is stretched and energized.
2. Lengthens and strengthens all the body muscles.
3. Nourishing blood supply flows through entire body
4. Increases the height of the trunk and the health of the spine.

- Ardha Utkatasana

### Benefits:

1. Strengthens the calf and hamstring muscles
2. Improves concentration
3. Opens and releases the deep muscles of the hips

- Purna utkatasana

### Benefits:

1. Induces mind - body co-ordination.
2. Builds up confidence.

- Konasana I

### Benefits:

1. Corrects the alignment of the body.
2. Strengthens the side muscles.
3. Improves the overall flexibility

- Vakrasana I, II & III

### Benefits:

1. The entire sequence of vakrasana is designed to improve posture.
2. Muscles are strengthened.
3. The student feels tall and light after the practice.

- Janu Shirshasana

### Benefits:

1. Calf muscles as well as thighs are exercised.
2. Strengthens the legs.
3. Exercises the upper abdominal muscles
4. Improves breathing



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- o Bhadrasana

Benefits:

1. Pelvic region is strengthened.
2. Improves knees.
3. Lower back and spine becomes flexible.

- o Bhujanasana

Benefits:

1. Entire spine is strengthened.
  2. Neck gets a good stretch.
  3. Reforms minor deformities in the lower back.
  4. Wrist and hands get strengthened.
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