

# Yoga Instructor

10 Minutes A Day  
For Beauty And Shaping





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## Chapter 1

# Yoga, the most healthy beauty and shaping of the magic formula



## First Close Encounter with Yoga

In recent years, "yoga" has become a synonym for health and fitness in the new century. From Europe and the United States to Southeast Asia, this practice, which is a combination of spiritual, physical and moral cultivation, originated from ancient Indian culture, is regarded by the world today, especially by women, as the best way to beauty, beauty and stress reduction.

## Approaching Yoga

In India, pranayama and the masters who practice it are collectively known as yoga. Well-trained yoga can be done for many days without eating or drinking to make the heart beat faster or slower .....

Doctors at the Udaipur State Medical School in India conducted an incredible experiment on yoga. A yogi named Satyamurti was "buried alive" for 8 days and nights in full view of the public. The experiment was carried out in this way: a grave was dug without any food, and only 5 liters of distilled water was put in it. According to Yoga, the water was not for drinking, but to moisten the air. At the end of the test, half of the water was left. The temperature inside the cave was between 24 and 33°C. After eight days and nights, the crypt was opened and Yoga was still sitting in the same position as at the beginning of the experiment, but with her whole body in a state of rigor mortis and unresponsive to changes around her. The body temperature was greatly reduced to 34.8°C, compared to 37.2°C at the beginning of the experiment. When the sealed soil was first opened, Yoga's whole body trembled violently, and it lasted for 2 hours before the body temperature returned to normal. During the trial, Yoga lost 4.5 kg of body weight and had an increase in blood glucose. It should be especially noted that the metabolism of the yoga organism not only did not stop but also did not slow down very significantly during the test period.

Yoga is so amazing, what exactly is yoga? Here we will get to know yoga. Yoga originated in India and is popular all over the world. It is one of the oldest body strengthening techniques in the East. The practice of yoga focuses and calms the scattered mind. The practice of yoga first focuses on physical strength, and then requires the integration of mind and body as one. On this basis, the practitioner is guided into a state of supreme perfection. In the process of yoga practice, the practitioner gradually deepens his or her inner spirit, from the outside to the inside, from the senses to the spirit, reason, and then to the consciousness, and finally to grasp the self and the inner spirit as one, to achieve the unity of heaven and man.

The word yoga originally meant the mastery of cattle and horses, but in ancient times it also stood for certain practices or disciplines that helped to achieve the highest purpose. In the Yoga Sutras, written by the ancient sage Patanjali, yoga is accurately defined as "the control of the action of the mind". Yoga can be traced back to the Indus civilization, 3000 years B.C., and has been practiced for more than 5000 years. The word yoga is a translation of the Sanskrit word for "union" and "unity". It means giving up one's own ego and combining it with the greater self of the universe, i.e., combining the ego with the inner spiritual element, combining the spiritual and physical bodies to the best state, and combining life and nature to the most perfect state. It also means assimilating with the Supreme Universal Spirit and freeing oneself from suffering and calamity.

Yoga is an important part of Indian culture, a crystallization of the wisdom of the Indian people, a cognition of the Indian sages who intuitively realized life in the deepest state of contemplation and meditation. Yoga is also a scientific practice of the human body that the Indian people have learned from practice for thousands of years, and is a kind of fitness technique that combines spirituality and physicality.

The purpose of yoga is twofold: first, to cultivate the natural beauty of the body and to achieve a high level of health; second, to awaken the great power that lies dormant in the human body and use it to develop one's own unique potential for self-realization. In other words, yoga is about experiencing the life force that comes from within in the practice of meditation.

The practice of yoga includes asanas and breathing techniques, that is, the starting point is self-control, which will lead to the full stretching, adjustment, circulation, activity and harmony of the tendons, internal organs, blood, glands and nerves of the body, bringing us a healthy body, a beautiful figure, preventing aging, reducing drowsiness, stabilizing the mind, controlling emotions, opening the mind, and naturally receiving the effect of strengthening the body and cultivating the mind from the inside out.

The doctrine of yoga is against imposition, it advocates not to trust what has not been tested, and that includes yoga itself. Yoga must be learned through one's own experience to understand its true meaning. It is for the practitioner to voluntarily come and try out a small number of postures and then make a judgment on yoga after a month or two of practice.

In order to nourish the skin, resist aging, shape the attractive "devil" body, reduce their own stress, many Hollywood stars have become obsessed with yoga. Madonna spends 2 hours a day doing yoga, Jane Fonda relies on yoga to maintain youthful vitality, Meg Ryan, Julia Roberts, Elizabeth Hurley, Barbra Streisand, Gwyneth Paltrow and other big-name stars are also yoga enthusiasts. Their experience is that yoga is stretchy and beautiful, easy to learn, no equipment needed, and no deviation. Even if you've never participated in any other sport and think you're stiff, you can still practice it, you just have to get as far as you can. You will feel the pleasure of your body gradually becoming softer every day, and by sticking to it, you will also be able to make everyone feel the change in you.

## Types of Yoga

There are various schools of yoga, some focusing on body cultivation, others on physical exercise, but in general they can be summarized into two.

Hatha yoga - also known as skin yoga or asana yoga - is an attempt to adjust the functions of the internal organs of the human body in a gradual and progressive manner with gentle and regular breathing in the postures of birds, animals, insects and fish, to improve physical fitness and achieve the effect of strengthening the body, which in turn leads to spiritual relaxation, as if returning to the state of nature.

Shengwang Yoga - also known as the eight-part gong method - focuses on breathing and breath regulation, controlling thoughts, emotions, and reason in meditation, thereby expanding our spiritual realm, cultivating a noble and benevolent character, and guiding the sublimation of spiritual energy.

## The difference between yoga and other sports

General sports such as ball games, swimming, racing, rhythmic gymnastics, aerobic dance, etc., are for the ultimate purpose of physical training and competition. From the soft and stretching, relaxing and tense movements of yoga, we can understand that yoga is a whole body, balanced exercise, unlike general exercises that only use to one-sided strength and only do local body and sinew activities, which will easily cause body deviation due to the uncoordinated movement over a long period of time. Yoga asana relies on the activation of glands to produce energy and make the body energetic. General exercise relies on energy consumption and stimulation of the glands to keep the body energized.

Yoga is a practice that harmonizes the organs of the body with regular breathing and concentrated consciousness between the hands and feet to soften the muscles and bones, activate the joints, increase balance and endurance, calm the mind, and achieve full attunement of the body and mind. Therefore, yoga is the best exercise to balance both body and mind. It not only can achieve the effect of strengthening the body and eliminating diseases, but also can obtain the harmony of the mind without any competition.

## The Three Chakras and Seven Chakras of Yoga

Yoga believes that there are countless, fine nerve chakras, also known as meridians, in the human body that are invisible to the naked eye, a channel for energy transportation, numbering in the hundreds of thousands, both thick and blunt, and fine. There are 14 of these nerves that are more important, the three most important of which are the middle, left and right chakras, which are the three chakras of yoga.

The middle chakra is located in the middle of the spine, within the spinal cord, and rises from the submarine chakra at the end of the spine straight to the parietal chakra point. On both sides of the middle chakra, there are the left and right chakras, which are parallel to the middle chakra. The lowest meeting point of the left, middle and right chakras are all located at the submarine chakra at the end of the spinal column bone, which is the repository of cosmic energy or called spiritual heat. The energy here can be called great wisdom only after it is awakened by cultivation and rendezvoused with the top chakra.

The left chakra (also known as the Yin or Moon chakra), relative to the past, dullness, sensuality and the superego (social conditioning), governs the power of desire. The right chakra (also known as the yang or solar chakra), in relation to the future, rational logic, domination and ego, governs the power of action; the middle chakra, in relation to the present, evolution and spiritual ascension, is the only path of faith that unites human beings with the spiritual power of the universe and is the source of joy. The practitioner cannot attain great achievements unless he or she goes through this.

From the point of view of physical anatomy, the three chakras are invisible. Only when one does the meditation kung fu and the chakras are open, one will see them.

Yoga also believes that there is a powerful spiritual energy in the human body that lurks in the bottom of the spine where the submarine chakra sleeps, and that the general public is unaware of

this secret. The practitioner is to awaken this sleeping sexual spirit and make it rise along the spine, pass through the seven neurovascular plexuses (i.e. chakras) in the spine and unite with the parietal chakra in the brain to reach the supreme state.

These 7 chakras are the 7 energy centers of the human body, they are the genital chakra, the submarine chakra, the umbilical chakra, the heart chakra, the throat chakra, the interbrow chakra, and the parietal chakra, all of which are located on the middle chakra and start within the bone marrow. The different chakras control different emotions and sensations in humans and are also the different glands of the human body.



## What kind of people are suitable for practicing yoga

There is no age limit for practicing yoga. It is suitable for people of all ages, except for newborn babies, who are not suitable for yoga. Due to its gentle nature, it is also suitable for older people. You should warm up well before practicing yoga, and then start with basic breathing and simple asanas.

## Demystifying the miraculous effects of yoga

The reason why yoga lovers love yoga is not only for the simple purpose of beauty, body shaping, stress reduction and insomnia treatment, but also to make their body exhale, strengthen their spirit, relax and activate their muscles, and unconsciously maintain an elegant and tight body shape and a light and agile posture.

## The main effects of yoga

Yoga is not a panacea for all diseases, but it can definitely improve poor health trends for the better. Through stimulation of acupuncture points, glands and meridians, yoga enhances the flow of qi and blood, tones the body, mind and qi, enhances natural healing power, sends fresh blood to declining body cells, massages various organs in the body and restores them to function. Specifically, yoga has the following effects.

1. Maintain and promote the normal function of the body systems.
2. Strengthen the function of the endocrine system.
3. Massage and strengthen each part of the organ to make its function balanced.
4. Promote blood circulation and metabolism.
5. Slow down and eliminate chronic diseases.
6. Adjust the mind and prolong the life force.
7. Adjust the spine and enhance flexibility.
8. Relieves joint and muscle pain in the back and relaxes stiff muscles.
9. Eliminate toxins from the body, reduce fat and maintain skin.
10. To enhance mental and spiritual energy and to bring peace and tranquility to the mind.
11. Release energy, reduce stress and relax the brain.
12. to focus and sharpen attention.
13. Improve the sensitivity of the body.

## The effect of yoga poses on the glands

The endocrine glands in the human body govern the activities of the body. The endocrine glands secrete hormones into the blood, and these hormones are distributed to different organs in the human body through the flow of blood to control the body's digestive action, body vitality, body temperature and water, body growth, cell replenishment, sexual function, etc. In other words, the human body is completely controlled by the secretion of various glandular hormones, and every organ and cell is directly influenced by these hormones. Therefore, when hormone secretion is normal, all organs of the human body can function normally. If there is an imbalance in the secretion of any one gland, it will cause different degrees of diseases in both body and mind.

These endocrine glands are closely related to each of the 7 chakras. The chakras control the secretion of the endocrine glands, which produce many different hormones, and these hormones flow into the bloodstream and affect all the organs of the body. Therefore, the chakras control the activities of the body and mind with the endocrine glands, and when the secretion of the glands is normal, the person is healthy and mentally stable. When any gland is not functioning properly, that is, when the secretion is unbalanced (whether too much or too little), it will lead to diseases of the body and mind.

Yoga poses bring the secretory action of the various glands into balance. Yoga twisting or bending poses usually require a considerable pause, during which the pressure given to the glands is intended to strengthen these glands and normalize their secretion.

## Function of each gland

### **\*Pineal gland**

The pineal gland is generally considered to be our biological clock, which secretes many subtle hormones that affect all organs of the body. The hormone that has been isolated is Melatonin, which slows down the aging process, enhances the immune response, increases pain tolerance, decreases sex drive, and reduces sleep. It also translates from environmental conditions, such as light, temperature, humidity, magnetic fields, etc., into neuroendocrine responses.

The deeper we sleep, the more the pineal gland secretes, and the more we sleep, the more melatonin is secreted. Melatonin is synthesized from serotonin. During the daytime, human conscious activity is extremely active, the mind is turbulent and scattered, when more serotonin is needed to supply the nerve cells. In the evening or during meditation, the opposite is true, as conscious activity decreases and more serotonin is synthesized as melatonin.

### **Pituitary gland**

The pituitary gland, associated with the brow chakra, is a very important gland. This gland is directly stimulated by the brain to produce different hormones that send hormonal "messages" to other glands in the body, stimulating them to perform different tasks. In this way, the pituitary gland controls many activities of the body, such as glandular secretion, blood circulation, growth, and control of body temperature. When the pituitary gland malfunctions, many diseases can arise. And the body can develop abnormally, or become fat, or too tall, or too short. Gigantism and dwarfism are caused by the malfunction of the pituitary gland.

### **\*Thyroid and parathyroid glands**

The thyroid and parathyroid glands in the neck are associated with the laryngeal chakra, which controls the body's metabolism and also regulates the amount of heat and energy produced by the body, promoting digestion and growth. If the thyroid gland does not secrete

properly, the physical and mental health of a person will be seriously affected. If the thyroid gland secretes a little more, the body will feel nervous, irritable and so on. If more is secreted, the body will show nervousness, sweating, trembling, indigestion, insomnia, and rapid loss of weight. Conversely, if the thyroid gland secretes a little less, the person will be tired and drowsy. If the secretion is too little, the person will move slowly, have a slow pulse and heartbeat, a drop in body temperature, slurred speech, dulled senses, and a fat body.

The parathyroid gland controls the level of calcium in the blood and is responsible for the normalization of bone growth. Not only do bones need calcium, but nerve action is also greatly affected by the amount of calcium in the blood. If there is too little calcium, we become nervous, impulsive and irritable; if there is too much calcium, we become lethargic and lethargic. The parathyroid gland has a very important influence on the development of bones and the normal function of the nervous system.

### **Thymus gland**

The thymus gland, located behind the sternum near the heart, is most active during fetal life to build up the body's immune system, and after birth it secretes thymopoietin to strengthen the immune system. Its basic function is to mark each cell with a recognizable mark to prevent the immune cells from destroying our own cells and to enable the body to resist disease.

### **Adrenal glands**

The adrenal glands are located above the kidneys and are associated with the umbilical chakra, which allows the body to suddenly produce heat and energy. The adrenal glands are especially important when emergencies occur. When a person is faced with a dangerous or urgent event, such as fighting an enemy, rescuing a drowning person, escaping from a fire, earthquake, etc., the brain sends signals to the adrenal glands, which immediately transport its secretions (i.e. adrenaline) to the bloodstream. Adrenaline makes the heart beat faster and the blood vessels dilate, and flows into the muscles with the blood, so the muscles can get more energy from the steep increase of blood and make full use of

the efficiency. Adrenaline also stimulates the sweat glands, so although sudden exertion makes the body hot, it can also be used to remove heat through sweating. In addition, adrenaline also sends signals to the liver, which transports stored sugar into the bloodstream for the extra heat needed by the body. If too little adrenaline is secreted, the ability to adapt in times of danger and urgency is greatly reduced. Conversely, if too much is secreted, the body and mind will be in a constant state of stress.

## **Pancreas**

The pancreas, which is scattered between the digestive alveoli of the pancreas and is associated with the umbilical chakra, secretes a hormone called insulin that aids in digestion. Insulin decreases the sugar content of the blood. If insulin is lacking, blood sugar increases and some of it is excreted in the urine, becoming diabetic, which is called diabetes. Conversely, if too much insulin is produced, the condition of low blood sugar will occur and the person will experience weakness, headache, shaking, dizziness, nervousness and restlessness.

## **\*Gonads**

The gonads are associated with the reproductive chakra. The gonads (ovaries or testes) not only produce eggs and sperm, which unite with each other to reproduce, but they also secrete sex hormones (gonadotropins), namely androgens and estrogens. Sex hormones increase the sexual characteristics of the male (female) sex and regulate the development of sexual behavior. Androgens increase the energy of muscles and make people creative and active. Estrogen increases the fat content of the body and makes a person emotional and thoughtful. Both men and women produce androgens and estrogens in their bodies, but men produce more androgens and women produce more estrogens. Of course, the ratio of sex hormones is directly related to the physical, mental, emotional and psychological aspects of men and women. If the ratio of sex hormones is out of whack, women will become masculine and men will become feminine.

## Yoga beauty must have course

A good start is half of the success. Before practicing yoga for the first time, do a good job of preparation and start a wonderful yoga journey.



## Are you fit to practice yoga?

There is no age limit for practicing yoga. It is suitable for all ages, except for newborn babies, who are not suitable for yoga. Due to its gentle nature, it is also suitable for older people. You should warm up well before practicing yoga, and then start with basic breathing and simple asanas.

## Yoga practice, are you ready

### ※Time

There is no time limit for practicing yoga, once, twice or three times a day is fine. Generally, the best practice time for beginners is 15-30 minutes each time, do not be greedy for more and faster, and after your body gets used to it, you can gradually extend the time.

Morning is a very good time to practice yoga, when the air is fresh, you can practice in the woods, lakeside or courtyard with high negative ion content. But there is no need to abide by the same, you can practice whenever it is convenient for you, the key is to practice at least once a day, perseverance, only then can you reap the rewards.

### \* Practice area

Yoga is one of the most location-independent activities, whether in a beautiful natural setting, at home in your living room, bedroom, balcony, or corporate office, as long as there is a space where your whole body can lie flat. Therefore, you can practice at your own pace even when you are traveling.

It is advisable to practice yoga in a tranquil, well-ventilated room. The air inside should be fresh so that you can inhale oxygen freely. It is also possible to practice outdoors, but in a pleasant environment, such as a garden. One thing to keep in mind is that it is not advisable to practice yoga in the hot sun, or in windy, cold or unclean, smoky air. Do not practice near furniture, fireplaces or any place that hinders the practice to avoid accidents. Especially when doing head and handstand, do not practice under an electric fan.

As yoga involves many soft movements, it is inevitable to squeeze the limbs and muscles when practicing, so the practice area should not be too hard or too soft, avoid practicing on hard floors or too soft trampolines, otherwise it will easily cause bruises or injuries due to loss of focus. If you practice yoga at home, it is best to do it

on the carpet. If you don't have a carpet at home, lay a blanket or large towel on the floor to practice.

As more and more people start practicing yoga, the "yoga house" has now become a new favorite for some people. Yoga mats, mirrored walls and artificial springs have replaced the heavy and bulky gym equipment and "noisy" televisions in old-fashioned gyms.

Ordinary yoga houses have yoga mats, balance bars, wooden floors and fans, and personalized decorations such as artificial springs, candelabras and bamboo floors can be added for high requirements.

### **※Clothing requirements**

Since yoga involves a lot of twisting and stretching of the torso and limbs, the dress code should be flexible enough to match this need.

1. It is best to wear professional practice clothes when practicing yoga.

2. If you do not have practice clothes, you should try to wear loose and comfortable clothes.

3. It is best to practice yoga barefoot.

4. Take off your watch, glasses and all accessories that cause inflexibility. You can put your watch close to your body to keep track of time while doing certain items.

5. If you can ensure that the environment is free from other external factors, the temperature is suitable and you feel good about yourself, you can also consider completing the practice naked. According to yoga, the human skin has the function of absorbing cosmic energy and excreting metabolic waste, so practicing naked can add extra benefits to your yoga practice.

### **※Props**

Yoga is a very pleasant and relaxing exercise, basically without any equipment, the average yoga practitioner should have a yoga

mat. However, for first-time yogis, it may be necessary to prepare a few more items to avoid excessive pressure and stretching of the body during practice. Generally speaking, the following items are sufficient.

1. Small cushions, generally used to cushion the head and neck.
2. a blanket to keep you warm when you relax.
3. Sturdy fabrics such as yoga straps or towels.
4. Yoga mat or a blanket equivalent to the size of a yoga mat.
5. A sturdy chair.

### **※Caution**

1. Be persistent, do not fish for three days, two days to sunbathe.

Yoga can only be practiced with consistency to receive the desired results. Modern people live a stressful life and have a lot of chores, so they often interrupt their practice due to unforeseen commitments, but it is not the length of practice that is important, but the focus. A daily practice, even if it is short, is much more effective than a weekly practice.

2. Do not force and do not be impatient.

Do any posture should be step by step, natural. Especially beginners, do not want to quickly progress, rashly forced to achieve a certain posture, may be counterproductive, but also easy to cause injury.

3. Strengthen self-confidence, do not be discouraged.

At the beginning of the practice, the body's flexibility is definitely not as good as you think, you should give yourself a little more time to adapt, do not easily discouraged, while you can use external objects such as chairs, walls and other support. After a period of practice, gradually achieve balance, and then abandon the auxiliary tools.

4. If there is no special need, breathe through the nose throughout.

Nose hairs filter airborne dirt and harmful bacteria, and also stabilize nerves for better health.

5. Do not eat one hour before and after yoga practice, keep an empty stomach and three minutes full is the best state.

6. Do not do yoga for half an hour before and after the bath, because the blood circulation is too fast after the bath, blood pressure is too high, the tendons are too soft, these are easy to let the body injury.

7. Women should not practice during the first two days of menstruation.

8. Do not do only one kind of asana each time from the beginning to the end. For example, in order to cure back pain and only do a posture, will only make the back more pain.

9. As soon as there is discomfort, stop practicing and rest for a moment.

In the practice, once you feel uncomfortable, you should stop immediately and lie still for a few minutes. When lying down, the whole body should be relaxed as much as possible, eyes closed, feet apart, shoulder-width apart, hands palms up, with slow deep breathing, until the feeling returns to normal, then you can continue to practice; or after guidance by a professional teacher, then start practicing.

10. If you are on medication or have just undergone surgery, have a chronic illness or injury, have mobility problems, etc., you need to consult with a doctor who knows your condition before you start practicing yoga. After you start practicing, you need to consult with an experienced yoga instructor who understands your condition.

11. If you have symptoms of osteoporosis or back stiffness, try very carefully to stretch, twist or bend backwards and reverse the movement.

12. If you have high blood pressure or heart problems, avoid excessive standing exercises or backward bending exercises.

13. If you have a hip misalignment problem, avoid sitting exercises.

14. If you have back injury or spine, disc misalignment and other problems, avoid or carefully practice forward bending, lateral bending or spinal twisting movements.

15. If you have problems with your eyes, ears, nerves, head, neck, back or injuries, menstruation, high blood pressure, migraine, vertigo, etc., avoid or be careful practicing shoulderstand or other inverted body movements.

16. The practice field should not be too hard or too soft.

17. You should not practice yoga wearing too tight clothing and accessories.

### **\* Relaxation**

Stretching and rhythmic breathing will bring relaxation to our body and mind. Relaxation is one of the basic points of yoga.

The following are a few tips for performing relaxation during the exercise.

1. It is a very good practice habit to do a short meditation and relaxation exercise before you start practicing. Usually sit with your legs naturally crossed, close your eyes and breathe smoothly. The blood circulation of the whole body is adjusted, which is especially important for the later exercises.

2. After we have practiced several yoga postures in a row, we should relax for a short period of time. Usually, you can do lying corpse pose or child's pose to relax, below we introduce child's pose to relax.

Child's Pose Relaxation: This movement bends the entire upper body forward, allowing the spine to relax. Kneel on the floor with your feet together, then sit your hips on your heels. Next, bend your upper body forward, stretch your hands back against the floor and

backward naturally (note that your hands are relaxed at this point without force), slowly bend over until your forehead touches the floor, then close your eyes and keep this pose to breathe naturally.



3. After the completion of a set of exercise movements, attention should be paid to leaving sufficient time for the body to completely relax. Because this time of relaxation, the meaning is not only rest, but also will be more effective in regulating the body's microcirculation, to open the body's self-healing ability.

### **※Inverse position**

After a strong pose or movement, a reverse direction pose can help the body get into balance. If not followed by some powerful postures plus reverse directional posture exercises, it may cause damage to the body.

For example, after practicing the "triangle side turn", the spine needs to be straightened by a "vertical forward bend" transformation.



Triangle side turn





Vertical forward bend

## Easy to learn basic yoga poses

Yoga standing postures, sitting postures, lying postures, inverted postures and other basic yoga postures, as long as practiced properly, can also produce magical beauty and body sculpting effects.

## Standing exercises

Standing posture can enhance leg flexibility, make hip, knee, ankle and shoulder joints more flexible, and enhance the muscle strength of legs, hips, abdomen and neck, eliminate flab in various parts, and develop a sense of stability and comfort and balance. It also enables the balanced development of the muscles on both sides of the body and improves the coordination of the body.



## **※Basic stance**

This posture is the starting posture of many standing movements. Stand upright with your feet together, arms stretched vertically downward on the side of your body, and hands with five fingers together and naturally stretched downward. This posture is also known as the mountain stance, when standing the body will produce a natural tendency to sway, this is the human consciousness, that is, the mind is affecting the body, and practice this posture is to make the body is not affected by the sway. You have to control the body with your willpower, so this pose not only strengthens willpower and keeps one balanced, but also prepares the body and mind to be stable for the practice of other complex movements.

## **※Practice stance one**

1. First stand in the basic posture, then lift the left foot and wrench the outside of the left heel with the left hand, look at both sides, maintain the balance of the body and breathe evenly.

2. While maintaining body balance, extend the left leg diagonally upward. Let the left hand continue to wrench on the outside of the left heel, stretching with the left leg, at this time, the head is turned to the left and the eyes are looking to the left. To maintain body balance, turn the palm of the right hand outward from the outside of the body to the top, eventually extending the right arm in a slight natural arch with the outside of the body, with the five fingers spread out and the palm covering the center of the head. Hold this position for a short time, then repeat the movement to the right.



## ※Practice standing posture II

Standing posture one is very effective but often difficult for beginners to do, so we have prepared standing posture two for the benefit of our readers.

1. Start in mountain stance, step out with your left foot about 1 meter to the left, hold your arms flat in a straight line, keep your palms down, look straight ahead with your eyes flat, and keep breathing evenly.

2. both arms down, slowly bend downward waist, head also maintain a natural downward relaxed state. Keep the ten fingers of both hands naturally spread, put the palms of both hands between the feet, so that the fingertips touch the ground. Maintain this posture for a short period of time (as comfortable as possible).



## Sitting exercises

Sitting is a very stable posture that can effectively relieve fatigue and regulate our body, breath and emotions to a harmonious and unified state.

### Basic sitting posture



The basic sitting posture is the starting position for many sitting postures. Sit on the floor, straighten your legs, and bring your feet together against each other with the tops of your feet taut and your toes pointing forward. Keeping your upper body upright, press the palms of your hands to the floor on either side of your hips, fingertips forward. The back should be spread, then relax the whole body (keep the posture unchanged) and count 100 times in this posture in your mind. When you feel your body relaxing, you can also close



your eyes, so it is easier to control your mind and focus your thoughts.

### **※Simple sitting**

Sit on the mat with both legs straight ahead, back straight, head straight, eyes straight ahead, arms relaxed, palms of each hand on the thighs. Keeping the head and upper body in the above position, bend the left lower leg and press the left foot naturally under the right leg. On the basis of keeping the head, neck and torso in a straight line, press the right foot under the left leg, put the two feet in a crossed position under both legs, both knees naturally sag, and place the hands naturally and easily on both knees. Can strengthen the hips, two knees, two ankles strength and toughness.



### **Frog sitting**

Bend both knees and kneel on the ground, then sit your hips on your heels and span both knees as far as possible to the left and right, so that both thumbs touch each other and keep your upper body perpendicular to the ground. Spread your hands and place them palms down naturally on both thighs. Eyes looking straight ahead, maintain a natural and even breathing. This posture, legs just like the frog squatting posture, helps to enhance the flexibility of the

hips and inner thighs. In addition, this sitting posture on the ankles, knees also have a certain exercise effect.



**\*Good luck sitting**

Sit on the floor with your legs together, sink your shoulders and back, then bend your left knee so that your left foot is on top of your right thigh, and place your hands on both thighs. If you find it difficult to bend the knee directly, you can use your hands to assist. Afterwards, bend the right knee and hold the right ankle with the left hand, resting the right ankle on the left ankle and placing the right foot on the left thigh. Press the palms of both hands on both knees,

and look straight ahead with both eyes. This pose can play a calming, tranquilizing role and make people alert, with the effect of refreshment.



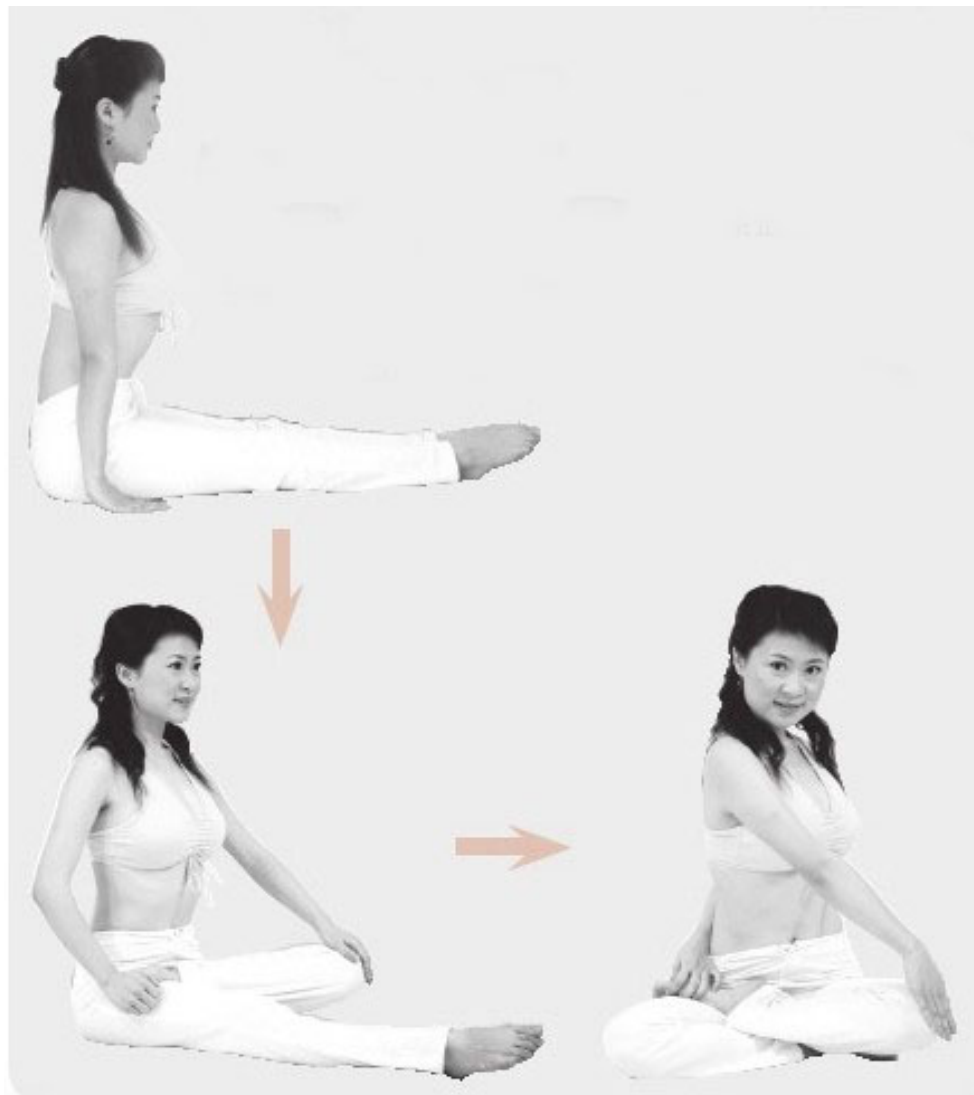
**\*Sitting in full bloom**

Sometimes the sitting posture can also not have to be straight, the following we will introduce a twisting sitting posture. This sitting posture actually belongs to the category of dynamic postures, which

can reduce the fat around the waist and abdomen, and massage the abdominal organs, which is beneficial to the intestines, stomach and liver. It also effectively relieves fatigue and flexes the knee and hip joints.

**Step 1:** Start with the basic sitting posture, that is, sitting on the floor with your legs together and straight, sinking your shoulders and erecting your back.

**Step 2:** Bend your left knee and grasp your left foot with your right hand so that your left foot rests on your right thigh, near your right hip joint.



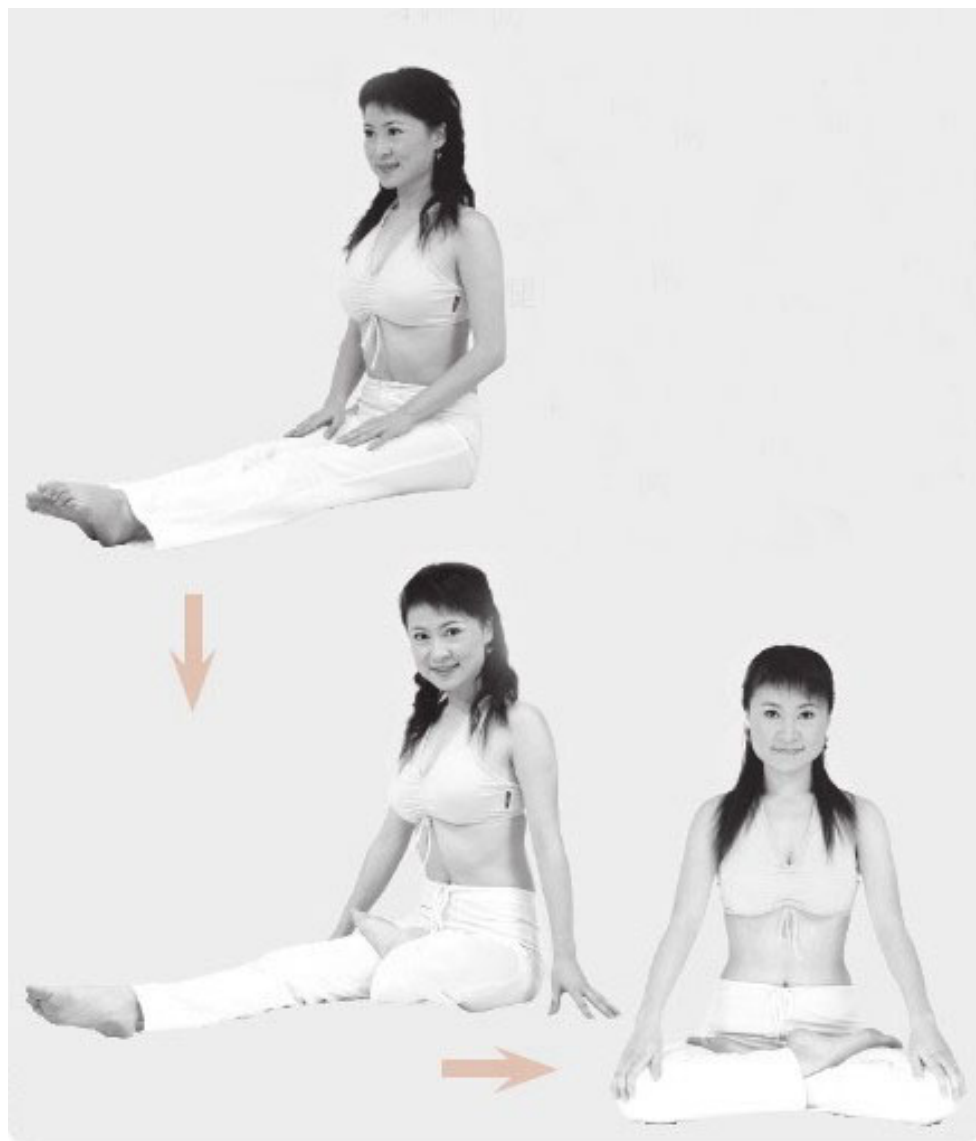
**Step 3:** Bend the right knee so that the right foot is placed on the left side of the pelvis. Then put your left arm around your back from behind and wrench your left foot with your left hand, at which point your body twists to the left and your right hand rests on your left knee. Hold this position and breathe naturally for 20 to 30 seconds.

### **\*Lotus flower sitting**

It is a great help to relieve neurological and psychological disorders by making the mind peaceful, calm, quiet and alert. Lotus sitting also activates the nervous system, strengthens the spine and abdominal organs, stimulates the digestive system, and prevents and treats rheumatism. In addition, lotus sitting is helpful in treating asthma and bronchitis.

**Step 1:** Sit on the mat with your legs together and straight ahead, back straight, eyes leveled forward, both arms naturally relaxed, both hands on each thigh.

**Step 2:** Place both hands on either side of your body and place your left foot back on your right thigh with the palm of your foot facing up and your heel directly below your belly button.



**Step 3: With** your back straight, take your right calf back and place the back of your foot on your left thigh with the palm of your foot facing up and your heel below your navel, keeping both knees on the ground as much as possible and your hands hanging naturally on your knees.

## Recumbent exercise

Reclining posture is an extremely stable posture. It is good for blood circulation, can relieve nervous tension and achieve the effect of meditation and smoothness.

### **Basic lying position**

The basic lying position is the starting position for many lying positions. Lie on your back on the floor with your legs naturally stretched out in a relaxed position. Place your arms on your sides, palms down on the floor, and keep your eyes open or closed. Maintain even breathing.



### **※Laying dead style**

Lie flat on the floor so that your head, back and hips are in a straight line. Open your feet naturally on the floor and put your arms flat on the floor one foot away from your body, curl your hands naturally so that your palms are up, and then close your eyes. This action is usually performed when you are tired or after practicing yoga postures, which will make you feel refreshed and fatigued.



### **Warm Tips**

**To perform relaxation, cover your body with a pre-prepared blanket, or put an eye protection bag over your eyes if you have one.**



## Inverted posture exercises

Inverted postures, also called inversions, are an important element of yoga that has the function of rejuvenating the mind and body and influencing the energy centers within the body. Generally speaking, the inversion pose helps to eliminate the pressure of gravity that has been placed on the person for a long time. By stretching and moving the spine, spinal cord flow is stimulated, allowing for better transmission of information by the spinal nerves. This will have a positive effect on the entire body, energizing it and slowing down aging. At the same time, the inverted posture strengthens the blood supply to the facial tissues, which reduces the production of facial wrinkles and makes the skin rosy and delicate. It also exercises the muscles in all parts of the body, making them stronger and more powerful, and strongly slims the neck and shoulder areas.

### **\*Physiological aspects**

Inverted posture promotes blood circulation throughout the body and helps the tissues of all parts of the body to be nourished. It is also beneficial to the body's endocrine system and affects the function of the body's immune system. The anti-gravitational posture in the inverted posture allows the body's digestive system to get sufficient rest, strengthens the function of the digestive system, and maintains the coordination and health of this part of the body. Inverted posture also allows the heart to rest fully, increases blood supply to the brain, restores the vitality of brain cells and improves memory.

### **✳Energy**

The inversion pose is primarily an exercise of the energy center of the head, the parietal chakra. This energy center is linked to the pineal gland in the brain, which is also known as the "third eye" and is associated with the higher forms of human consciousness. The pituitary gland, which controls all endocrine glands, is also nourished and stimulated by the inversion posture. Inversions such as shoulder

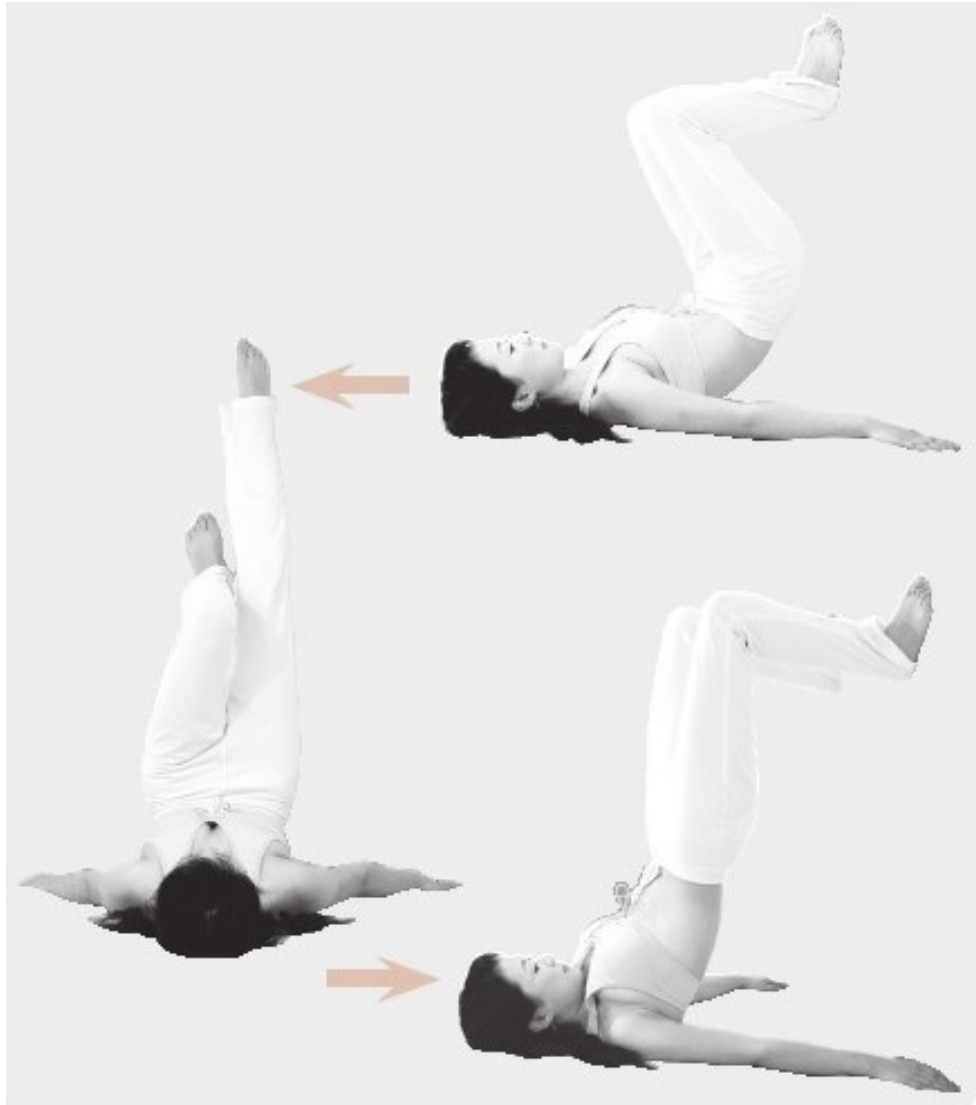
stand, plow pose and small bridge pose concentrate on blood supply to the throat and provide nutrition to the thyroid gland, which controls metabolism.

### **\*Shoulder stand**

**Step 1:** Lie on your back with your hips close to the wall, feet against the wall and knees bent. The feet are so hard that the hips should leave the wall.

**Step 2: Keep your** legs together or slightly apart, with your arms flat on either side of your body, palms down, and your feet moving toward the wall. Stomp on the wall with your left foot, taking care to keep your hips slightly off the wall.

**Step 3:** Lift your hips and keep your thighs upright by exerting force on your feet, legs and lower back and abdomen. Press your hips forward and lift your chest up until it is close to your jaw.

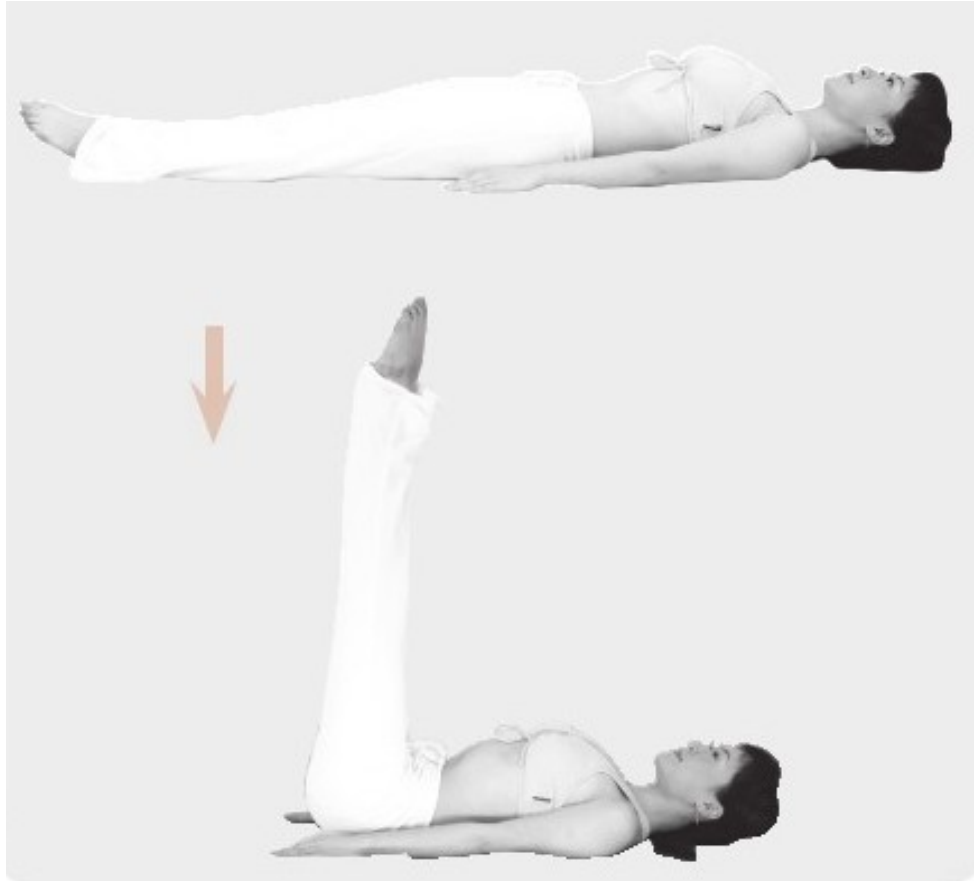


### ※Plow type

It activates the nerves and muscles of the brain, enhances one's ability to think, nourishes the eyes, scalp and face, and effectively strengthens the reproductive organs and the kidneys and lungs, enhances sexual control and health, and treats sexual weakness, urinary system disorders, and female menstrual disorders and uterine displacement. It calms the nervous system and has a significant effect on irritability, excessive tension, insomnia, headaches and mental breakdowns. In addition, it cleanses the intestinal tract and treats constipation, colitis and intestinal ulcers.

**Step 1:** Lie on your back with your legs straight, feet together, arms close to your body and flat on the ground, palms facing down.

**Step 2:** Inhale, gently press both hands on the ground, raise your legs together slowly, keeping your knees straight so that your legs are 90° perpendicular to the ground.



**Step 3:** Exhale, arms immobile, hips and back rising, feet extended over the front of the head, toes pointing to the ground, back at 90° to the ground as much as possible, head, upper body and arms remaining motionless.

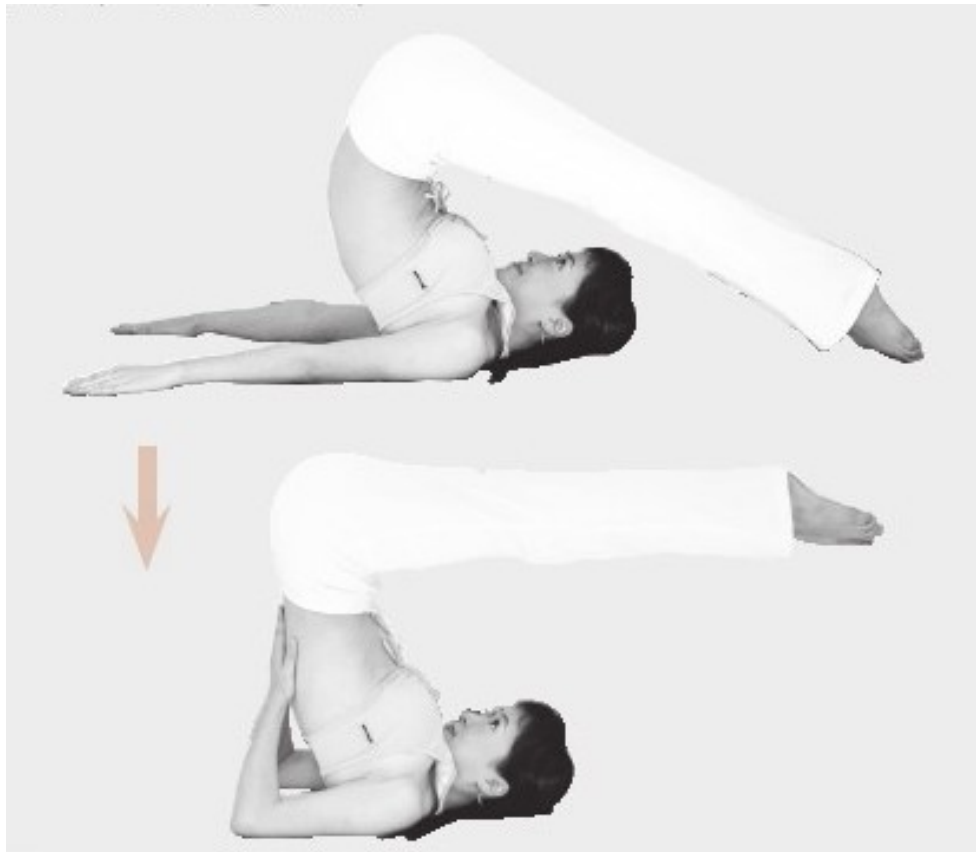
**Step 4:** Inhale and hold your hands on your waist with both elbows on the ground as support. Lift your legs up, keeping both knees straight and not bent, so that your legs are parallel to the ground.

**Step 5:** Bend your knees and place them on your forehead with your calves pointing to the sky and the palms of your feet facing the

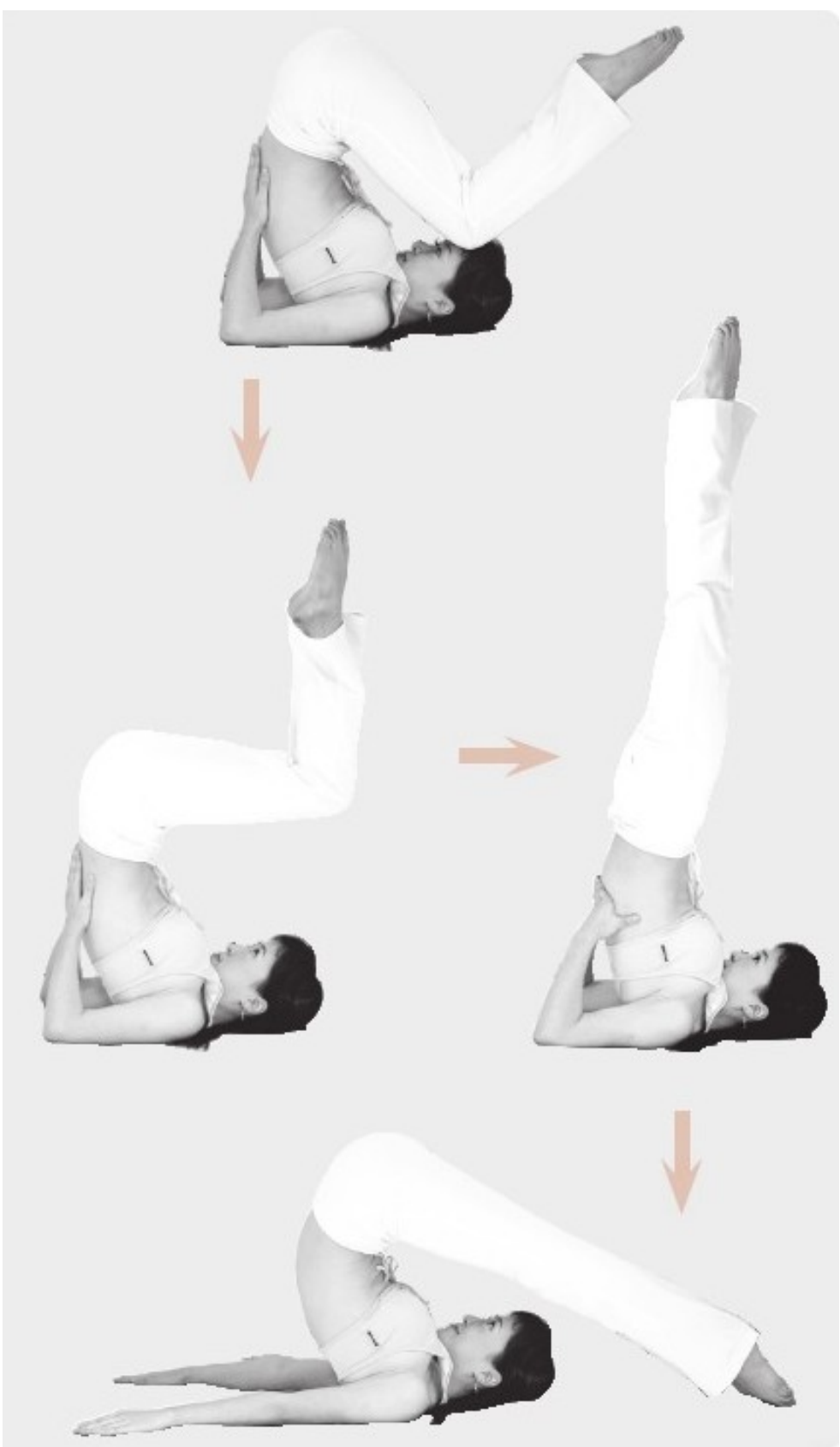
sky.

**Step 6:** Exhale so that the legs rise up, thighs parallel to the floor and calves at 90° perpendicular to the thighs.

**Step 7:** Slowly straighten your knees and eventually your legs and torso will be in a straight line, 90° perpendicular to the ground.



**Step 8:** Drop both legs back into plow position, keeping both arms straight back and palms pressed to the ground.



**Step 9:** Begin at the cervical spine and lower down the vertebrae one section at a time.

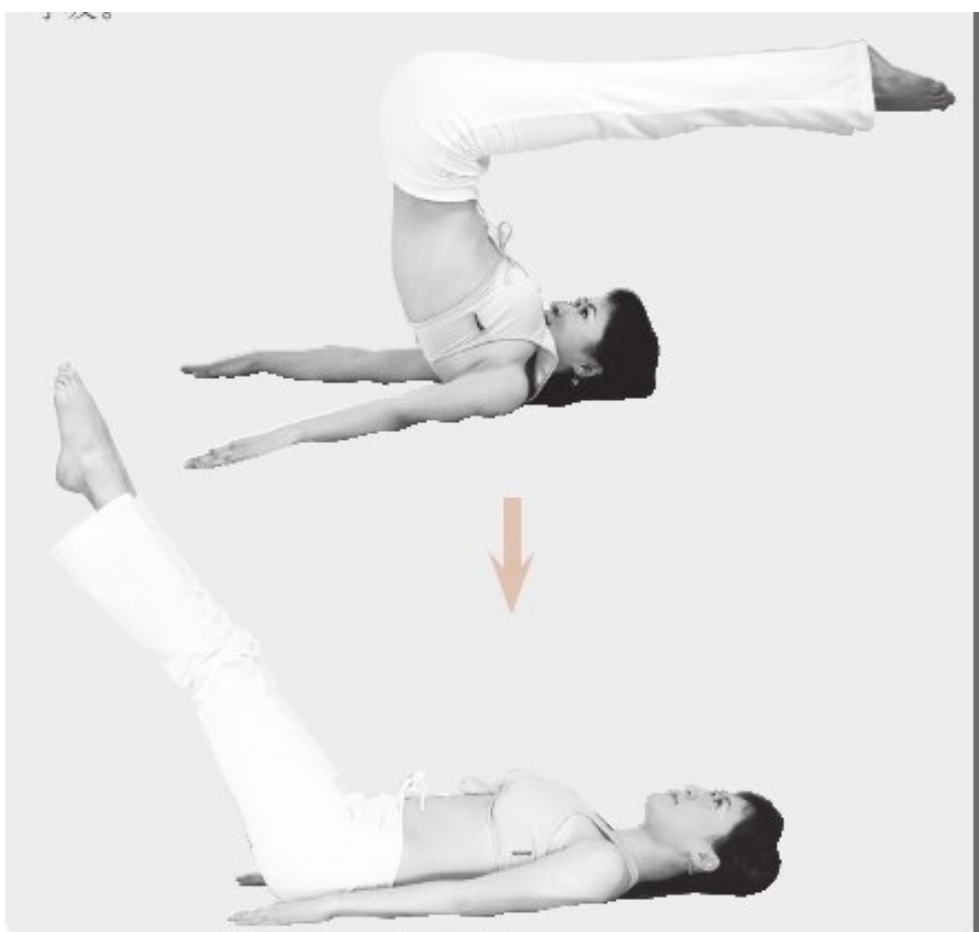
**Step 10:** Back and waist completely put down on the ground, keep your legs straight and slowly fall down. Keep both arms straight down and press the palms to the ground.

**Step 11:** Lie on your back with your legs straight, feet relaxed, arms flat on both sides of your body, palms facing up and fingers naturally bent.

**Step 12:** Inhale, bend your knees to your chest, cross your fingers and clasp your calves.

**Step 13:** Exhale, lift your head, neck, and shoulders, lean your nose toward your knees, hold your breath, and experience the sensation of pulling tight from your neck to your lumbar spine.

**Step 14:** Inhale and drop your head, neck and shoulders. Repeat the exercise 3 times and match your breathing.







## Yoga breathing techniques

The breath is the center of yoga. The breath connects your physical body to your spirit. Calm breathing allows for deeper relaxation of the body and spirit. Yoga breathing increases your energy and leads you to a broader realm of spiritual awareness.

## Relaxation exercises

1. Lie on a thick mat, carpet or firm bed. Spread your legs comfortably apart and place both arms about 0.3 meters from the side of your body, palms up. The body is relaxed on the floor.

2. Place one hand on the lower abdomen and the other hand on the underside of the chest. As you breathe, feel the movement of the chest and abdomen through your hands. Notice the slight expansion and contraction of your body as you move with your breath.

3. Close your eyes and mouth. Inhale slowly, through your chest or abdomen, expanding gently. Pause for a second or two, after each inhalation and each exhalation to make you feel calmer and more relaxed, pause briefly, which will improve your concentration and awareness of your body. After that, exhale slowly and gently contract your abdominal muscles. After a pause of a second or two, inhale slowly and expand gently, keeping your natural and smooth breathing for 5 minutes.

## 7 types of yoga breathing techniques

### \* Abdominal breathing

This breathing technique can be used in standing, sitting and lying postures in yoga. Place your hands gently on the sides of your body. As you inhale, draw the air directly into the abdomen; the deeper the inhalation, the higher the abdomen rises. As the abdomen expands, the diaphragm descends. Next, exhale and close the abdomen inward toward the spine; contract the abdomen as much as possible and exhale all the exhausted air from the lungs, at which point the diaphragm naturally rises.



### \* Chest breathing

Take the standing, sitting and lying postures in yoga. Keep your back straight and inhale deeply, but do not allow your abdomen to expand; instead of the abdomen expanding, draw air directly into the chest area. In chest breathing, the chest expands and the abdomen should remain flat. As you inhale deeper, the abdomen closes inward toward the spine. As you inhale, the rib cage expands outward and upward, followed by an exhale in which the rib cage tucks down and inward.



### **Full yoga breathing**

With your arms flat on your sides and palms up or down, inhale once, drawing air first into your lower abdomen, then to your chest, and finally into the upper part of your chest. Exhale and relax.



### **\*Lion breathing**

This method gives a good stretch to the face and arms, helps soothe sore throats and is good for eliminating various respiratory ailments.



Sit with your body on your heels, back straight, palms falling on your thighs. Inhale deeply, then open your mouth wide to inhale, stick your tongue outward, gaze upward at your brow with both eyes, straighten your arms and open your fingers outward. Hold this

position for 2 to 5 breaths. Experience the sensation of breathing at the back of your throat. Exhale and return to the starting position.

### **\*Throat breathing**

It is a breathing technique aimed at calming and quieting, and it can be used for partial type breathing or for holding a certain posture. This method of breathing increases lung capacity and at the same time increases the oxygen level in the blood, making the body and mind peaceful.



Relax your whole body and sit on a yoga mat in a yoga sitting position. Turn your tongue upward and backward at the same time, so that the tongue is against the back of the palate, then contract the vocal cords of the throat and breathe through both nostrils, inhaling with a "sa" sound and exhaling with a "ha" sound.

### **※Cool breathing**

Sitali breathing and Sikali breathing are two breathing methods that produce a cooling effect and are suitable when the weather is hotter. Both methods calm the nervous system, especially the Sitali breathing method, which can reduce nausea and asthma symptoms.





Inhale, roll the tongue upward to form a tube, and then stick your tongue out from between your lips. Lift the jaw and inhale using the tongue as a straw, you can feel the cool sensation of air passing through the tongue. Exhale through the nose, lower the jaw slightly, withdraw the tip of the tongue and close the lips.

### **\*reverse breathing**

This breathing technique balances and coordinates the functions of the left and right hemispheres of the brain, calming the mind and awakening the brain. The exhale time is generally longer than the inhale time, which facilitates the cleaning and elimination of waste gas and toxins, gives the body a large supply of oxygen, making the lungs healthy and energetic; calms the body and mind, helping to sleep; eliminates toxins in the blood, preventing acne and acne.



Take a simple or lotus seat, press the middle and index fingers of your left hand to your eyebrows, then block your left nostril with your left thumb and breathe deeply through your right nostril three times. Inhale deeply, release the thumb and exhale through both nostrils.

## Crucial warm-up exercises

Warm up is a very important part of yoga practice. The biggest benefit of warming up is that it relaxes the body and makes it better for the next yoga poses.

## Neck Exercise

### Basic effects

This set of exercises activates and self-massages the neck from all directions, thus eliminating neck fatigue and relaxing the nerves and ligaments.

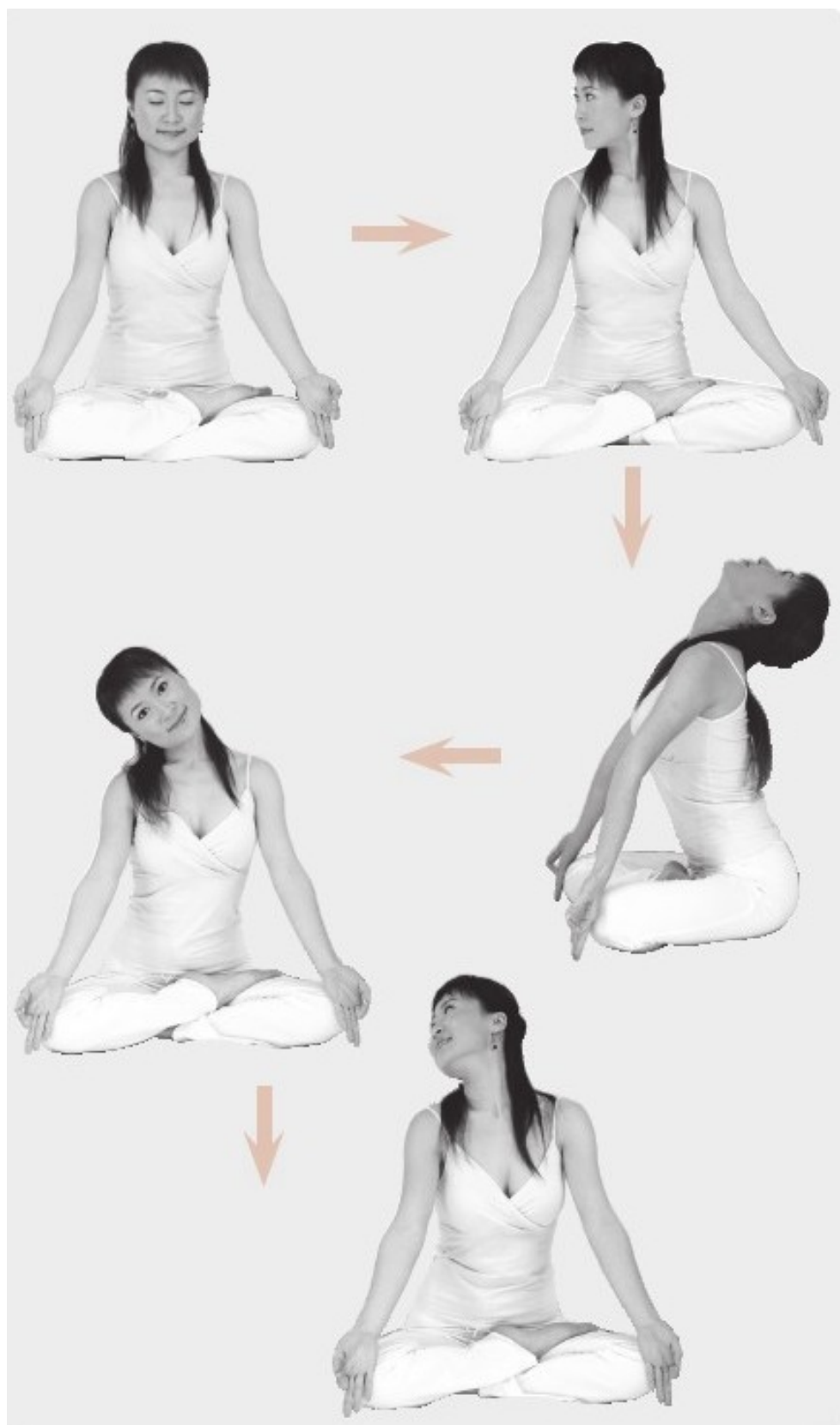
**Step 1:** Bend your legs and sit on the ground in a simple or lotus position. Put your hands on your knees, touch your knees with the back of your wrists, open the palms of your hands, pinch the tips of your thumbs and index fingers together, and straighten the remaining three fingers. Then close your eyes, breathe naturally, and open your eyes when you feel your whole body relax.

**Step 2:** Keeping your arms and legs in the same posture and breathing naturally, slowly turn your head to the left side with your eyes level to the left and hold this posture for 5 seconds. Then slowly turn your head to the right side with your eyes level to the right and hold for 5 seconds. After that, repeat the above action 2 to 5 times.

**Step 3:** Turn your head back to the normal position, then lower your head forward, keeping your spine still, so that your chin touches your collarbone as much as possible, and hold this position for 5 seconds. Then slowly raise your head and tilt your neck backward until you can no longer tilt it backward, holding this position for 5 seconds. After that, repeat the above action 2 to 5 times.

**Step 4:** Return your head to normal position, keeping it facing forward, and then slowly tilt it to the right and hold for 5 seconds. At this point, the left shoulder is completely relaxed. Then slowly tilt your head to the left and hold for 5 seconds, and relax your right shoulder. After that, repeat the above action 2 to 5 times.

**Step 5:** Perform the head wrap exercise, first one circle to the left, then one circle to the right, and so on 3 times.



## Shoulder exercises

### Basic effects

This is a simple exercise, but the effect is very obvious. Not only does it warm up the body, but regular practice will also make the shoulder curve distinct, thus improving the phenomenon of slippery shoulder and round back. It also makes the shoulder, elbow and wrist joints more flexible and tightens the shoulder and large arm muscles.

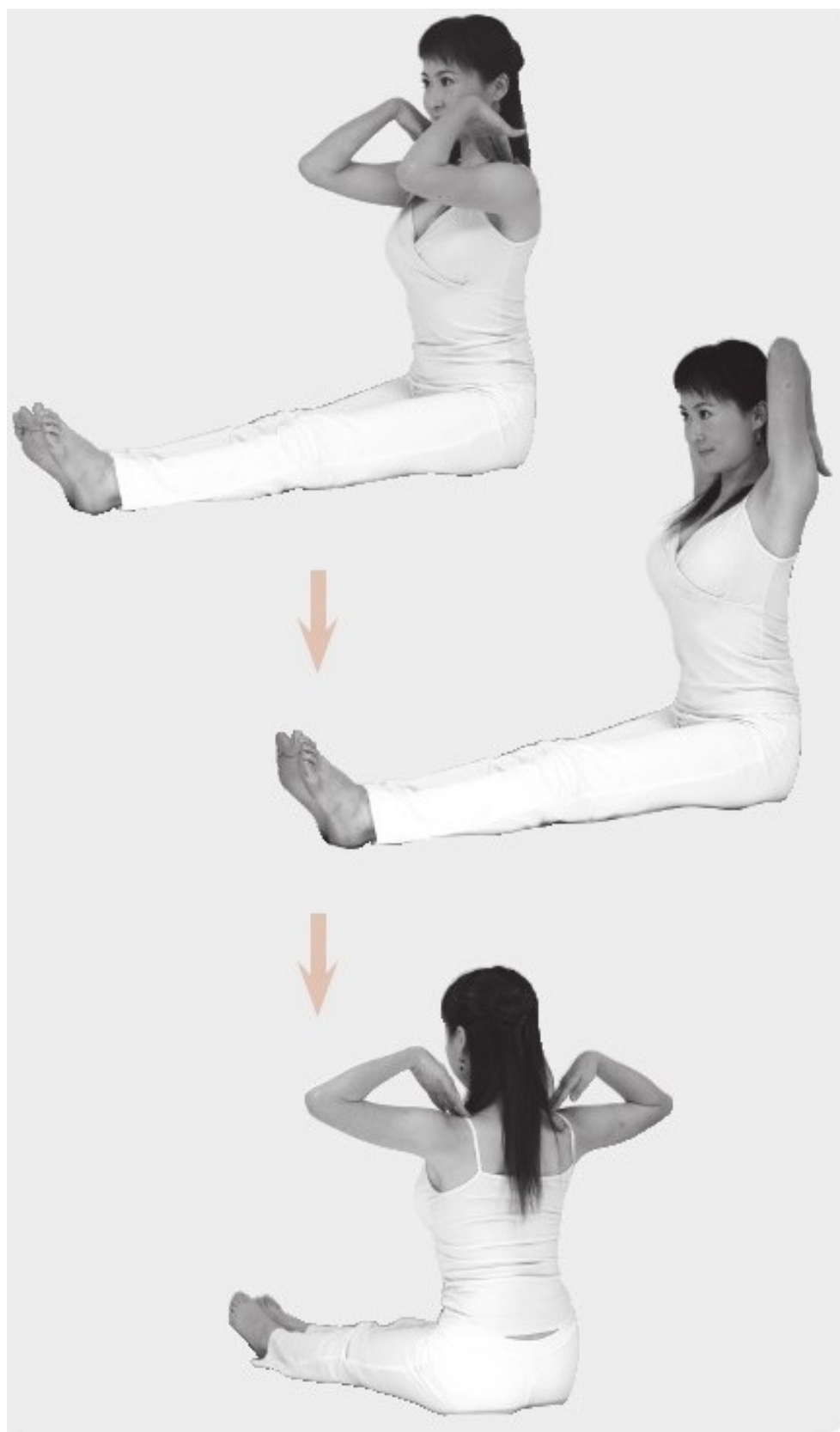
**Step 1:** Sit on the floor, straighten your legs and bring your feet together against each other. Keeping your upper body upright, press the palms of your hands to the floor on either side of your hips, fingertips forward. Relax your entire body.

**Step 2:** Raise your arms forward and bend your elbows upward so that the fingertips of your hands rest on your shoulders. At this point, the shoulders should be relaxed, the back straight, and the eyes flat in front of you.

**Step 3:** Inhale deeply, keeping your fingers in contact with your shoulders, lift your elbow joints upward (at this point slide your fingers behind your shoulders) so that your large arms are as close to your cheeks as possible, and try to keep your elbows pointing toward the ceiling.

**Step 4:** Exhale deeply, keep your fingers in the same position, turn your elbows outward, open your shoulders to the maximum degree, and then lower your arms from the side of your body. Repeat steps 2, 3 and 4 for 10 times from front to back, then 10 times from back to front, and then return to the initial sitting position.







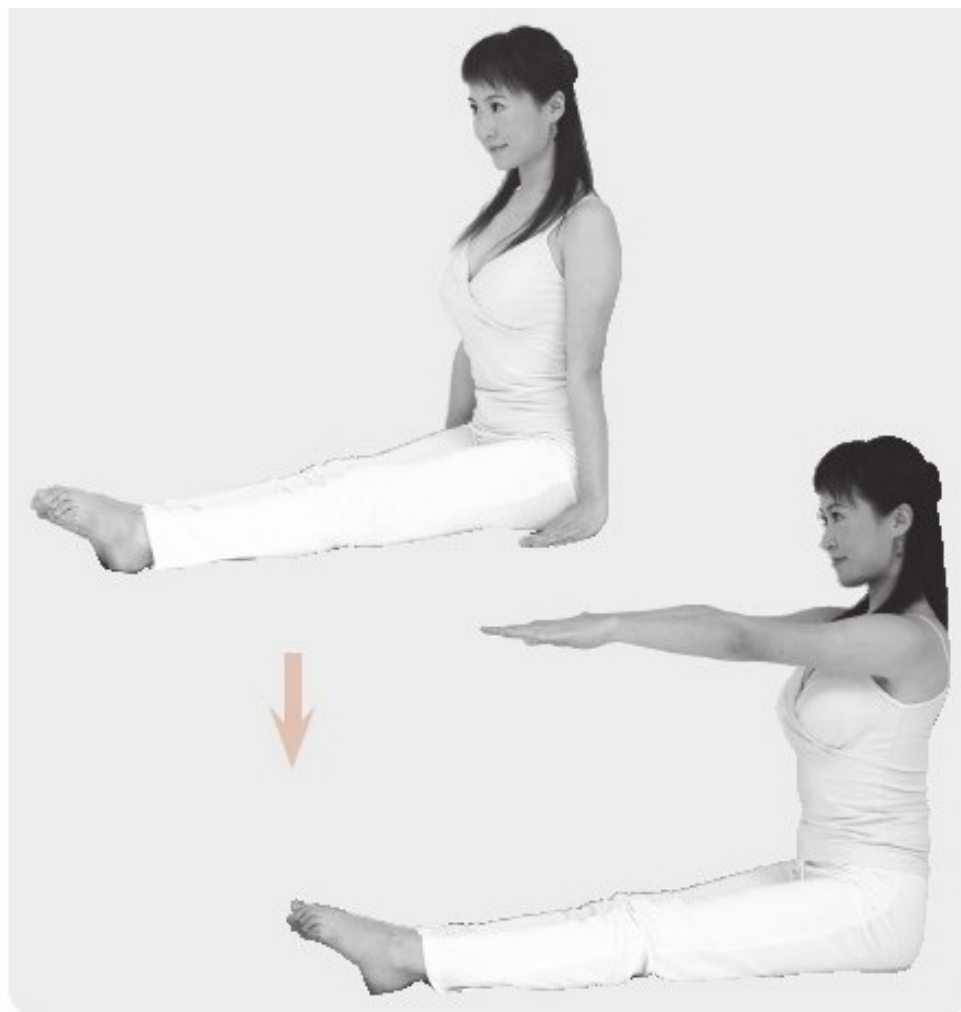
## Elbow Exercise

### Basic effects

This exercise has a clear purpose and the movements are simple and practical. It flexes the muscles and ligaments around the elbow joint, and flexes the elbow and wrist joints.

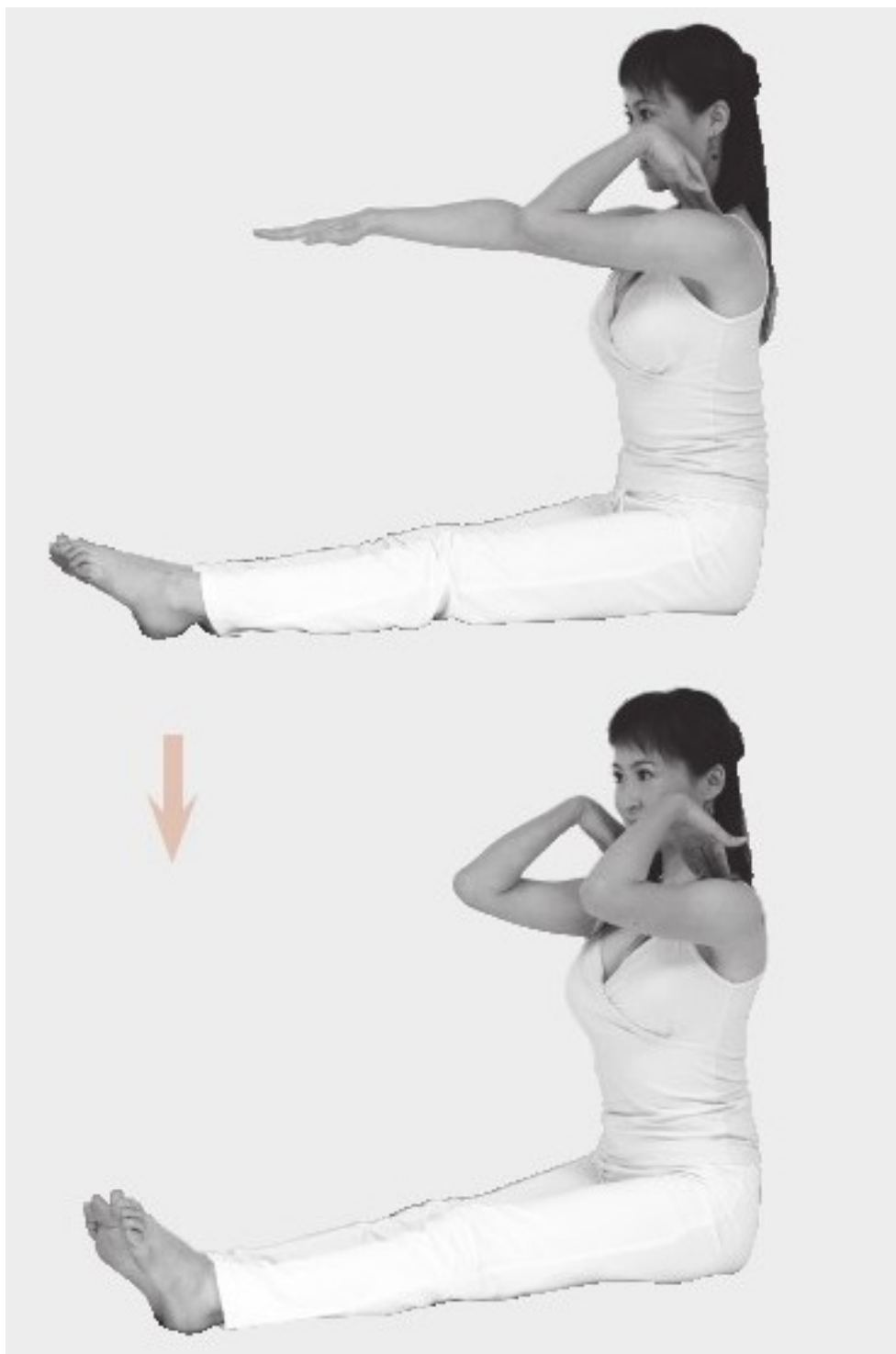
**Step 1:** Sit on the floor, straighten your legs, bring your feet together and lean them together, tense the tops of your feet slightly, keep your upper body upright and press the palms of your hands on the floor on either side of your hips with your fingertips forward. Relax your entire body.

**Step 2:** Slowly raise your arms forward to shoulder level while spreading your palms out, palms down, and straightening your fingers. Keep your eyes flat in front of you and breathe naturally.



**Step 3:** Bend your left elbow so that the fingertips of your left hand rest on your left shoulder, then extend your left arm again to return to a horizontal position. At the same time, bend your right elbow so that the fingertips of your right hand are on your right shoulder, then extend your right arm again to return to a horizontal position, while bending your left arm. Alternate this way, bending each arm 10 times.

**Step 4:** Restore your arms to a horizontal position, then bend your left and right elbows at the same time so that your fingertips rest on your shoulders. Stretch and bend your elbows in this way for a total of 10 times.



**Step 5:** Restore your arms to a horizontal position, then turn your palms overhead so that your arms turn horizontally outward until they are in a straight line. Adjust your breathing to a normal state.

**Step 6: Bend the** left elbow so that the fingertips of the left hand rest on the left shoulder, then extend the left arm again to return to horizontal. At the same time, bend the right elbow so that the fingertips of the right hand are on the right shoulder, then extend the right arm again and return to horizontal, while bending the left arm. This alternates between left and right, bending each arm 10 times.

**Step 7:** Restore your arms to a horizontal position, then bend your left and right elbows at the same time so that your fingertips rest on your shoulders. Stretch and bend your elbows in this way for a total of 10 times.



### **Warm Tips**

- 1. When practicing, pay attention to straighten the back and sink the shoulders and tighten the abdomen.**
- 2. Pay attention to the large arms, shoulders and elbows to always stay in a straight line.**



## Wrist exercises

### Basic effects

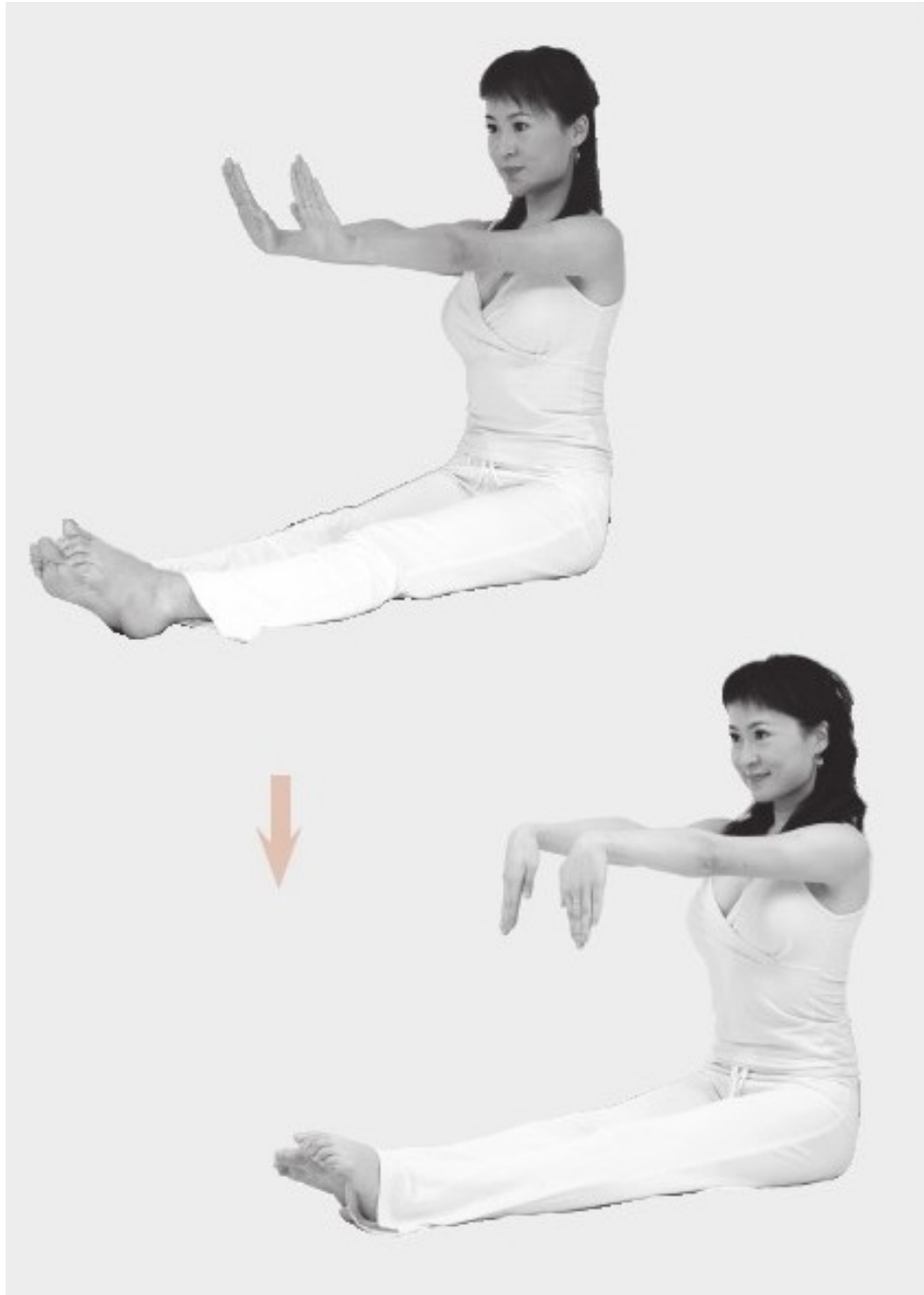
This exercise makes the wrist joint more flexible, and at the same time, through the wrist movement, it drives the muscle groups of the small arm and the ligaments around the wrist joint, making them stronger and more powerful. It also strengthens the large arm muscles to a certain extent.

**Step 1:** Sit on the floor, straighten your legs, bring your feet together and lean them together, tense the tops of your feet slightly, keep your upper body upright and press the palms of your hands on the floor on either side of your hips with your fingertips forward. Relax your entire body.

**Step 2:** Lift your arms forward so they are level with your shoulders, then inhale and bend your wrists upward, straighten your fingers so that your fingertips point to the ceiling and feel an invisible wall of air in front of your palms.

**Step 3:** Keep your arm in the same position with your palm extended, then bend your wrist downward so that your fingertips point to the floor. Repeat this upward and downward bending of the wrist for a total of 10 times.





### **Warm Tips**

**It is very important that the arms and fingers remain straight at all times during the exercise. The shoulders should always be relaxed and lowered.**



## Knee exercises

### Basic effects

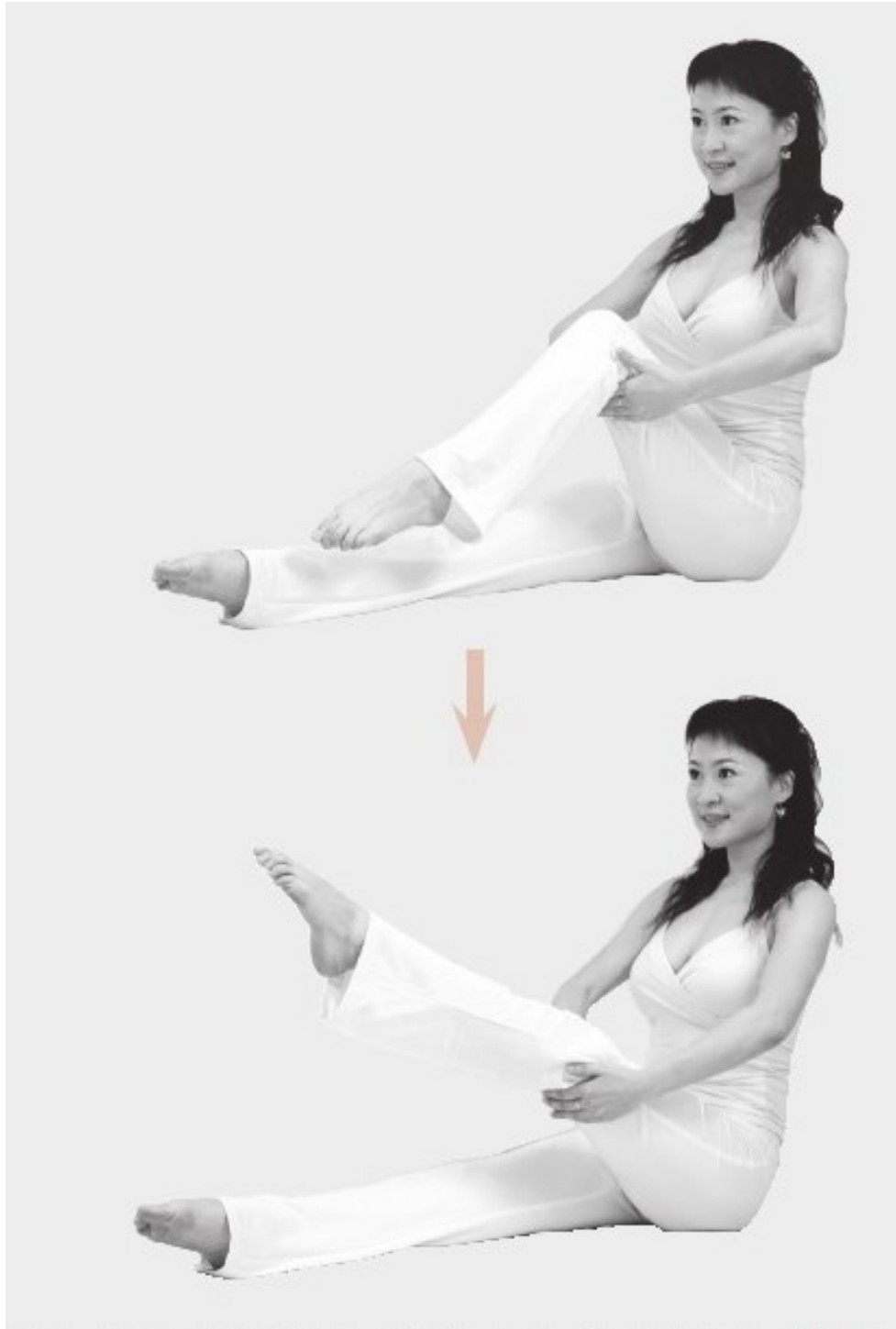
Flexes the knee joint, softens the ligaments around the knee joint, and strengthens the leg muscles. At the same time, it can effectively strengthen the waist muscles and eliminate waist and abdominal flab.

**Step 1:** Sit on the floor and straighten your legs, bringing your feet together and leaning them together with your toes pointing forward. Keeping your upper body upright, press the palms of your hands to the floor on either side of your hips, fingertips forward. Relax your entire body.

**Step 2:** Hold your left knee with your fingers interlocked, arms in a circular position, and bend your left knee so that your left foot is off the ground. While keeping your upper body upright, pull your left thigh towards your upper body until it is tight against your upper body.

**Step 3:** Inhale deeply, slowly straighten your left leg, then exhale deeply and bend your knee again, do this 10 times in total, then switch to your right leg and repeat.





### **Warm Tips**

**Move slowly and gently when bending the knee, avoiding excessive force that could strain the knee muscles.**

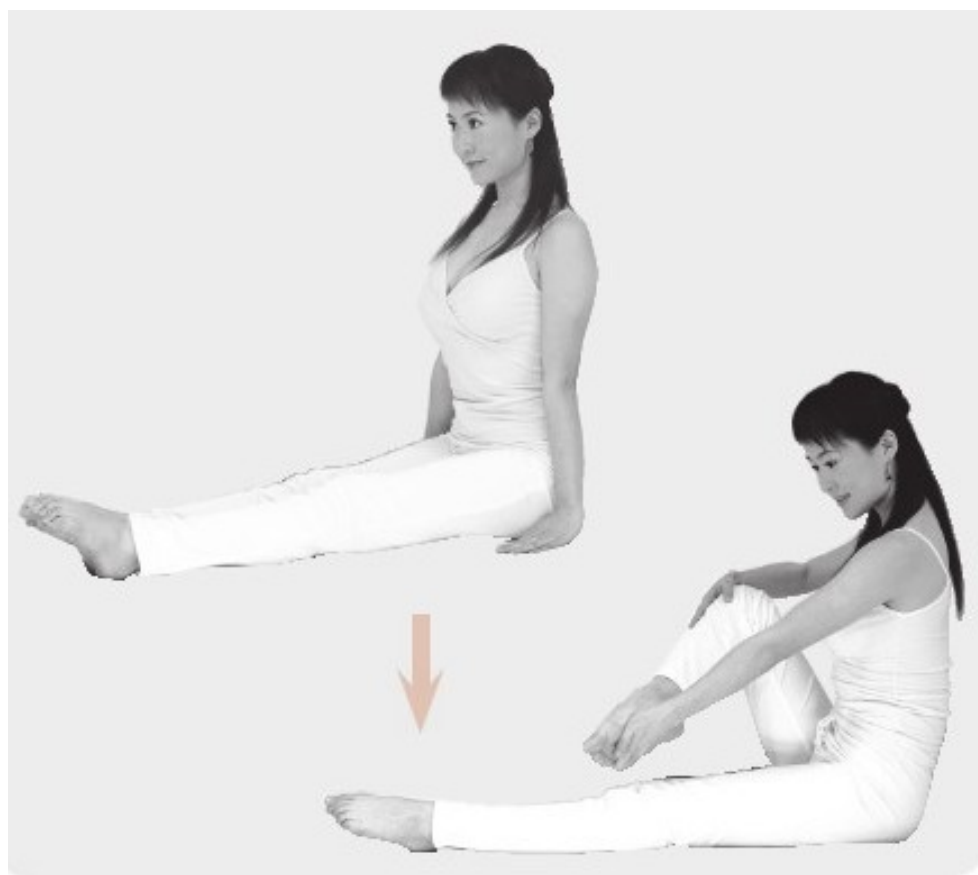
## Ankle exercises

### Basic effects

Toughens the ligaments around the ankle and strengthens the calf muscles. Prevents varicose veins, ankle congestion and spasms, and soothes ankle fatigue and promotes blood circulation.

**Step 1:** Sit on the floor and straighten your legs, bringing your feet together and leaning them together with your toes pointing forward. Keeping your upper body upright, press the palms of your hands to the floor on either side of your hips, fingertips forward. Relax your entire body.

**Step 2:** Bend the left knee and place the left foot above the knee of the right leg. Then hold your left leg at the knee with your left hand, while your right hand grabs the toes of your left foot and wraps around 10 times clockwise, then 10 times counterclockwise. Then switch to the right foot and repeat. If you feel a little tired of carrying your leg, you can put your left ankle on the right knee.



## Stretching exercises

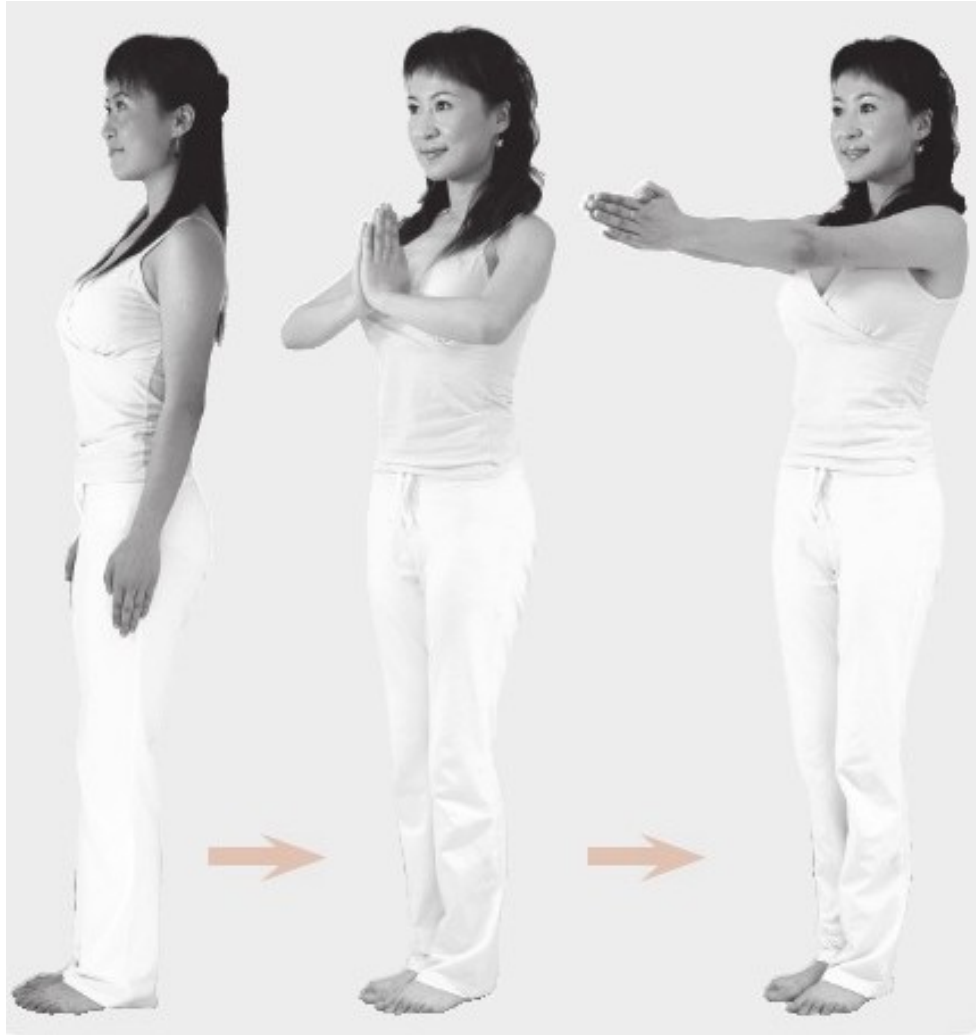
### Basic effects

Quickly improves body flexibility, prevents frozen shoulder, strengthens the sciatic nerve, and moisturizes the skin, making it appear smooth and delicate.

**Step 1: Stand with your** feet together, back straight, tuck your belly and buttocks, hands naturally down at the sides of your body, and look straight ahead.

**Step 2:** Inhale, both palms together in front of the chest, thumbs pointing to the chest, small arms in a straight line, to be parallel to the ground, inhale.

**Step 3:** Exhale, arms straight and parallel to the ground, hands thumbs interlocked.



**Step 4:** Inhale, send your hips forward and lean your body back in a curved arch. Be bent back as far as possible, with your eyes looking into the fingertips of both hands.

**Step 5:** Exhale, bend forward slowly, place the palms of your hands on either side of your feet, and bring your forehead as close to your calves as possible.

**Step 6:** Exhale, hold the ground with your hands on either side of your left foot, take a big step backward with your right foot, knee on the ground, instep on the ground, and squat down with your left leg. Adjust your breathing.

**Step 7:** Exhale, lift your chest, tilt your head and upper body back, and bring your fingertips as close to the ground as possible.

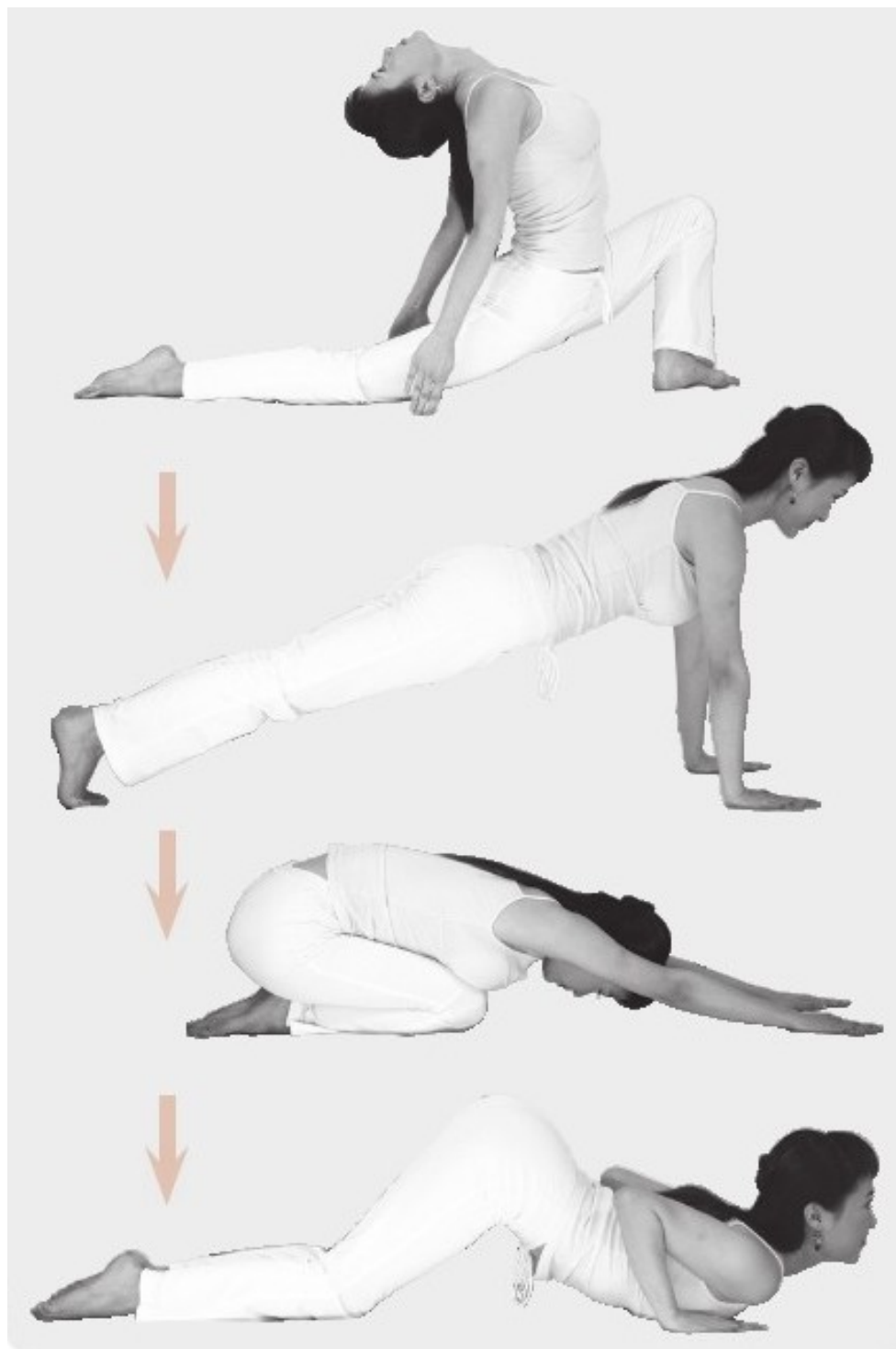
**Step 8:** Inhale, lower your head and hold the ground with both hands on either side of your left foot. Support the ground with the palms of both hands, fingertips facing forward, the distance between the two hands is the same width as the shoulders. Exhale, left foot backward and right foot together, toes propped up on the ground, body in a slope.



**Step 9:** Inhale, knees on the ground, back of the feet on the ground, hips back on the heels, in a cat rest position.

**Step 10:** Exhale and move your chest forward parallel along the floor in a snake strike.





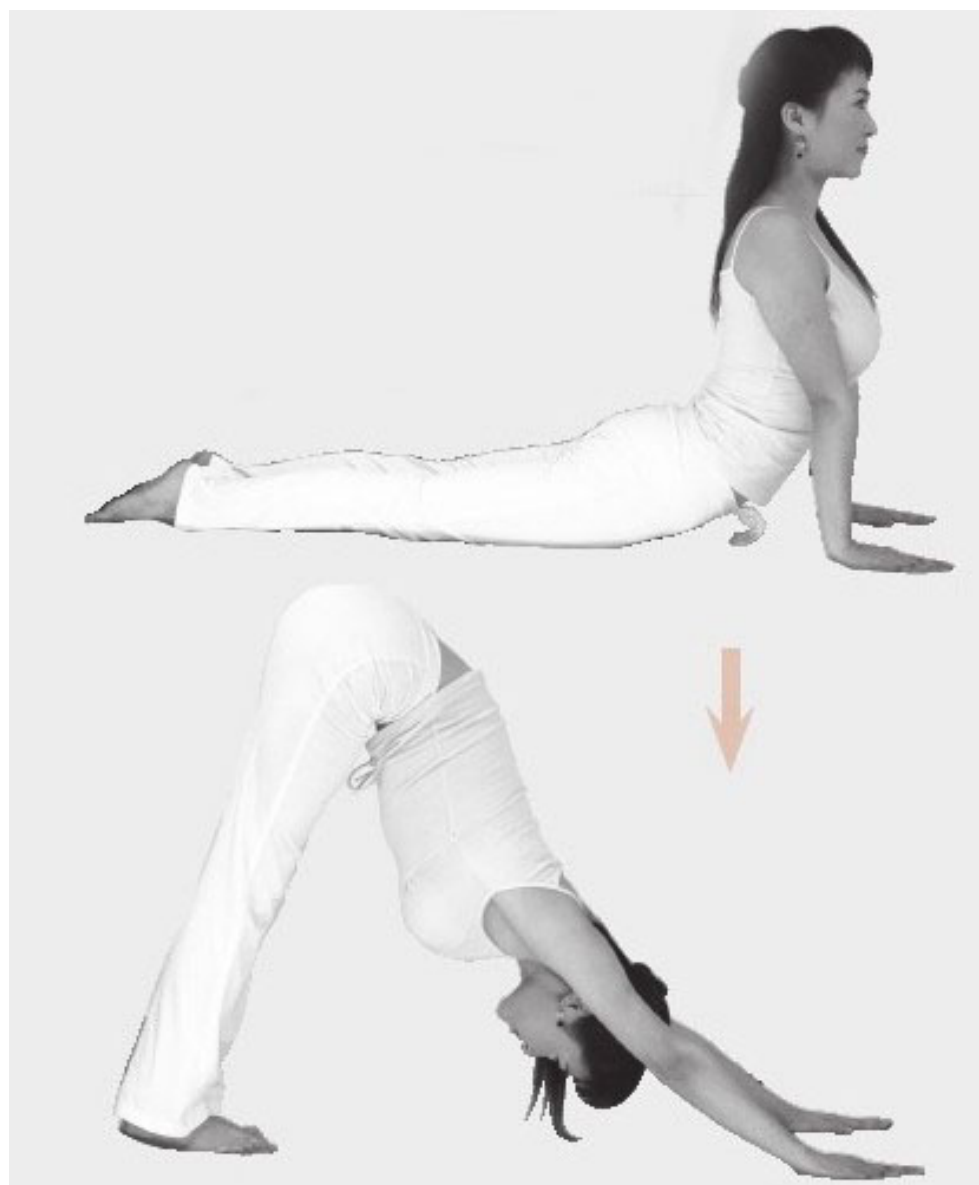
**Step 11:** Support the ground with both hands, breathe in, straighten both arms, lift the upper part of the body, lower the hips, and raise the head, looking forward.

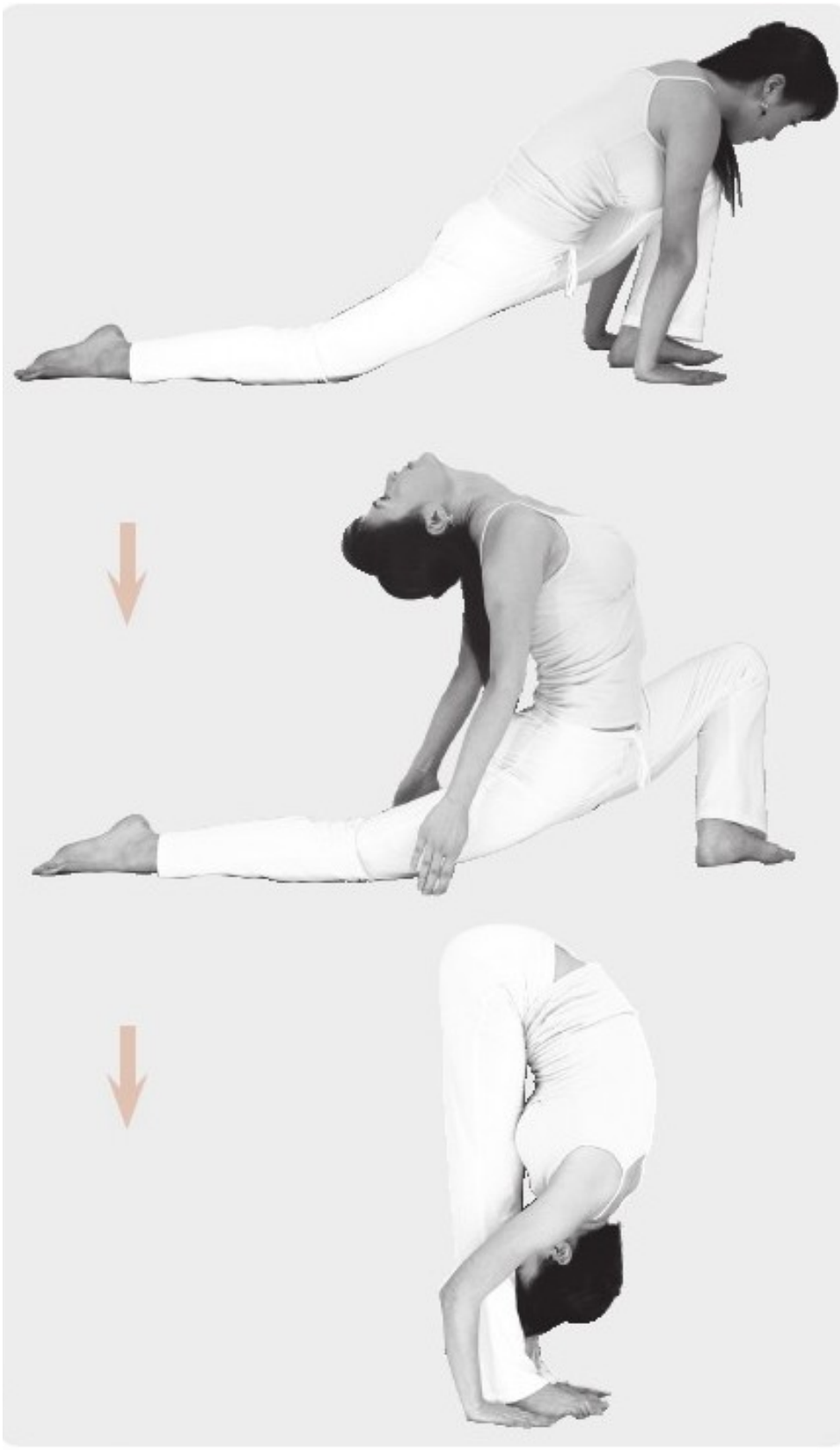
**Step 12:** Inhale, lift your hips and bring your body into a peak pose. Exhale, land on both heels, press your shoulders down, and hold this pose for 3 to 6 breaths.

**Step 13:** Inhale, squat forward with your left leg and extend your right foot back. Press the palms of your hands on either side of the front of your left foot and drop your weight on your left foot.

**Step 14:** Exhale, lift your chest and head, lean your upper body back, lean your fingers towards the ground and tilt your head back as far as possible.

**Step 15:** Exhale, bow your head, hold your hands on the ground at the sides of your left foot, retract your right leg so that your legs are together, then bend your upper body with your forehead under your knees and place the palms of your hands on the ground at the sides of both feet.

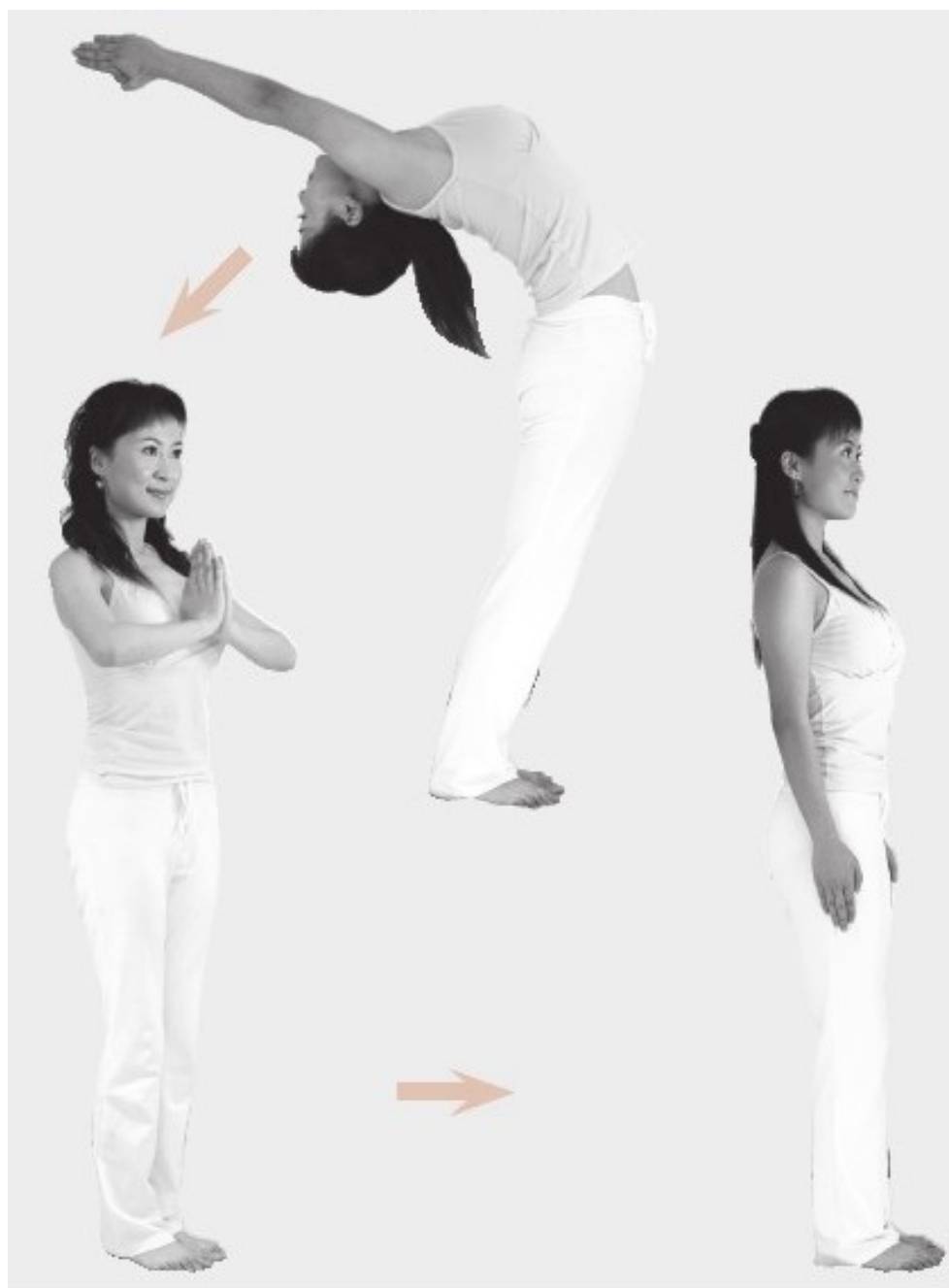




**Step 16:** Inhale, join your hands in front of your body with your palms together, eyes on your fingers. Exhale, lift your upper body, lean back, send your hips forward, and bend both arms straight back.

**Step 17:** Exhale, straighten your body, withdraw your hands to your chest, point your thumbs at your chest, and adjust your breathing 3 to 6 times. Repeat the exercise 3 times afterwards (one big cycle with the left and right leg stepping backwards).

**Step 18:** Lower your hands and return to the starting position.



## Chapter 2

# Special effect beauty yoga, move to beautiful

## Anti-wrinkle skin tightening

As we age, the skin slowly begins to age, with problems such as thinning, hardening, dryness, and reduced tension; the skin and subcutaneous tissues sag, and with the atrophy or absence of facial support tissues and flabby muscles, the skin will slip and fall under the action of gravity, forming wrinkles.



## Salute to the Sun Style

### Basic effects

Salute to the Sun pose has a nourishing effect on every system of the body. It can promote blood circulation, moisturize the skin, make the skin smooth and delicate, and also help eliminate a certain amount of toxins in each system, oxygenate the brain and nourish the facial skin. The effects of this formula are too numerous to list here.

**Step 1:** Stand naturally, feet together, chest up, belly in, buttocks up, hands naturally down on both sides of the body, eyes forward.

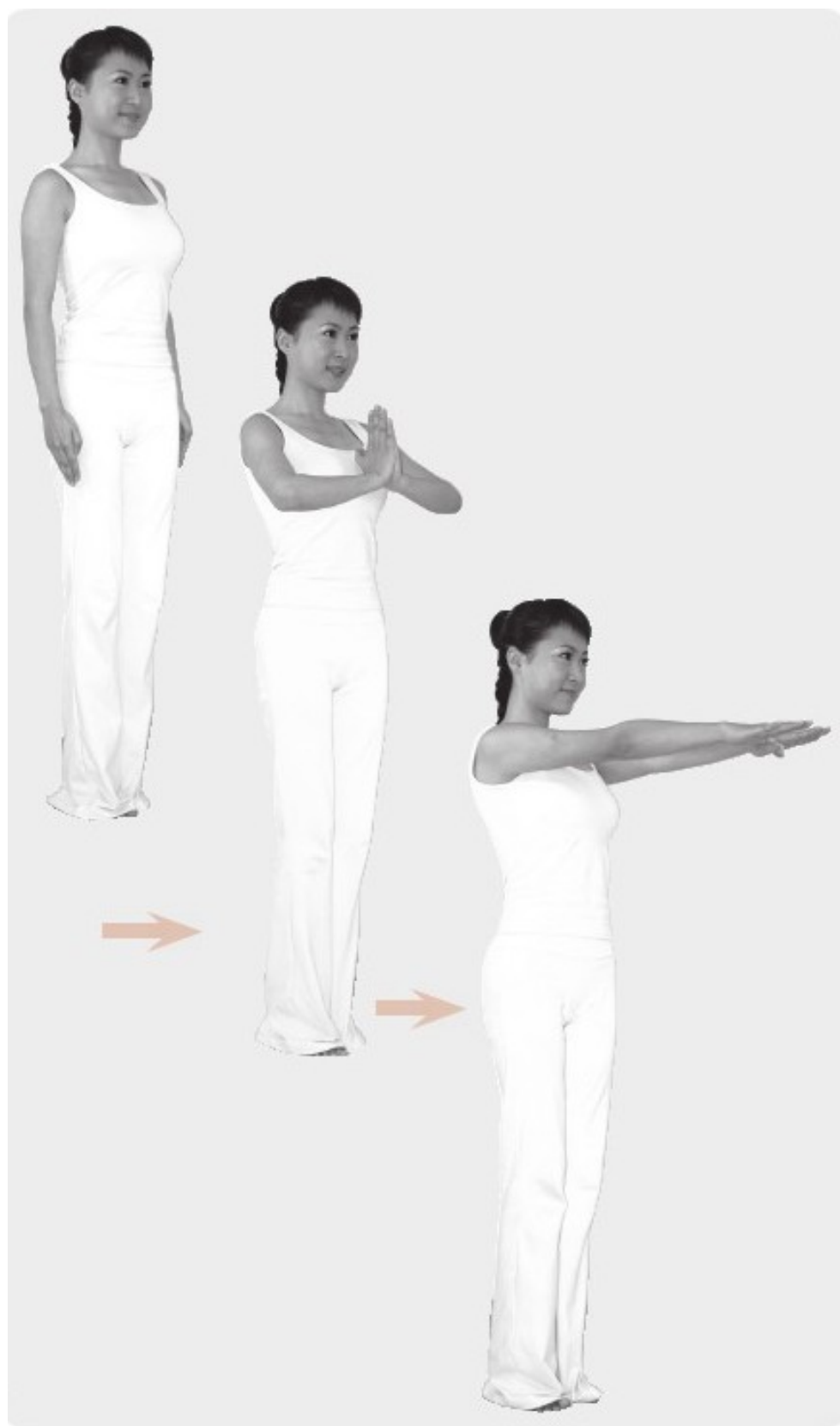
**Step 2:** Inhale, palms together in front of the chest, fingertips facing up, thumbs pointing to the chest, small arms in a straight line, and parallel to the ground.

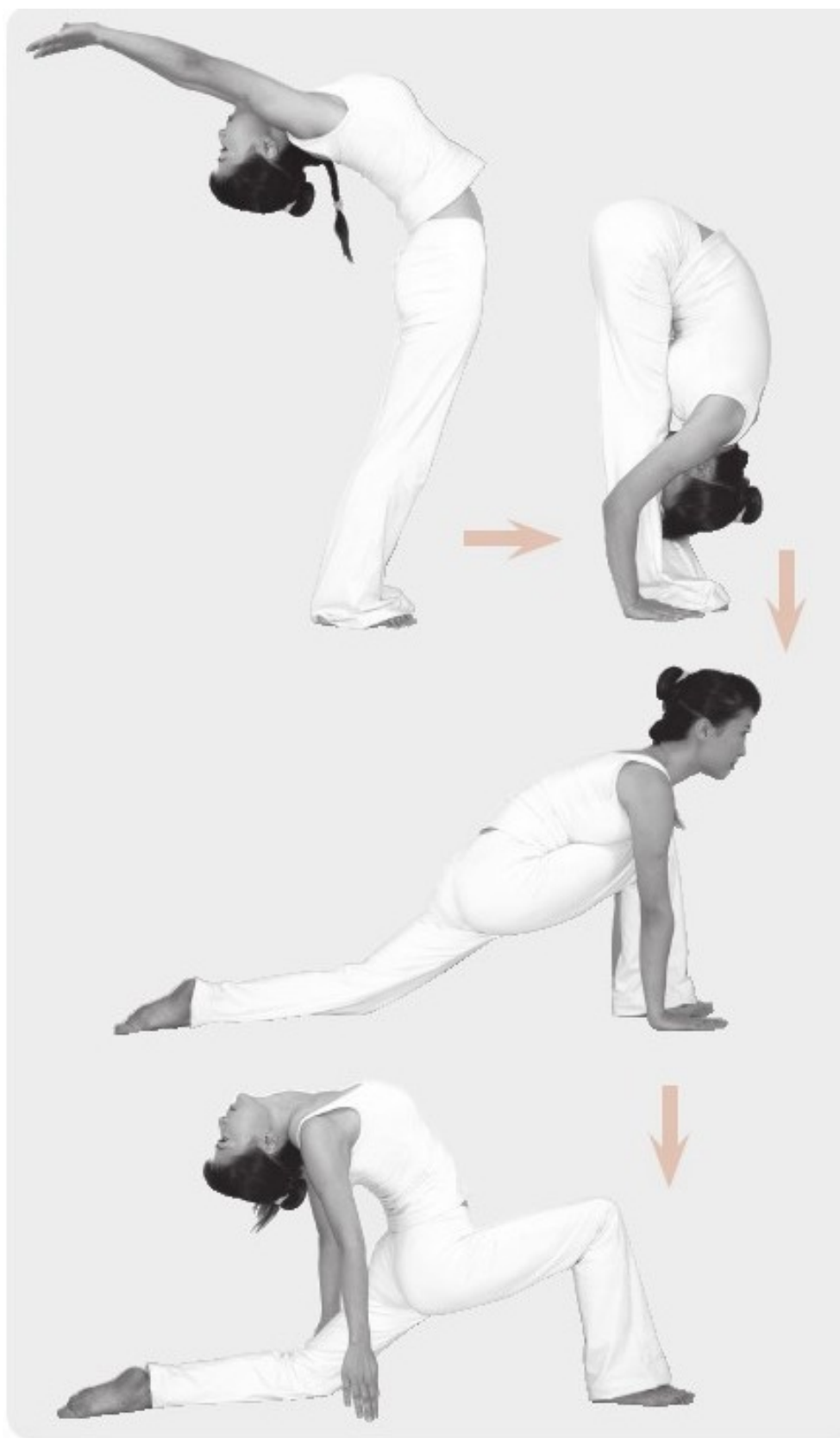
**Step 3:** Exhale, arms straight ahead and parallel to the ground, hands with thumbs interlocked and other fingers facing forward.

**Step 4:** Inhale, send your hips forward, lean your body back into a curved arch and bend back as far as you can, looking at the fingertips of both hands.

**Step 5:** Exhale, slowly bend forward with both knees straight and unbent, forehead to calves, hands on both sides of the feet, palms on the ground.

**Step 6:** Inhale, take a step back with your left foot, knee on the ground, instep and calf on the ground, and squat down with your right leg. Brace your hands on the ground on either side of your right foot and look ahead.

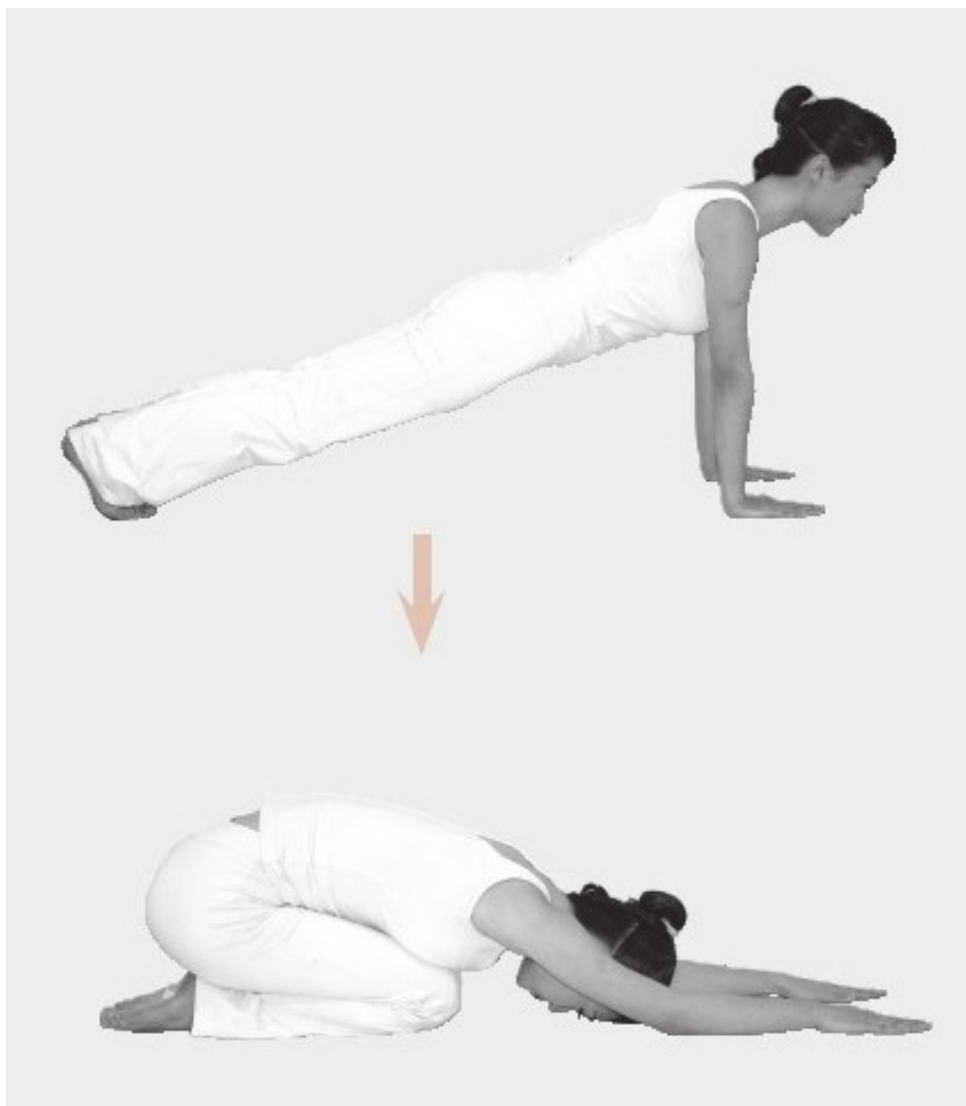




**Step 7:** Exhale, lift your chest and head, tilt your head and upper body back, straighten your arms and bring your fingertips as close to the ground as possible.

**Step 8:** Inhale, head down, hands back to the sides of the right foot, palms propped up on the ground, fingertips facing forward, the distance between the two hands is the same width as the shoulders. Exhale, right foot backward and left foot together, toes braced on the ground, body into a slope.

**Step 9:** Inhale, knees on the ground, back of the feet on the ground, hips back on the heels, forehead on the ground, hands forward over the head, palms and forearms on the ground, in cat rest position.



**Step 10:** Exhale, brace your hands on the ground, lift your hips, and move your chest forward parallel to the ground in a snake strike position.

**Step 11:** Inhale, press the palms of both hands to the ground, straighten both arms upward, lower the hips, raise the chest and abdomen, tilt the head back and look upward. Hold this position and breathe naturally for 3 to 6 times.

**Step 12:** Inhale, support the ground with the palms of your feet, lift your hips, straighten your arms, and press your head and chest down in a summit position. Exhale, land on both heels and press your shoulders down. Hold this position and breathe 3 to 6 times.

**Step 13:** Inhale, take a large step forward with your right leg, squat down, and bring your left foot back with the instep, knee and calf against the ground. Press the palms of your hands on either side of your right foot, and drop your weight on your right foot.

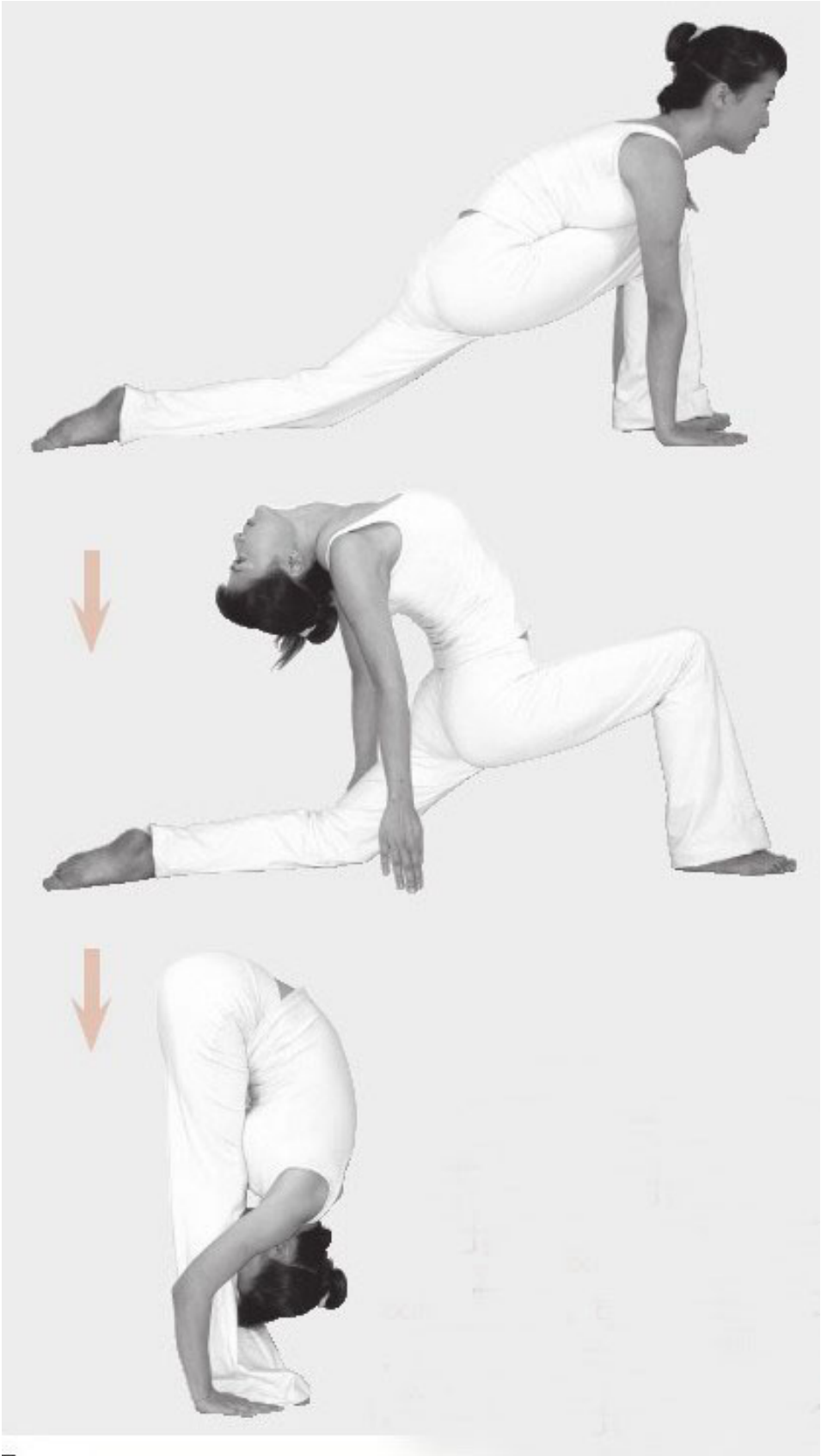
**Step 14:** Exhale, lift your chest and head, tilt your head and upper body back, straighten your arms and bring your fingertips as close to the ground as possible.

**Step 15:** Tuck in your left foot and slowly rise. Exhale and slowly bend forward with both knees straight and unbent, forehead to calves, hands on both sides of the feet, palms on the ground.

**Step 16:** Inhale, clasp your hands together in front of your body and keep your eyes on your fingers. Exhale, lift your upper body, straighten your upper body to its highest point, send your hips forward, tilt your head and chest back, and press both arms straight back.

**Step 17:** Exhale and bring your hands back together in front of your chest from the top down. Point your thumbs to your chest and adjust your breathing 3 to 6 times. Practice this pose in a cycle of 3 times (one big cycle with the left and right leg stepping backwards).







## Warm Tips

**This pose requires a high level of arm strength. If the strength is not enough, you can close the distance between your hands and feet.**



## Warm Tips

**When too many toxins are accumulated in the body, a condition similar to fever may arise. At this point, it is not advisable to practice Sun Salutation, but to practice other poses first to eliminate toxins. When the excess toxins are eliminated, you can resume practicing this pose.**

## Triangle Stretch

### Basic effects

Improves blood circulation, glows skin, and gives skin a sense of firmness, eliminating or reducing skin wrinkles. It also slims the waist and increases the flexibility and agility of the body. Regulates the autonomic nerves, restoring them to normal and bringing the systems in the body into greater balance.

**Step 1:** Stand vertically, chest out and stomach in, legs together, hands naturally on either side of the thighs, and distribute body weight evenly over the feet and heels. Keep your eyes forward.

**Step 2:** Spread your feet apart, spacing your feet about twice as far apart as your shoulder width, hold your arms flat, palms facing down, look straight ahead and breathe in.

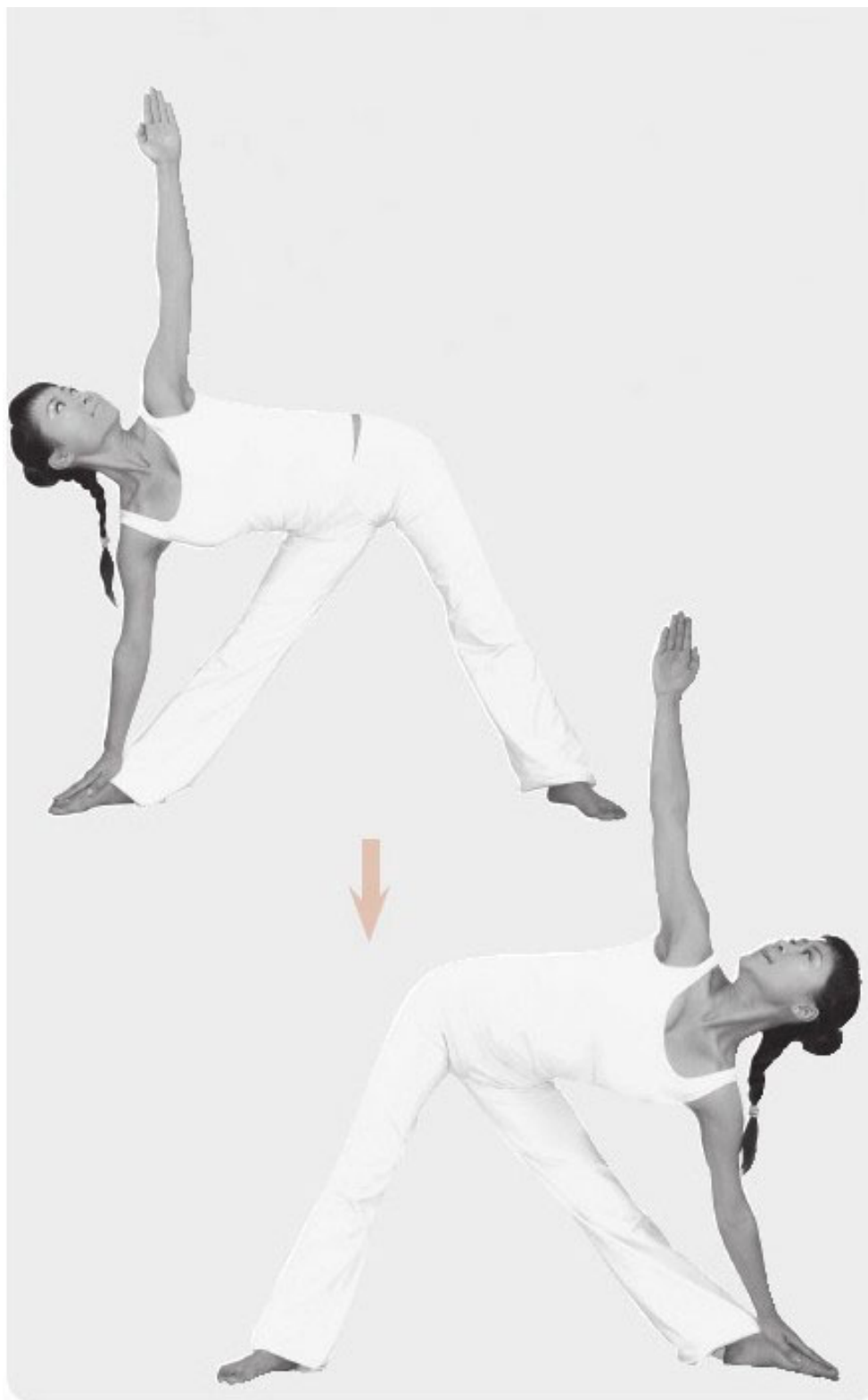
**Step 3:** Exhale, keep the left foot unchanged, turn the right foot right, toes to the right, bend the upper body to the right side so that the upper body, neck and head are at 60° to the ground and the body spreads to the right.



**Step 4:** Inhale, place your right hand on the back of your right foot and pull your left shoulder back. Exhale so that the left arm is extended into the air and the head is turned upward, looking at the left thumb. Continue to stretch the right hand downward, touching the toes of the right foot. Hold this position and breathe 3 to 6 times.

**Step 5:** Return to the posture of step 3, then return to the posture of step 2 and step 1 in turn, and then practice in the opposite direction. Repeat the exercise 1 to 3 times on each side of the left and right.





**Warm Tips**

**Stand with your toes touching the ground, but not under pressure. When stretching your arms, imagine that your skin is becoming smoother and smoother, and use your mind to feel like a bird in flight.**

## Anti-wrinkle massage type

### Basic effects

Enhances blood circulation to the head, increases oxygenation of the skin on the face, eliminates facial puffiness and improves tone. It can prevent wrinkles, remove wrinkles and prevent skin aging. It also brightens the eyes, nourishes the lungs and helps eliminate toxins in the lungs, plus it benefits the brain nerves, prevents headaches and insomnia, and makes people think quickly.

**Step 1:** Stand naturally, then open your feet, about two feet wider than shoulder-width apart. Inhale, hands naturally down, and look ahead.

**Step 2:** Exhale, slowly bend your upper body, grab your ankles with your hands in front of your feet, lift your chin slightly, and straighten your back as much as possible. Hold this position and take 3 deep breaths.





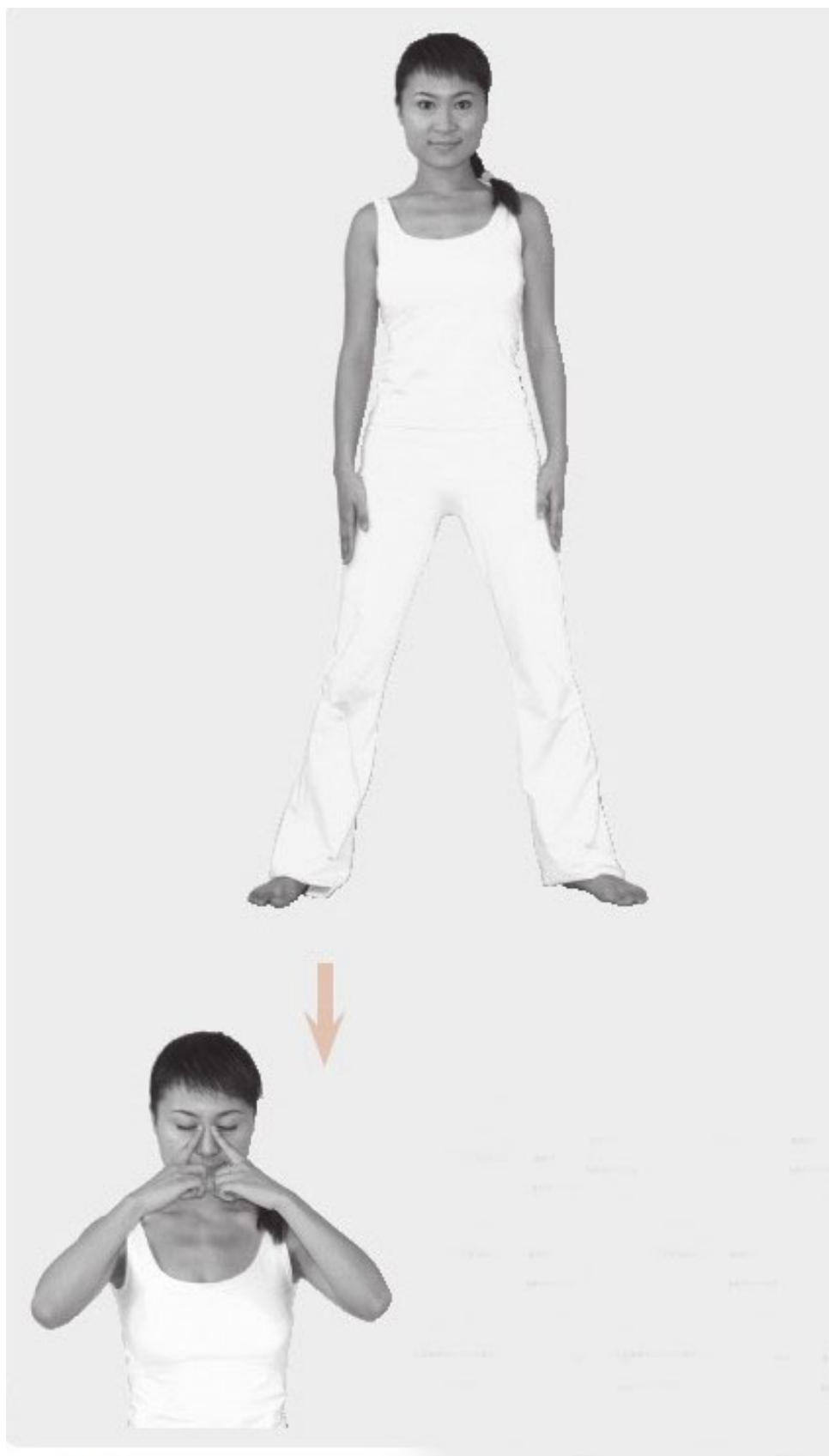
**Step 3:** Without moving your hands, continue to bend your body down and move your head down between your legs as far as possible. Move your hands to the top of your heels and hold your Achilles tendon firmly from the outside of your feet to assist in bending your upper body down as far as possible. Hold this position and take 3 deep breaths.

**Step 4:** Inhale, slowly lift your upper body and look ahead. Exhale, drop your hands naturally to the outside of your legs, return

to the pose from step 1, regulate your breathing and relax. Hold this position and breathe 5 times.

**Step 5:** After breathing naturally, press and knead the eye-mind point with both hands for 10 seconds. Then press and rub the Zanzhu point, the Silhouette point, the Pupil point, the Zygomatic point, the Sibai point and the Yingxiang point in turn, allowing the body to gradually relax.





## **Warm Tips**

**Take care to keep your hands and face clean. Relax your face when pressing and kneading, and massage gently.**

## Pump breathing method

### **Basic effects**

It stimulates blood circulation throughout the body, especially it gives fresh blood to the head, making the face rosy and the skin smooth, and it also refreshes the brain. It is beneficial to the pineal gland, pituitary gland, thyroid gland and parathyroid gland, and regulates the endocrine system. It also strengthens the stomach and nourishes the digestive system.

**Step 1:** Meditate with your upper body upright, arms hanging naturally, hands in a relaxed position on your knees, and eyes forward. Take 3 deep breaths.



**Step 2:** With your eyes slightly closed, inhale deeply, distend your abdomen, exhale, and exhale forcefully from your nostrils (try to exhale as loudly as possible), when you need to quickly contract your abdomen and push your diaphragm upward to help exhale as much gas as possible.

**Step 3:** Look straight ahead and inhale while relaxing your abdominal muscles and allowing your abdomen to expand outward naturally. Be careful to maintain a calm state without deep breathing.

**Step 4: Relax** and repeat steps 2 and 3 20 times. Relax again and take 3 natural breaths, then close your eyes slightly, swallow your saliva and place your chin on your chest. At this point, hold your breath and keep this state for 6 seconds. After that, relax naturally and then repeat the whole action from the beginning 1 to 3 times.





## Snake variation style

### Basic effects

It stimulates blood circulation throughout the body, especially it gives fresh blood to the head, making the face rosy and the skin smooth, and it also refreshes the brain. It is beneficial to the pineal gland, pituitary gland, thyroid gland and parathyroid gland, and regulates the endocrine system. It also strengthens the stomach and nourishes the digestive system.

**Step 1:** Lie on the ground with your feet naturally extended and open shoulder-width apart, brace your palms on the ground on both sides of your chest, keep your chin on the ground and breathe deeply. When you feel refreshed, proceed to the next step.

**Step 2: Hold your** upper body up with both palms, tilt your head back, bend your waist and back hard, and look up and back. At the same time, bend your knees, lift your calves, lean your toes against each other, and try your best to stick to your head. Hold this posture, take deep breaths and do 3 to 6 times.

**Step 3:** Lower your calves and straighten your upper body backwards, sitting on your heels with your palms fingertips touching the ground or your palms naturally resting on your legs.

**Step 4:** Bend forward and place your forehead on the floor with your hands palms down and extend them naturally in front of your head. Relax your whole body and take 3 deep breaths. Then repeat the above action 3 times.





## Cycling style

### Basic effects

It accelerates blood circulation and supplies fresh blood to the head in large quantities, making the facial skin more rosy and smooth, and making people full of energy. It also beautifies the line of the legs and eliminates thigh fat. It also strengthens the abdominal organs, eliminates abdominal toxins, and helps prevent diseases such as stomach prolapse.

**Step 1:** Lie normally on your back on the ground with your legs together and both hands palms down on the ground on both sides of your hips, take 2 deep breaths with your eyes closed.

**Step 2:** Inhale, contract your abdominal muscles and lift both legs so that they are at 90° to the ground. Keep your upper body still and breathe naturally for 3 to 6 times.

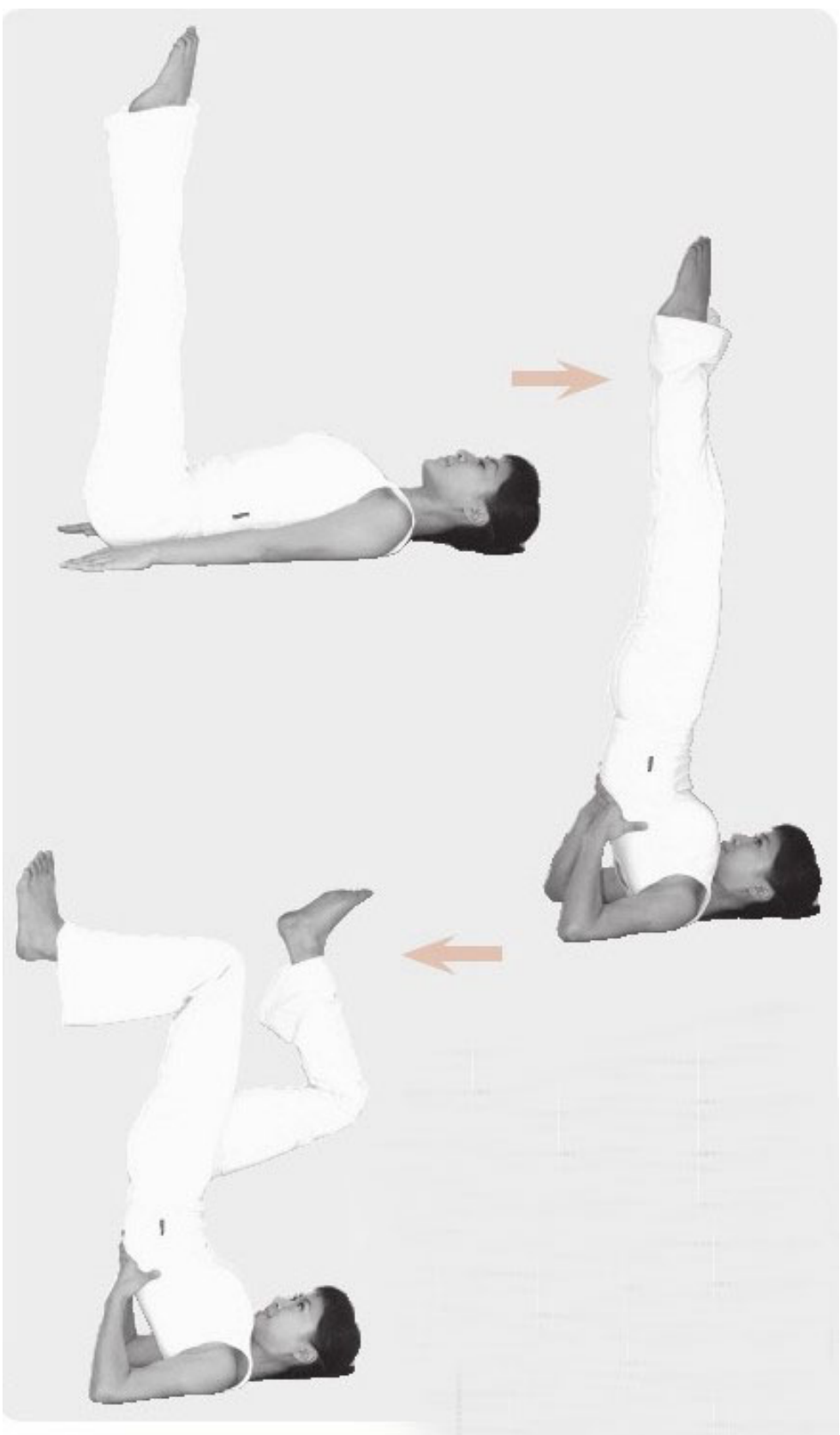
**Step 3:** Exhale, waist and abdominal force, so that the hips and back off the ground, palms of the hands to support the waist, so that the back, hips, legs and the ground is basically 90°. Hold this position and breathe 1 to 3 times.

**Step 4:** Match the rhythm of your breathing and pedal your feet up and down in the same way as you pedal a bicycle. The movement should not be too fast, alternating legs and constantly changing the way the feet are stretched. Of course, always tense feet can also be, but will be more tired. Do 12 rotations forward, then pedal backward 12 times. Gradually lower your back, hips and legs and return to the initial position in step 1. Then repeat the above action 2 times (beginners can do step 2 and then stomp).



### Warm Tips

**When pedaling the bike you should increase the strength of the movement, extend the leg as straight as possible and lean towards the abdomen when flexing the leg.**



# Wheeled

## Basic effects

Promotes blood circulation and replenishes the blood in the brain, not only refreshing the mind and making it quicker, but also renews the blood circulation in the face, making the skin of the face rosy and reducing wrinkles. Tightens neck and back muscles and skin, and helps to correct hunchback and make the body more flexible.

**Step 1:** Lie naturally on your back, legs together and straight, arms straight and relaxed on both sides of the body, palms on the ground, eyes looking up, and whole body relaxed.

**Step 2:** Bend your knees, put the palms of your feet on the ground, and tuck your heels toward your hips, gradually pressing them against your buttocks. If you are a beginner and your body is stiff, it is difficult to make your heels stick to your hips, so you can bend your legs so that your calves are perpendicular to the ground. Then reverse bend your arms and place your hands on either side of your head with your fingers pointing to the shoulder area, keeping your palms on the ground.

**Step 3: Take** a deep breath, then brace your hands and feet hard on the ground at the same time, lift your back, waist and hips hard to keep your thighs level and hold your head on the ground.

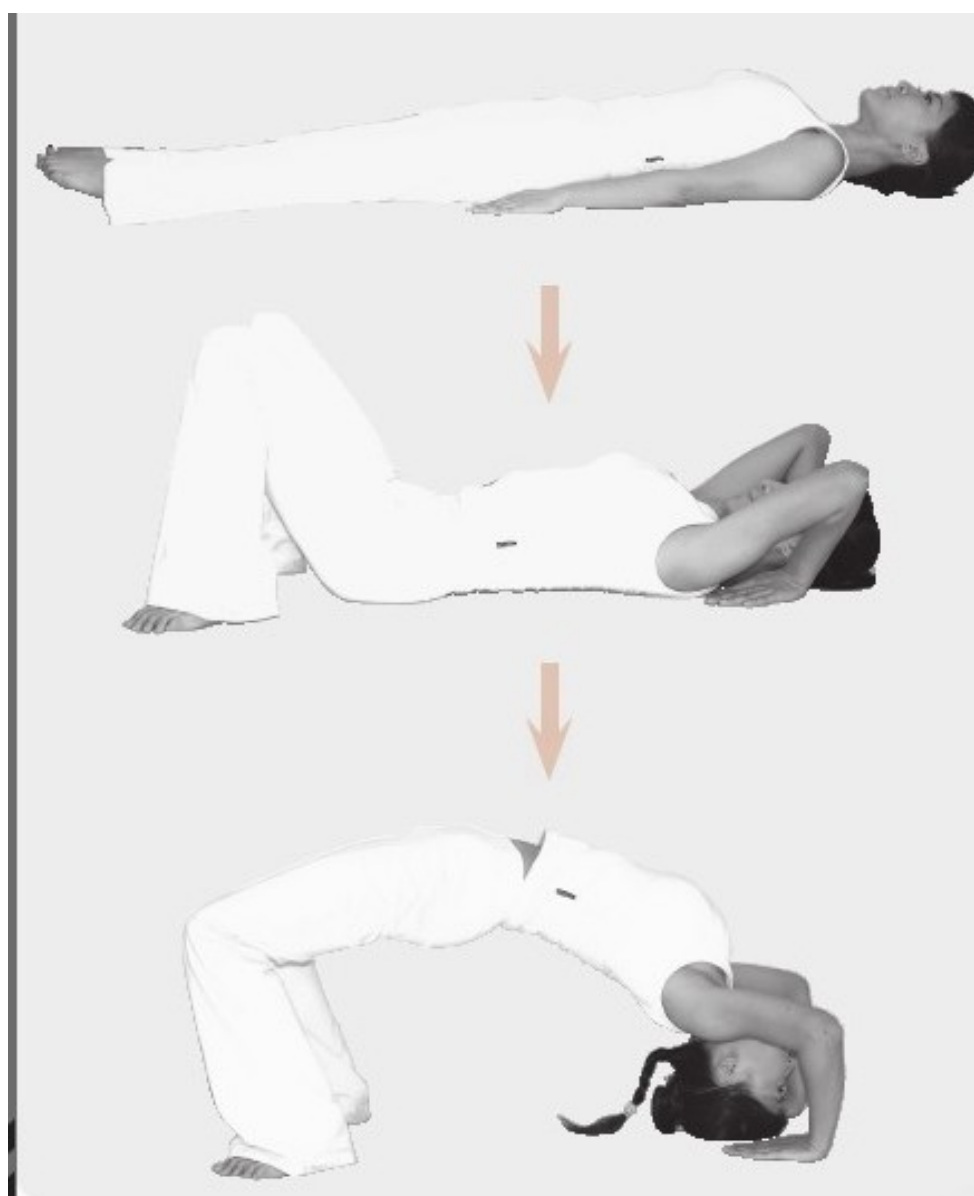
**Step 4:** Support your body with both hands and gradually move alternately in the direction of your feet, arching at the waist so that your body resembles an arch. The closer the hands are to the feet, the better, so that the whole body is in a wheel-like shape resembling a circle. Hold this pose and adjust your breathing so that it is smooth and natural.

**Step 5:** Bend your knees, bend your elbows, drop your head to the ground, then lower your back and hips in turn, return to the pose in step 2 and adjust your breathing to a smooth natural state.

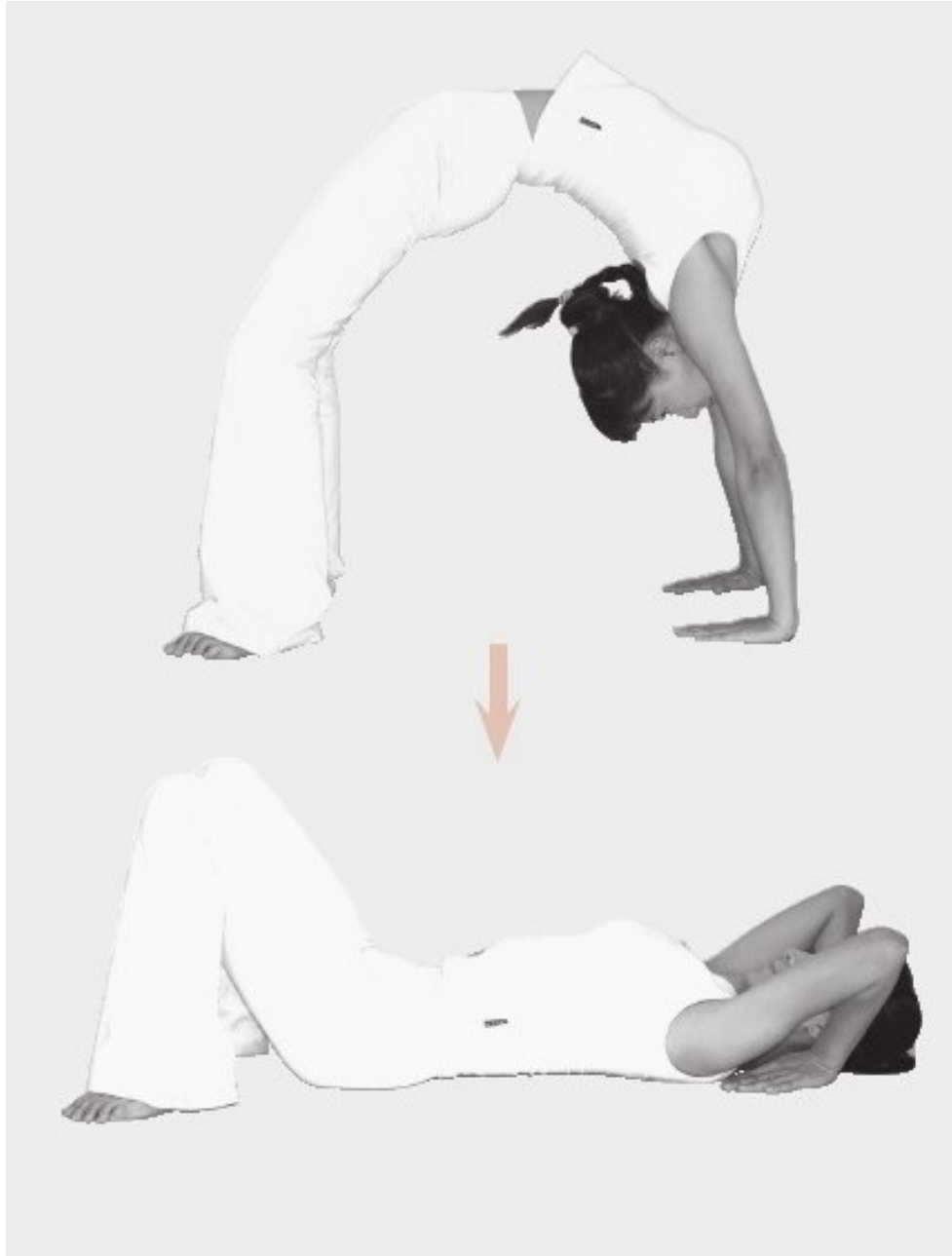
**Step 6:** Inhale, bend your knees up, lift your legs and hips, cross your fingers and hold the lower part of your knees so that your thighs are against your chest and put your whole body in a relaxed state.

**Step 7:** Exhale, lift your head and neck, with the tip of your nose against your knees and your shoulders and upper back off the floor. Hold this position, hold your breath, and stay for 6 seconds.

**Step 8:** Lower your arms and legs, return to the pose shown in step 2, and repeat the actions in steps 5 to 7 three times.







### **Warm Tips**

**People with a stiffer back may not be able to do step 4, so just do the actions in step 3.**



## Face Stroke

### Basic effects

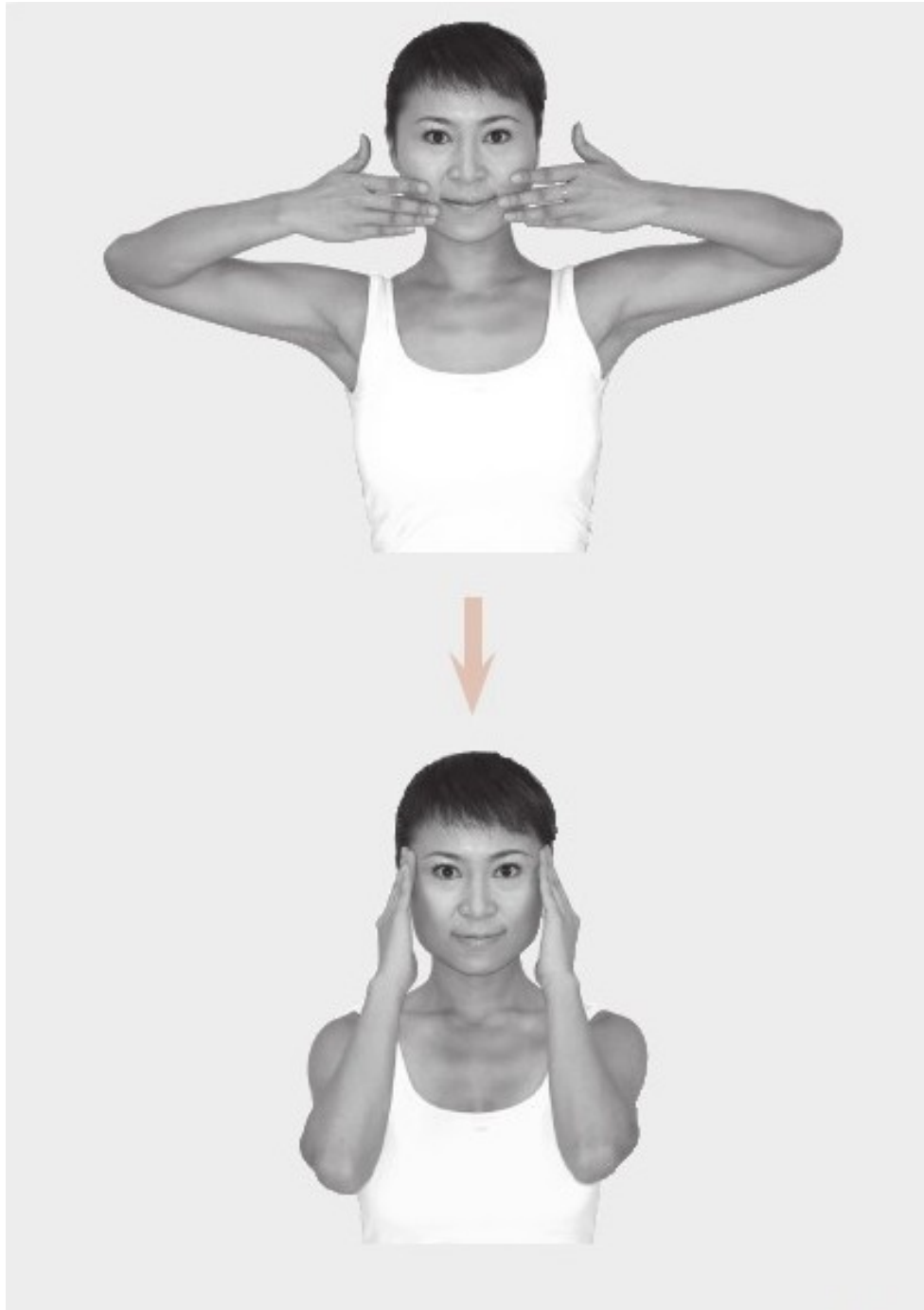
Accelerates blood circulation to the face and promotes a rosy complexion. Replenishes the facial skin with nutrients, which not only makes the skin more radiant, but is also effective in removing small wrinkles on the cheeks and corners of the eyes.

**Step 1:** Press the palms of both hands against each other and quickly perform friction until your hands are hot.

**Step 2:** Separate the thumbs from the other four fingers, place the four fingers other than the thumbs in alignment on either side of the mouth and gently massage up and down along the cheeks. When exhaling, move the fingers upward; when inhaling, move the fingers downward. Massage 36 times with the rhythm of breathing.

**Step 3:** Rub both hands together quickly until both hands are hot, then use your index, middle and ring fingers to press on the area at the end of the eyes. Take a deep breath and do the pressing and relaxing movements. Press firmly when you exhale and release when you inhale, pressing and relaxing 36 times in rhythm with your breathing.





### **Warm Tips**

**Take care to keep your hands and face clean. Apply moisturizer before stroking for better results. Visualize in your mind while stroking that you have a rosy complexion, smooth skin and a firm face.**

## Drum Cheek Style

### Basic effects

Strengthen the blood circulation of the face, promote smooth and delicate facial skin, and prevent wrinkles from arising. Exercise the cheek muscles and skin to make them strong and elastic. Promote capillary blood circulation in the cheek area to make the complexion rosy and healthy.

**Step 1:** Maintain natural nasal breathing, then puff out your cheeks as if you were blowing up a balloon. Hold for 3 seconds.

**Step 2:** Slowly exhale the gas in your mouth, then tighten your cheeks with force and hold for 3 seconds. Repeat steps 1 and 2 15 to 20 times, always keeping natural breathing throughout the process.



### Warm Tips

Perhaps the first practice of this action, the root of the ear will feel some soreness, this is a normal phenomenon. This means that the cheeks lack exercise, so there is no need to panic, more practice will be good.

## Face Massage Style

### Basic effects

Through facial massage, not only can move the qi and blood, but also can adjust the physiological functions of the internal organs and meridians, so that the face is rosy and lustrous, to achieve the natural health and beauty of the face. It also reduces wrinkles, restores one's facial fatigue, makes facial contours clearer, and slows down skin aging.

**Step 1: Push and** smooth the cheeks. Using the middle and ring fingers of both hands, push both cheeks from the inside out to the front of the ears in a spiral pattern 6 to 12 times.

**Step 2: Press the giant bone point.** Using the fingertips of the middle fingers of both hands, press the giant bone point 6 to 12 times.

**Step 3: Push and rub the side of the** nose. Place the fingers of the middle finger on both sides of the nose with both hands and repeatedly push and rub up and down 20 to 30 times.

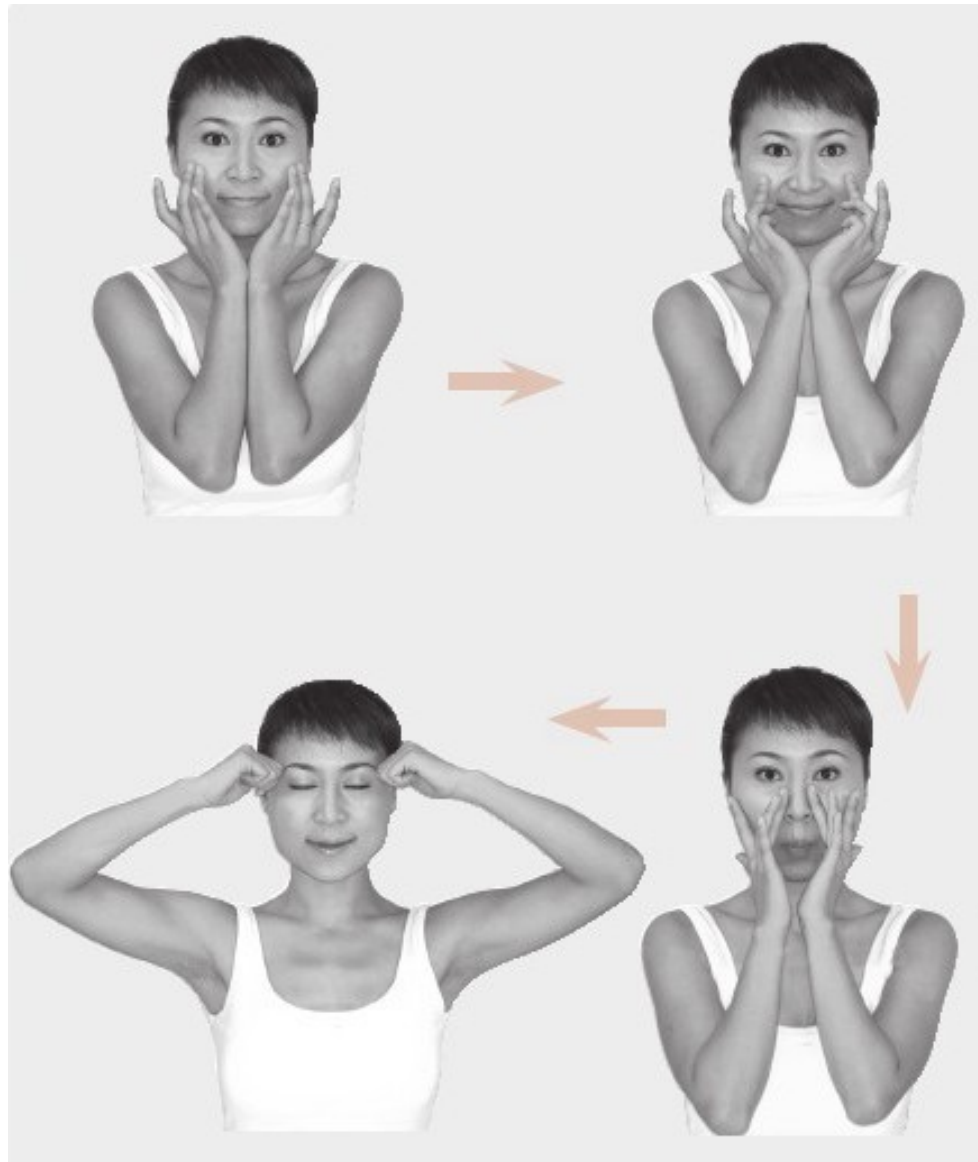
**Step 4: Push and** wipe the eye sockets. Using the lateral pressure of the flexed index fingers of both hands, push the upper and lower eye sockets alternately from the inside out 6 to 12 times.

**Step 5: Press the silky hollow point.** Using the fingertips of the middle fingers of both hands, press the Silkworm point 6 to 12 times.

**Step 6:** Press the temples. Using the fingertips of the middle fingers of both hands, press the temples 6 to 12 times.

**Step 7: Push and wipe the forehead.** Use the middle finger and ring finger of both hands to push the forehead from the bottom up 10 to 20 times.

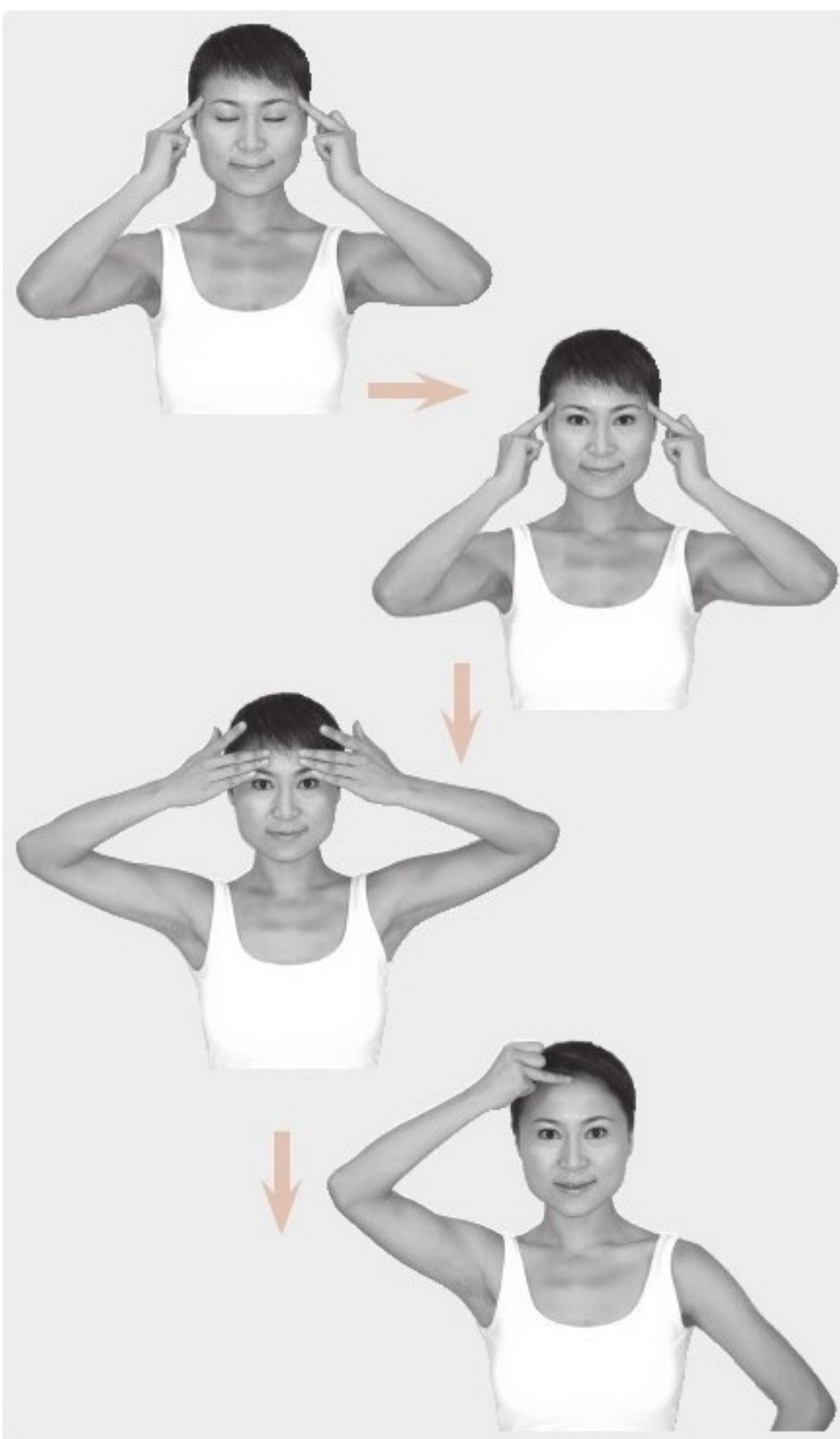
**Step 8: Press the upper star point.** Using the end of the ring finger, press the Shangxing point 6 to 12 times.



### **Warm Tips**

**Massage before the skin should be clean, apply a certain massage (emollient) cream, massage with the mask to use the effect is better. Massage techniques should be gentle and gentle, along with the direction of the face muscles, that is, when the massage finger movements and skin wrinkles perpendicular, from the bottom up, from the inside out spiral.**





## Neck Massage Style

### Basic effects

Accelerate the blood circulation of the neck, promote the metabolism of the neck, make the neck turn flexible and powerful, make the skin of the area smooth and elastic. At the same time, it can eliminate fatigue, improve the blood supply to the brain, and have the effect of waking up the brain and brightening the eyes.

**Step 1: Push and** smooth the front of the neck. Tilt your head back slightly, put your four fingers together and push the skin of your neck from the bottom to the top with the surface of your fingers. Repeat 10 to 20 times.

**Step 2: Push and wipe the** side of the neck. Tilt your head back slightly, put your four fingers together, and push and wipe from the sides of your jaw diagonally downward to the throat with your fingers. Repeat 10 to 20 times.

**Step 3:** Hold and pinch the back of the neck. With your head slightly lowered, pinch the back of your neck for about 1 minute with the fingers of your four fingers together and your thumb against each other.

**Step 4: Press and rub the Fengchi point.** Press and rub the Fengchi point with the fingertips of the middle fingers of both hands for about 1 minute.





## Detoxification and Whitening

When toxins accumulate in the body, the facial skin will produce a series of changes: dull and yellowish complexion, dark circles under the eyes, and increasingly rough skin. When these signs appear on your body, you should consider whether it is the cause of toxins in the body. Remember, to whiten your skin, first eliminate the toxins in your body.

## Fish Style

### Basic effects

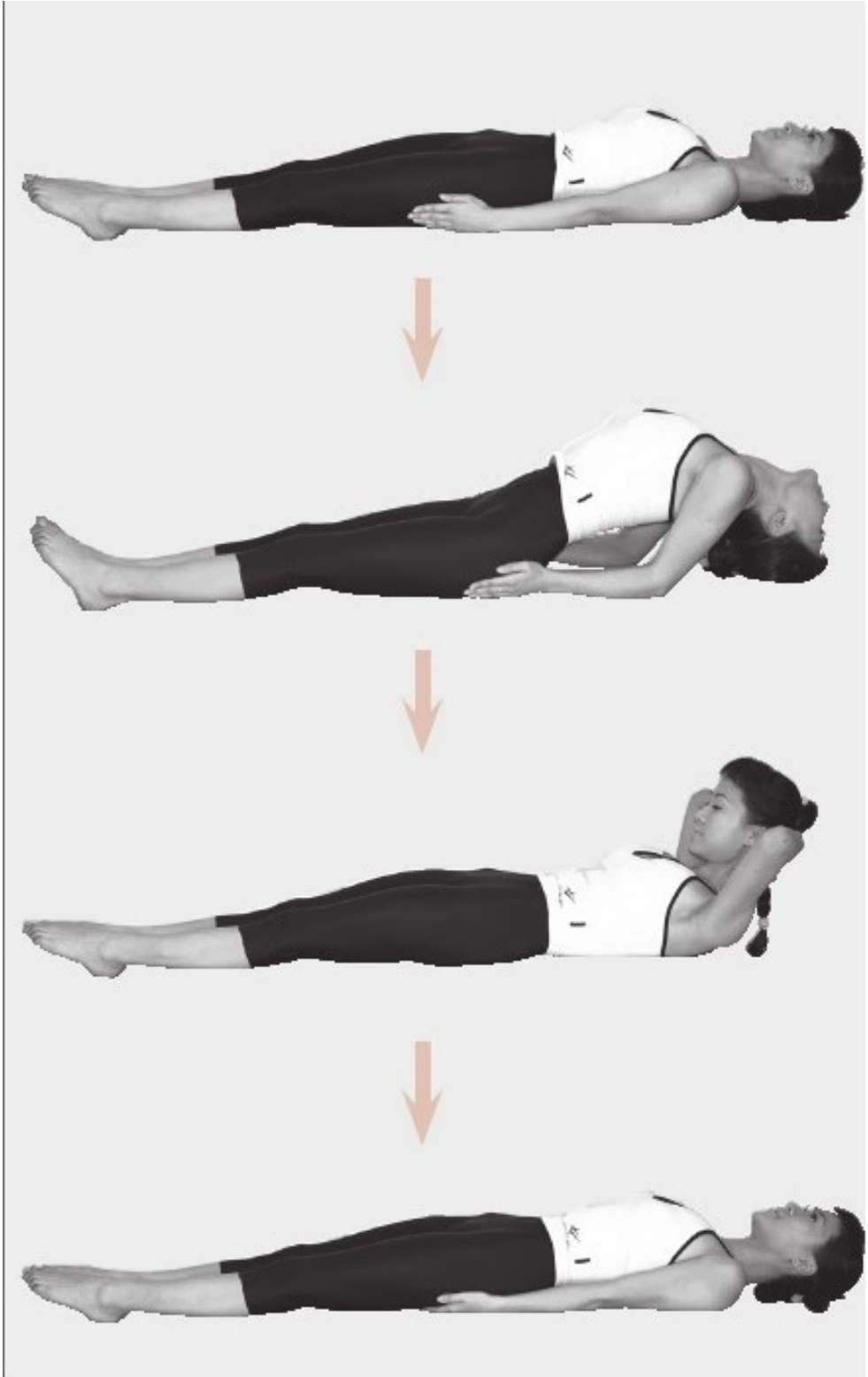
It nourishes the intestines and other abdominal organs as well as the endocrine system, strongly eliminates toxins from the intestines and other abdominal organs, and helps treat hemorrhoids and menstrual disorders. It also smoothes the belly and eliminates abdominal flab. Clears the mind and stimulates blood circulation in the head and neck, thus making the facial skin rosy and lustrous and energizing. Tightens the skin of the neck, chest, back and abdomen, making it elastic.

**Step 1:** Lie on your back on the ground, place both hands on either side of your body, palms against your thighs, and then insert your hands under your hips with your elbows as close to your body as possible.

**Step 2:** Inhale, brace your upper body with both elbows and tilt your head back; exhale, with the top of your head in slight contact with the ground. With your back hollow, support all the weight of your upper body with both elbows and imagine a force pulling your chest and abdomen toward the sky. Hold this position and breathe 3 to 6 times.

**Step 3:** Inhale and slowly drop your back back to the floor. Move your hands up, cross your arms behind your head, tilt your head forward, look at your toes, gently lower your chin to your chest, stretch the back of your neck and breathe naturally for 1 to 3 times.

**Step 4:** Slowly return your head to the ground and resume to the action of step 1. Repeat the whole set of movements 3 times.



## Mermaid Style

### Basic effects

Nourishes abdominal organs, strongly eliminates toxins from the abdomen, stimulates blood circulation in the head and neck, and makes facial skin rosy and smooth. Tightens the facial skin, beautifies the chin and neck line, and prevents the formation of double chin. It also treats back pain, back pain and shoulder pain, benefits the pituitary gland and spinal nerves, and also benefits the throat, preventing colds and coughs.

**Step 1:** Sit on the floor with your chest out, legs straight, feet together, and hands naturally on your thighs. Look ahead and breathe naturally.

**Step 2:** Lean your body back, bend your elbows and brace your elbows on the floor so that your upper arms are as vertical as possible, your lower arms are on the floor, and your hands are on both sides of your body pressing lightly on your hips. At this point, neck force, keep the head, neck and spine in the same straight line.

**Step 3:** Continue to tilt your head, neck and back backwards, with your head on the ground, stretch your neck as far as you can so that your chin points to the sky, and then forcefully reverse arch your back and waist. Hold this position, breathe 3 to 6 times, and then slowly return to the position in step 1. Repeat the above action 3 times.

### Warm Tips

**When doing step 3, if you feel that your elbow is physically weak and your head is deprived of oxygen, you should stop the action immediately.**





## Cat Stretch Variation

### Basic effects

Promotes blood circulation, nourishes the nervous system and kidneys, especially the female reproductive system, helps treat irregular menstruation, abnormal leucorrhea, dysmenorrhea and promotes the recovery of the uterus after pregnancy. Filters toxins from the body and nourishes the skin from within. It also promotes digestion of the stomach and intestines, eliminates abdominal fat, and strengthens the flexibility of the neck and shoulders.

**Step 1:** Take a kneeling position with your hips sitting on the heels of your feet, hands naturally placed on both thighs, palms down, upper body kept perpendicular to the ground, eyes level in front of you.

**Step 2:** Lean forward with your upper body, bend at the waist, and press your arms straight forward about 60 cm in front of your knees, spacing your hands shoulder-width apart. Keep your eyes looking towards your fingers and keep breathing naturally.

**Step 3: Lift your hips**, move your upper body forward, keep your calves on the ground and your thighs perpendicular to the ground, and support your body with your hands and knees so that your upper body is parallel to the ground. Inhale, lift your head, look ahead with your eyes and tighten your back, sink your waist and make your hips rise. Hold this pose for 6 seconds in a normal breathing state.

**Step 4:** Exhale, keeping your arms and legs in the same position, relaxing your neck and back. With your head down, back arched, chest inward, and abdominal muscles contracted, feel like a cat that arches its body when stretching. Hold this pose for 6 seconds in a normal breathing state. The movements in steps 3 and 4 are done alternately 3 to 6 times in a row.



## Snake Style

### Basic effects

Promotes blood circulation, nourishes the nervous system and kidneys, especially the female reproductive system, helps treat irregular menstruation, abnormal leucorrhea and dysmenorrhea, and promotes the recovery of the uterus after pregnancy. It can also filter toxins from the body and nourish the skin from within. It also promotes digestion, eliminates abdominal fat and strengthens the flexibility of the neck and shoulders.

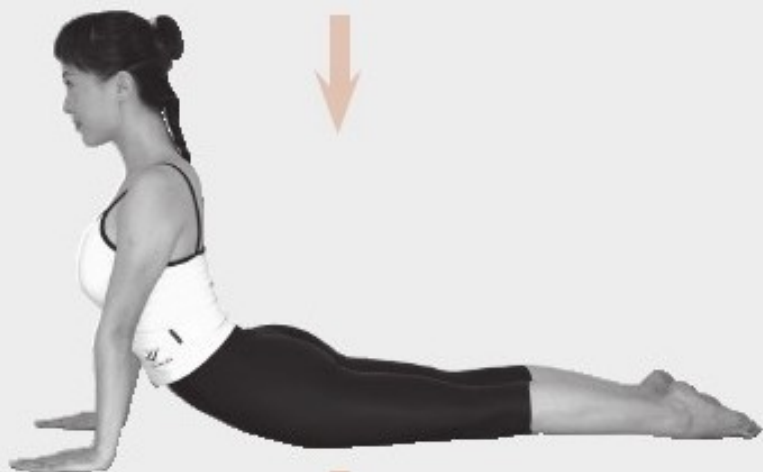
**Step 1:** Lie prone on the floor with your hands on your sides. Bend your elbows, place both palms under your shoulders and press your face to the floor. Keep your legs together and straight, sink your shoulders and feel your shoulder blades sink into your back.

**Step 2:** Inhale, slowly lift your head, contract your back muscles, and then lift your upper body with as little force as possible in your hands. Beginners, if it is difficult to complete, you can also press the ground slightly harder with both hands.

**Step 3:** Exhale and brace your upper body with your hands, keeping your back still forcefully contracted. Straighten your neck, lift your head flat, and keep your eyes on your nose. At this point, the legs are stretched as far as possible. Note that the body should not be twisted, keeping the neck, back and spine in a straight line, and the thighs should not leave the ground. Hold this posture and breathe 3 to 6 times.

**Step 4:** Return to the pose in step 1.

**Step 5:** Relaxation pose: After completing this set of movements, slowly support your body with your hands, sit backwards on your knees on your heels, and then slowly lean your body forward until your forehead falls on the floor and your arms are stretched forward. Hold this pose to relax and rest, breathing 3 to 6 times.



## Lion First Style

### Basic effects

Restores the elasticity of the subcutaneous muscles of the face and neck, and is effective for wrinkle removal. It can delay aging, prevent sagging of the skin, remove or reduce wrinkles on the face and crow's feet at the corners of the eyes, and make the skin smooth and elastic. It also exercises the tongue and larynx, which can also improve the sound quality. It also benefits other glands in the thyroid, both eyes and both ears.

**Step 1:** Sit straight on your knees, legs together, feet back on the ground, palms facing up, hips sitting on your heels, hands naturally relaxed and placed on your thighs, upper body staying upright, eyes forward.

**Step 2:** Inhale, gradually lean forward, spread your five fingers, with your middle finger, index finger, ring finger and pinky finger on the ground, and rest your palm on the edge of your knee. Open your eyes round, stick out your tongue, stare up as hard as you can, like a lion with a sense of majesty, and extend your tongue as long as possible. Exhale and make a loud "ahhhh" lion's roar in your throat. Hold this position for 10 seconds.



## Lion Second Style

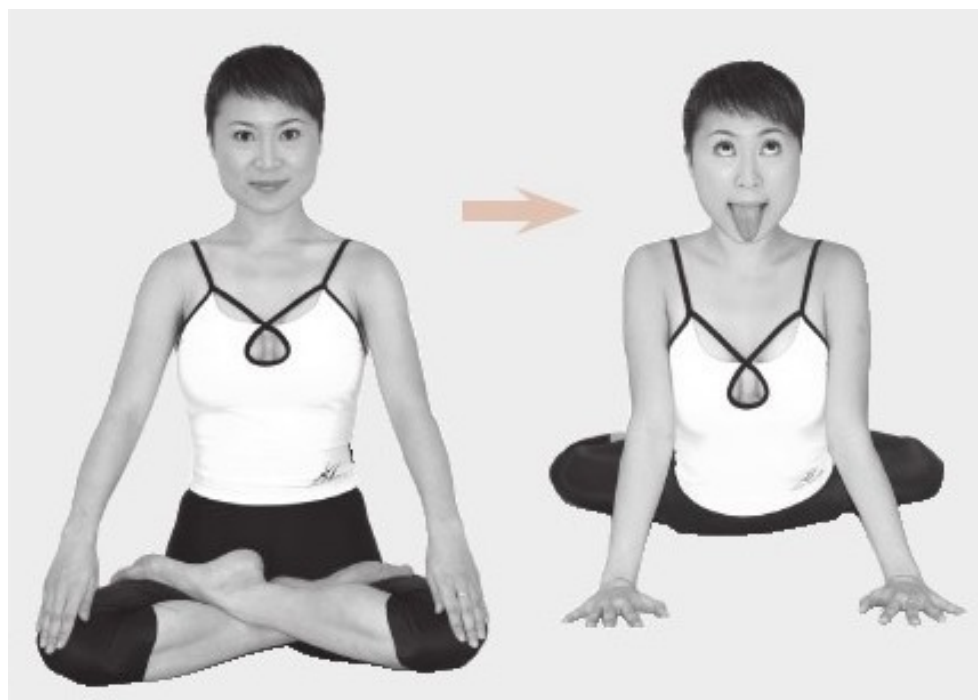
### Basic effects

Restores the elasticity of the subcutaneous muscles of the face and neck, and is effective for wrinkle removal. It can delay aging, prevent sagging of the skin, remove or reduce wrinkles on the face and crow's feet at the corners of the eyes, and make the skin smooth and elastic. It also exercises the tongue and larynx, which can also improve the sound quality. It also benefits other glands in the thyroid, both eyes and both ears.

**Step 1:** In a full lotus sitting position, place the back of your left foot on your right thigh with the center of your foot facing up; place the back of your right foot on your left thigh, place your hands lightly on your knees, stand up your upper body, and look straight ahead.

**Step 2:** Inhale and keep your legs in full lotus position. Lean forward so that your knees are on the ground, reach your palms to 30 cm in front of your knees to brace, contract your hip muscles, press your hips down and stretch your back. Raise your head, open your mouth wide and spit out your tongue. At the same time, open both eyes wide and turn them up toward the top of the orbits, gazing at the point of emptiness at the center of the eyebrows. Hold this position and breathe 3 to 6 times.





## Seated forward bend

### Basic effects

It expands the chest, strengthens the heart and lungs, strengthens the abdominal organs, removes toxins accumulated in the chest and abdomen, and makes the body feel energized by incorporating more oxygen into the blood. It also eliminates abdominal fat and stretches the legs, increasing their flexibility.

**Step 1:** Sit on the ground with your chest up, legs straight ahead, feet together, hands naturally on your thighs, palms down, and eyes level in front of you.



**Step 2:** Inhale, lift your arms up, close your palms, point your fingers to the sky, straighten your elbows, and form a straight line between your arms and your upper body. Hold this position and breathe naturally for 3 times.

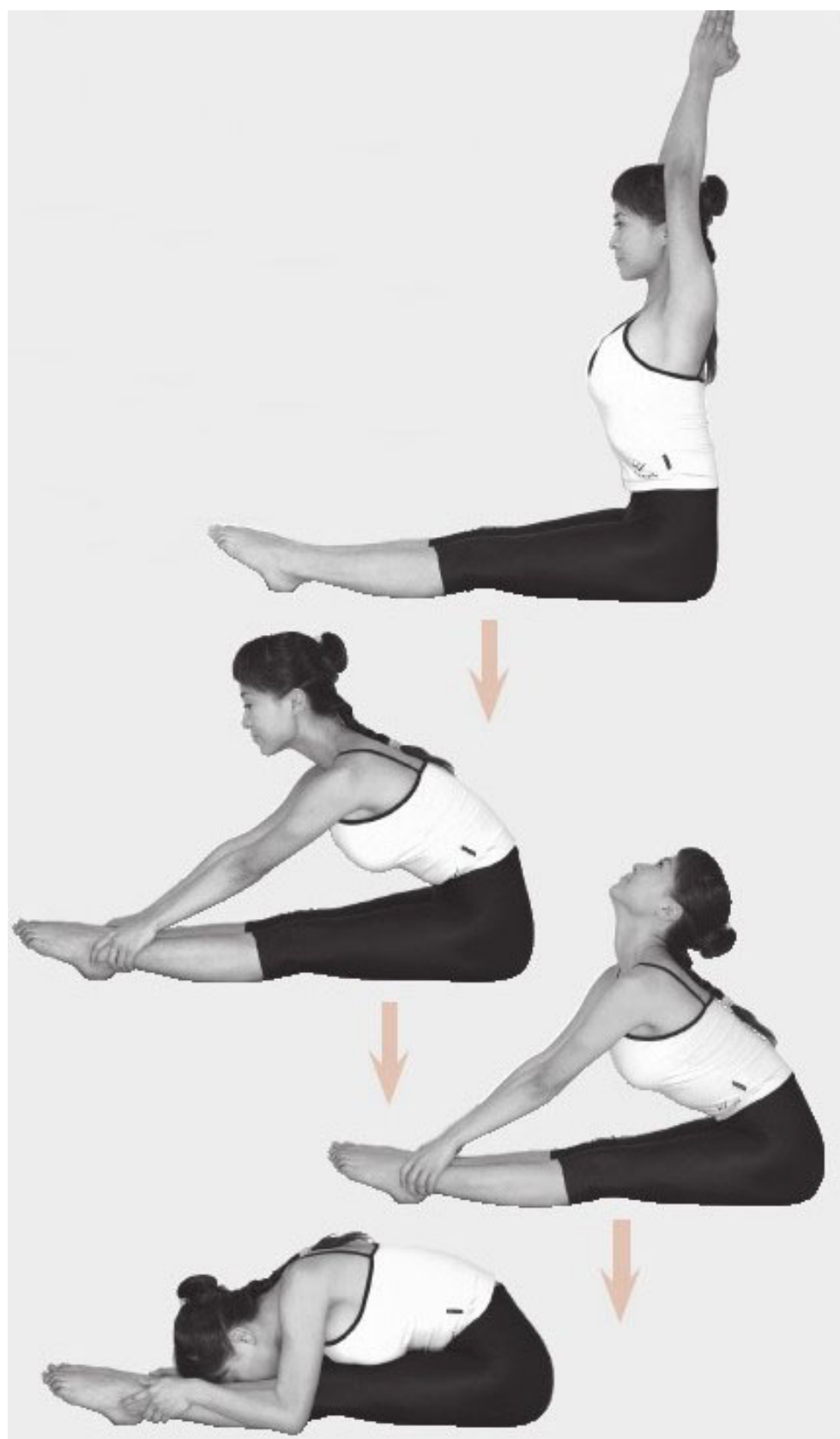
**Step 3:** Exhale, lean your upper body forward, drop your arms down and hold your ankles with both hands. Keep the knees straight and not bent, thighs and calves against the ground, so that there is a sense of elongation in the lower abdomen, eyes on the toes.

**Step 4:** Continue to keep your legs straight and together, holding your ankles tightly with your hands. Inhale, lift your head and look upward with your eyes. Lift your chest, stretch your abdomen, and give a lift upward from your sit bones to the top of your head.

**Step 5:** Exhale, bend your elbows and slowly bring your upper body, including your chest, abdomen and face, towards your legs. As long as you don't feel suffocated, press your upper body down as far as you can, preferably keeping your head above your calves, and imagine your shoulder blades sliding down your back. Hold this position and breathe 6 to 12 times. Repeat the exercise 3 times for steps 1 to 5.

### **Warm Tips**

**People who are new to yoga and have a hard body, it is difficult to complete step 5 in a standard way, do not rush, just try to bend down.**



## Butterfly Style

### Basic effects

Promotes blood flow to the pelvis and abdomen, helps eliminate urinary dysfunction, prevents hernias, helps to expel toxins from the pelvis, and prevents and treats acne and facial acne. It also regulates menstrual disorders and reduces the pain of childbirth.

**Step 1:** Sit upright with your feet facing each other and knees outward. Hold your hands at the ankles and slowly pull your heels toward the roots of your thighs. Keep your body straight, shoulders flat, chin slightly tucked in, and bring your knees as close to the floor as possible.



**Step 2: Hold the** toes of both feet with both hands, inhale, keep your back straight, exhale, lean your upper body forward and keep your back straight. Extend your chin forward as far as possible. Hold this position and breathe 1 to 3 times.

**Step 3:** Take a deep breath, and with each breath, bend your upper body down some until your forehead points to the floor. Hold this position and breathe 3 to 6 times. Then inhale and look forward with your head up.

**Step 4:** Exhale, straighten your upper body, bring your knees together and return to a sitting position. Hold your knees with both hands and look straight ahead.

**Step 5:** Inhale, hold your arms around your knees; exhale, hang your head, put your face on your knees, close your eyes lightly, relax and breathe naturally for 3 times. Repeat this pose for a total of 3 times.





## Strengthening spinal twist pose

### Basic effects

Nourishes the kidneys and adrenal glands, cleanses the digestive organs, while nourishing the liver and spleen and strengthening the body's detoxification function. Helps stimulate blood circulation and prevent back pain and rheumatism in the lower back.

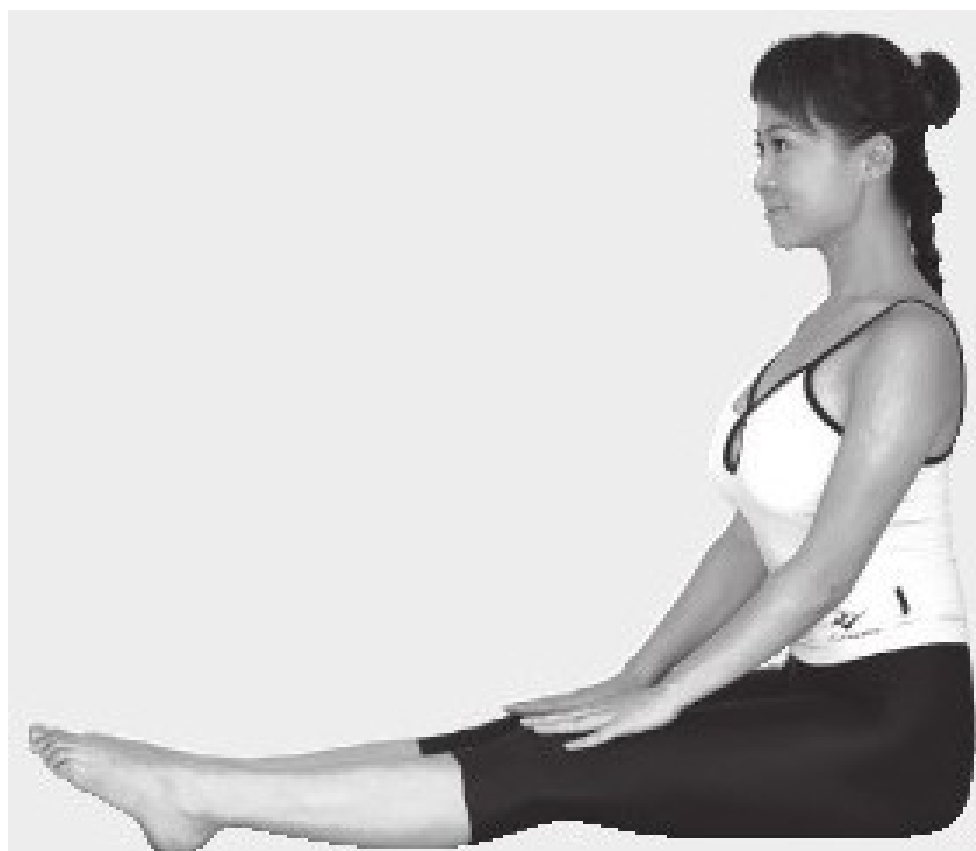
**Step 1:** Sit with your chest up, legs straight ahead, feet together, hands naturally on your knees, keep your upper body perpendicular to the ground, and look straight ahead.

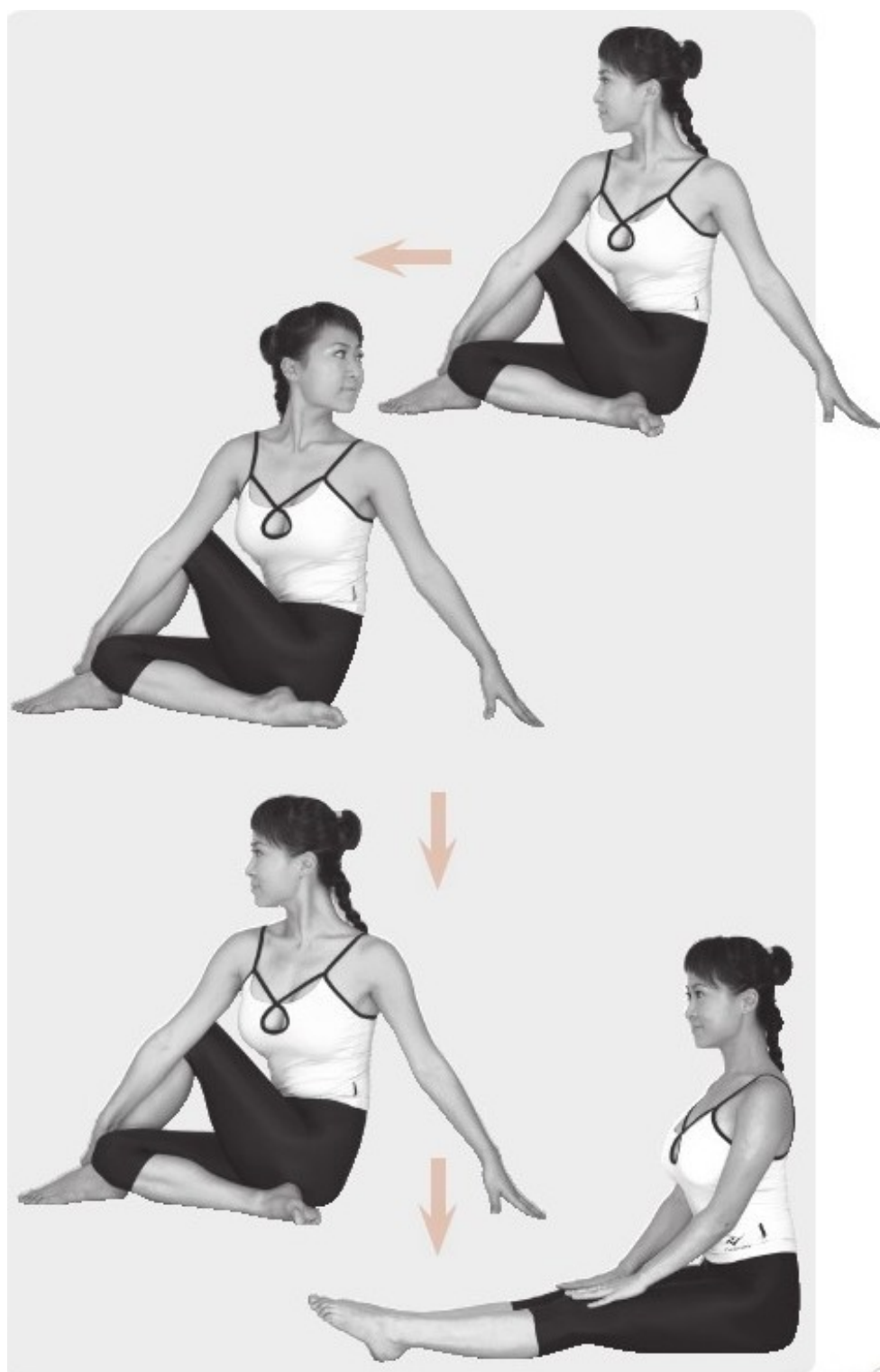
**Step 2:** Bend your right leg and hold your heel against your hip, cross your left leg over your right knee, place your left foot on the outside of your right knee and hold your right elbow against the outside of your left knee, grab the inside of your left ankle with your right hand and brace your left hand on the ground behind your hip, inhale, keep your back straight and look right in front of you.

**Step 3:** Exhale and slowly twist your head, shoulders and waist back to the left. Take a deep breath and with each breath, continue twisting backwards. Hold this position and breathe 3 to 6 times.

**Step 4:** Inhale, turn back around and return to the pose from step 2.

**Step 5:** Exhale, return to the initial position, then turn to the other side and repeat the above actions. Repeat the exercise 3 times on the left and right side.





## Twist Type

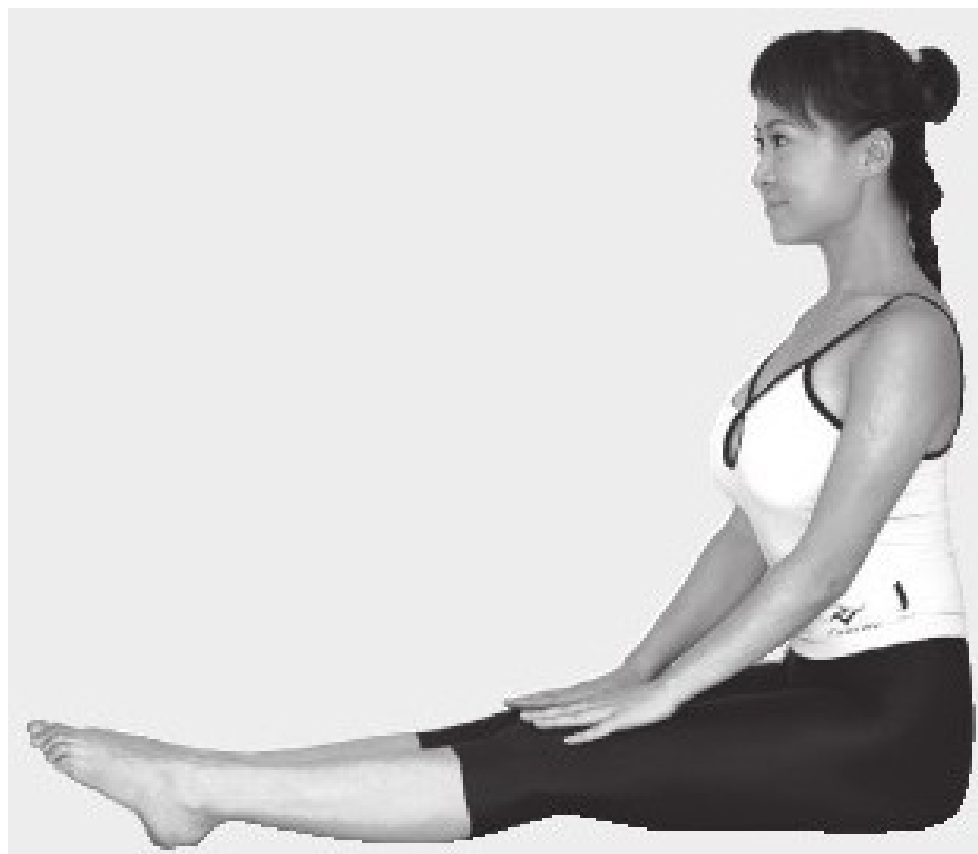
### Basic effects

Enhances lung function and removes toxins from the lungs; enhances abdominal organ function, eliminates abdominal toxins and eliminates constipation. It also helps to strengthen the spine, enhance the immunity of the whole body, eliminate fat from the waist and abdomen, tighten the skin of the waist and abdomen, and relieve pain in the waist and abdomen.

**Step 1:** Sit with your chest up, legs straight, feet together, hands naturally on your thighs, palms down, and eyes level in front of you.

**Step 2:** Bend your left knee, bring your left foot to the inside of your right knee, land on the balls of your feet, brace your arms on the floor behind you so that the fingers of your hands are pointing behind you, lean your upper body back, and look upward naturally with your eyes.

**Step 3:** Sit up, breathe in and twist your body to the left so that your upper body turns to the left. Put your hands together in front of your chest, fingertips facing the sky, both small arms parallel to the ground, and let your right elbow rest on the outside of your left knee, keeping your upper body straight and your eyes flat in front of you. Hold this pose, take 3 to 6 deep breaths, and then adjust your breathing to a natural state. Return to the posture of step 1, change direction and repeat the exercise. Practice 3 times each for the left and right.





## Side angle rotation type

### Basic effects

Cleanses and smoothes the abdominal intestines and eliminates intestinal toxins Stimulates blood circulation, especially in the spine and abdomen, and energizes the person

**Step 1: Stand with your** chest up, feet apart, feet slightly wider than shoulder-width apart, arms stretched upward, so that the arms slightly into a "V" shape, palms facing each other, eyes forward.

**Step 2:** Take a small step to the right with your right foot, turn your right toe to the right, and form a lunge, with your right thigh and calf at 90° as far as possible; straighten your left leg and stomp your heel on the ground so that your left heel is on the extension line of your right foot. Raise both arms flat (feeling infinite extension to the sides) so that the arms remain in the same straight line with the shoulders, palms forward, head turned to the right, eyes flat in front.





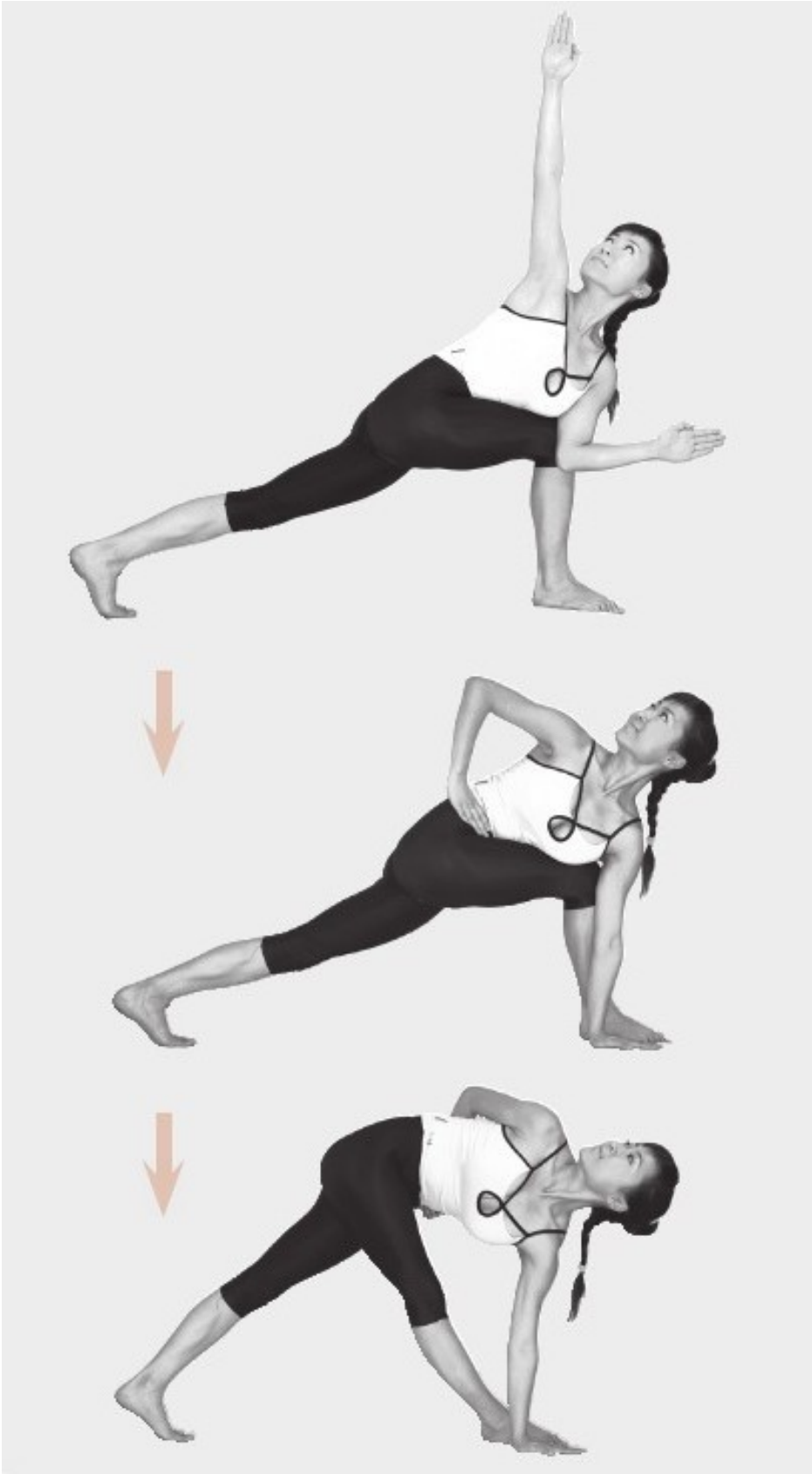
**Step 3:** Bend your upper body, press your chest against your right thigh and extend your head beyond your knee; straighten your left leg, lift your left heel and land on the inside of your left foot with the palm of your left foot; hold your hands on the ground on either side of your right foot, palms down.

**Step 4:** Twist the torso from the right to the back and above, with the left upper arm at 90° to the small arm, the left elbow pressed on the outside of the right knee, and the right knee can be pressed hard to increase the strength of the twist. The right arm is stretched up and perpendicular to the ground, with the palms of both hands facing the outside of the right leg, looking right up.

**Step 5:** Straighten your left arm, stick it to the outside of your right leg, brace your left palm on the outside of your right foot on the ground, cross your right hand at the side of your waist, turn your head backwards and look upwards.

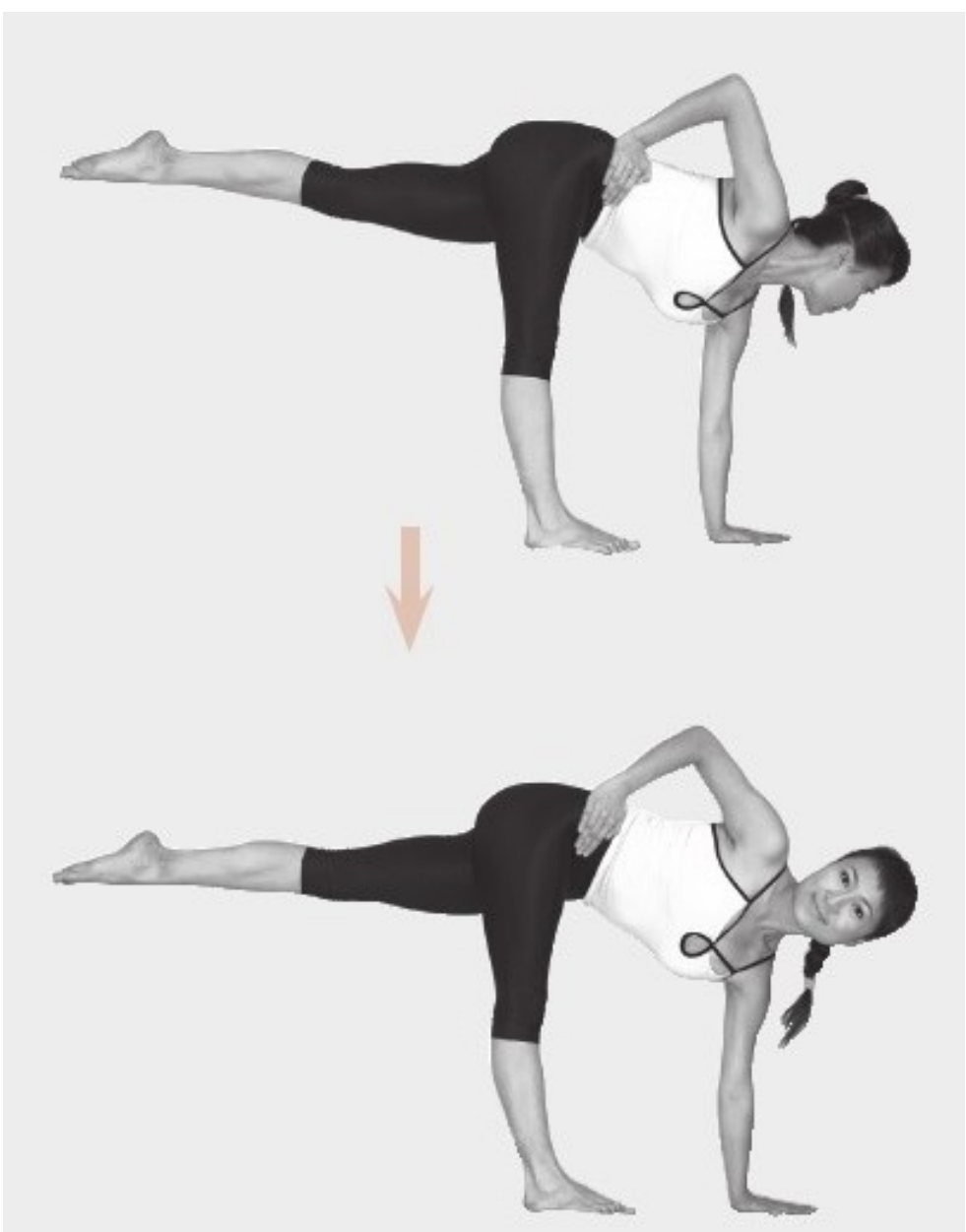
**Step 6:** Straighten the right leg, pull the left leg back some naturally and gradually move the body weight completely to the right foot. The left hand can continue to stick to the ground on the outside of the right foot, or move to the front of the right leg, with all five fingers flat, press on the ground to coordinate body balance, and let the right arm stick to the back and reach down.





**Step 7:** Inhale, slowly lift your left leg so that your left leg is parallel to the ground, support your body with your right leg (your left hand can be moved), cross your right arm over your waist and look at the ground.

**Step 8:** When you feel that you have stood firmly, then twist your body to the right at this point, with your eyes looking to the right. In a natural breathing state, hold this position for as long as possible. After that, turn back to your body, drop your left leg, stand straight, return to the posture of step 1, and repeat the above action to the other side. Repeat the exercise 3 times for the left and right sides.



## Half Spine Twist Pose

### Basic effects

It nourishes the abdominal organs, prevents excessive enlargement of the prostate and bladder, eliminates toxins from the abdomen, eliminates excess fat from the waist and abdomen, and helps prevent back pain and is beneficial to the stomach and intestines.

**Step 1:** Sit with your chest up, legs straight ahead, feet together, hands naturally on your knees, keep your upper body perpendicular to the ground, and look straight ahead.

**Step 2:** Bend your right leg and place the back of your right foot on your left thigh with the center of your foot up. Extend your right arm forward and grasp the toes of your left foot with your right hand or lean your palm against the outside of your right foot. With your upper body turned to the left and your eyes looking back to the left, extend your left arm as far as possible toward the back of your waist so that your left hand is against the right side of your waist. Breathe deeply and with each breath, twist the upper body as far back to the left as possible. Note that abdominal breathing should be used at this point. Hold this position and breathe 3 times. Repeat the exercise 3 times on the left and right side.



## Side Angle Stretch

### Basic effects

Activates abdominal visceral function, releases intestinal toxins, helps balance the endocrine system, benefits the thyroid, pituitary, pancreas and gonads, and makes the face look rosy and healthy. It also tones muscles and reduces fat at the waistline, helping to reduce arthritis pain and sciatica.

**Step 1: Stand with** chest up, feet apart, spacing is two times the width of the shoulders, feet in the shape of "eight", inhale, arms flat, palms down, look ahead.

**Step 2:** Exhale, point the left toe to the left, squat the left leg into a lunge, the left calf is perpendicular to the ground; slide the right foot to the back side, straighten the right leg; turn the head to the left, eyes flat, keep the arms still and parallel to the ground, keep breathing normally.

**Step 3:** Lower your left arm and place the palm of your left hand on the back of your left foot or on the ground on the inside of your left foot, then turn to the right and look up to the right. While keeping your body balanced, twist your body as much as possible and place your right hand from behind around your waist on the inside of your left thigh. Hold this position and breathe naturally for 3 to 6 times.

**Step 4:** Extend your right arm over your head so that your right arm is in the same plane as your legs, palm down, elbow above your ear, and eyes looking diagonally up. Hold this position and breathe 1 to 3 times.

**Step 5:** Inhale deeply, interlock your palms with your ten fingers, palms facing each other, reach over your head, and make your palms turn outward at the top of your head. Hold this position and breathe deeply for 1 to 3 times.

**Step 6: Turn your** upper body to the left and raise your arms flat to return to the position shown in step 2. After that, turn back to your body, straighten your knees and return to the initial posture



shown in step 1, then repeat the above movements to the right. Do this 3 to 6 times for each of the left and right sides.





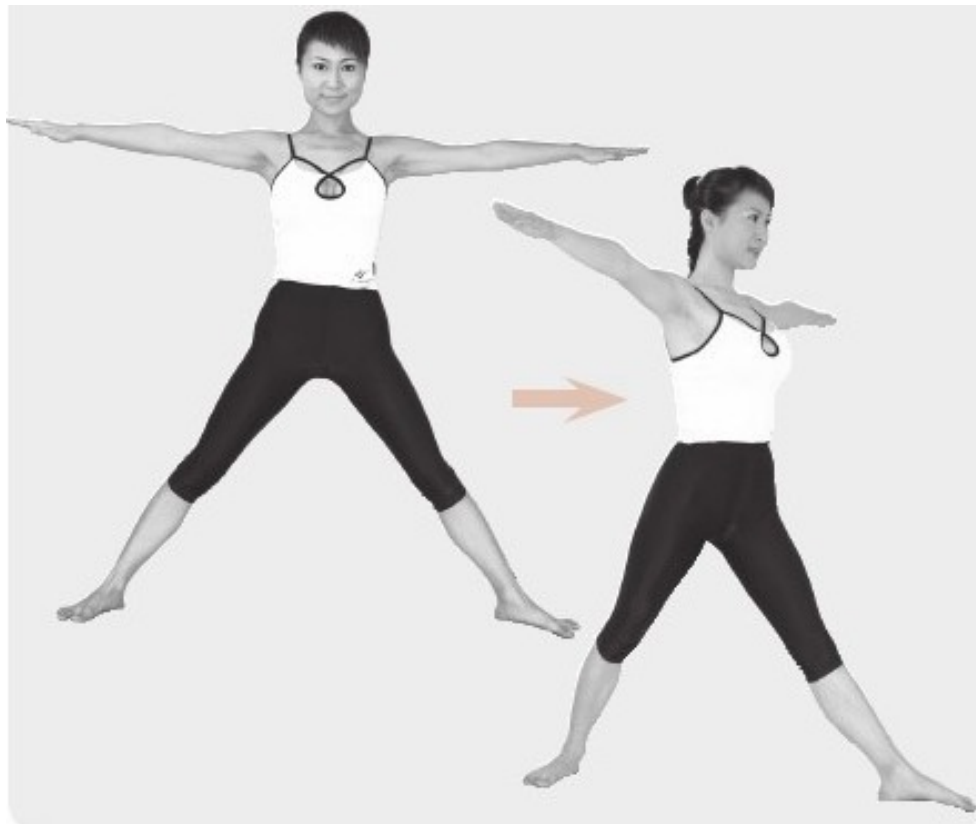
## Strengthening lateral extension pose

### Basic effects

Tones and cleanses the abdominal organs and powerfully eliminates toxins from the abdomen. Stimulates blood circulation for a rosy complexion Strengthens the lung function and eliminates toxins from the lungs. Also increases spinal flexibility, improves posture, corrects rounded shoulders, and makes wrist movements more flexible and free.

**Step 1: Stand with your** chest up and feet apart, spacing your feet twice as far apart as your shoulder width. Raise your arms flat to the sides, palms down, shoulders and arms in a straight line, and breathe naturally.

**Step 2:** Inhale deeply and rotate your left foot to the left, with your left foot and right heel in the same straight line and your head and upper body turned to the left, looking straight ahead. Hold this position and breathe 3 to 6 times.



**Step 3:** Tilt your upper body back and place your hands behind your back with palms together, fingertips facing the sky, on your middle back (beginners can place them on your lower back if you can't do it). Then use the outer edges of your palms and wrists to push down on your back and expand your chest. Look upward with your eyes and bend your body back as far as possible while inhaling deeply.

**Step 4:** Exhale, keep your hands in the same position, keep your knees straight, and slowly bend over so that your upper body is tilted downward.

**Step 5:** Take a deep breath and with each breath continue to bend downward until your chest, abdomen and face are pressed against your left calf. Hold this position and breathe naturally for 1 to 3 times.

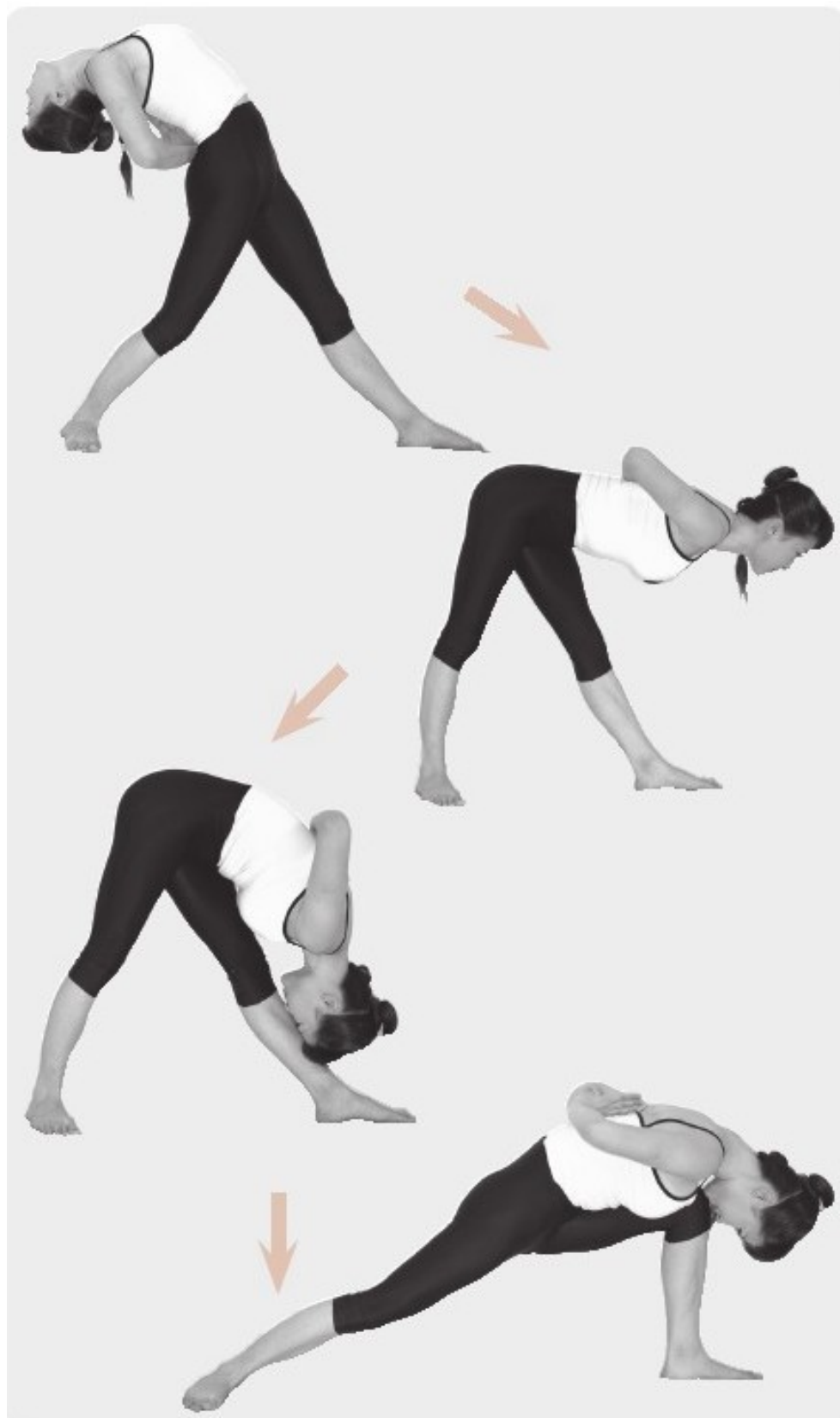
**Step 6:** Bend the left leg at the knee into a lunge, with the thigh and calf forming 90°; slide the right leg back in line and place the head against the inside of the left knee. Hold this position and breathe naturally for 1 to 3 times.

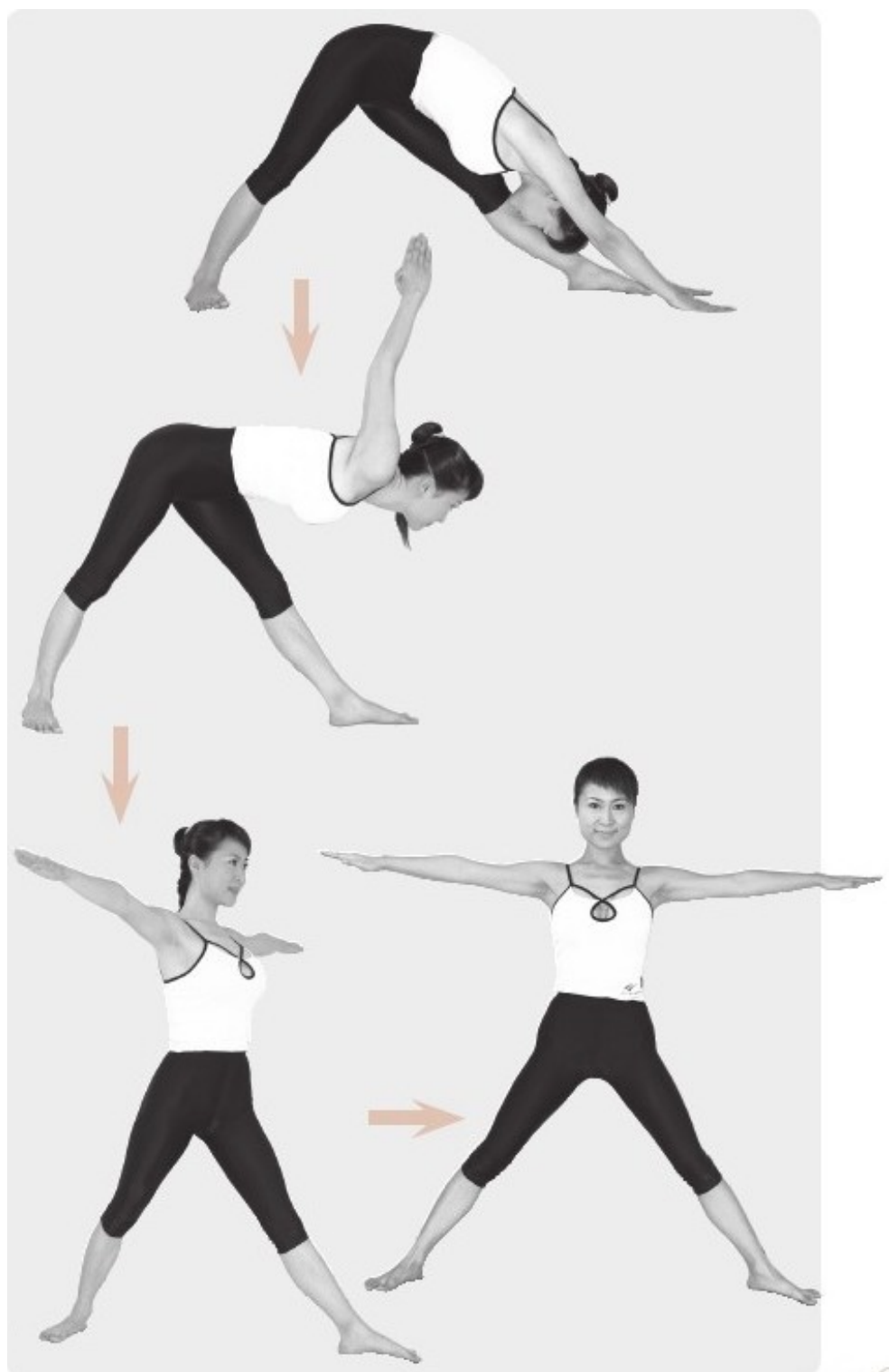
**Step 7:** Exhale deeply and straighten the knee of your left leg. Release your hands and slowly extend your arms, placing your hands on both sides of your left foot in front of you, with your palms on the ground. Straighten your knees without bending them and put your head against your left calf (if you can't put your palms on the ground, you can touch the ground with your fingertips, but try to put your head under your knees and close to your left calf). Breathe deeply and hold the pose, breathing naturally for 3 to 6 times.

**Step 8:** Inhale deeply and lift your upper body so that your back is parallel to the floor. Extend your arms backward from the side of your body in a clockwise direction, resting above your back. Then breathe naturally for 1 time.

**Step 9:** Straighten your upper body, lift your chest and head, and look straight ahead. Keeping your feet in the same position, stretch your arms out to the sides so that your arms are in a straight line with your shoulders, palms down.

**Step 10:** Turn around, return to the initial stance, and then repeat the above action to the other side for 1 round. Do a total of 4 rounds.







## Tower type

### Basic effects

Enhances lung function and promotes the elimination of lung toxins, resulting in more radiant skin. Speeds up blood circulation and stimulates beneficial components in the blood to nourish the skin, leaving it moisturized and smooth. Also tightens the skin and muscles of the neck and shoulders, resulting in enhanced body suppleness.

**Step 1:** Stand naturally, chest up and stomach down, feet together, hands hanging naturally at the side of the body, eyes forward.

**Step 2: Take** a step to the left with your left foot, spacing your feet slightly wider than shoulder-width apart. Raise your arms, fingers facing the sky, palms facing each other, so that your arms are in a slight "V" shape, and keep breathing naturally.

**Step 3:** Rotate the right foot 90° to the right and snap the left foot 30° inward so that the left foot and right foot are in a "d" shape, with the heel of the right foot on the extension line of the left foot. The upper body, arms and head are synchronized to the right, hands together, and the head should remain in the middle of the arms.

**Step 4:** Take a large step forward with the right foot into an arch, with the lower leg perpendicular to the ground and the thigh parallel to the ground; straighten the left leg backwards with force. Straighten your spine as much as possible and look at your fingers. Hold this position and breathe 3 to 6 times.

**Step 5:** Lean forward, straighten your neck and straighten your arms with your head forward and up. Arms, head, neck, spine and thighs are in a straight line, with the weight on the right leg. Hold this position and breathe 3 to 6 times.

**Step 6:** Bend your body downward, press your upper body against your right thigh, and drop your head from your knee to the

bottom. Place your palms on either side of your right foot, with your body in a relaxed state, and keep breathing naturally for 3 times.

**Step 7:** Continue to hang your head down and slide your palms on the floor without moving or sliding forward slightly, then slowly straighten your right leg until your knee is completely straight. Hold this position and breathe 3 to 6 times.

Beginner posture: beginners who can not do this posture, you can try to extend the legs, or lift the palms of the hands, only the fingertips on the ground.

**Step 8:** Inhale, straighten your upper body, raise your arms up and resume the position from step 2. Exhale, then switch to the left side and repeat the above action. Do 1 to 3 times each on the left and right.





**Warm Tips**

**Beginners should be based on their own conditions, do the action when the strength to moderate. Do not suddenly force or barely lower back.**



## Qiao Gong

### Basic effects

Regulates the pituitary, thyroid and adrenal glands, strengthening the function of each gland and promoting the elimination of toxins. It constantly supplies fresh blood to the head, making the mind flexible and the face rosy. It also tightens the muscles and skin of the neck, back, waist and buttocks.

**Step 1:** Lie on your back with your legs together and your arms straight and relaxed on both sides of your body, palms facing down. Close your eyes and take 2 deep breaths. Think of your face as a spring rain.

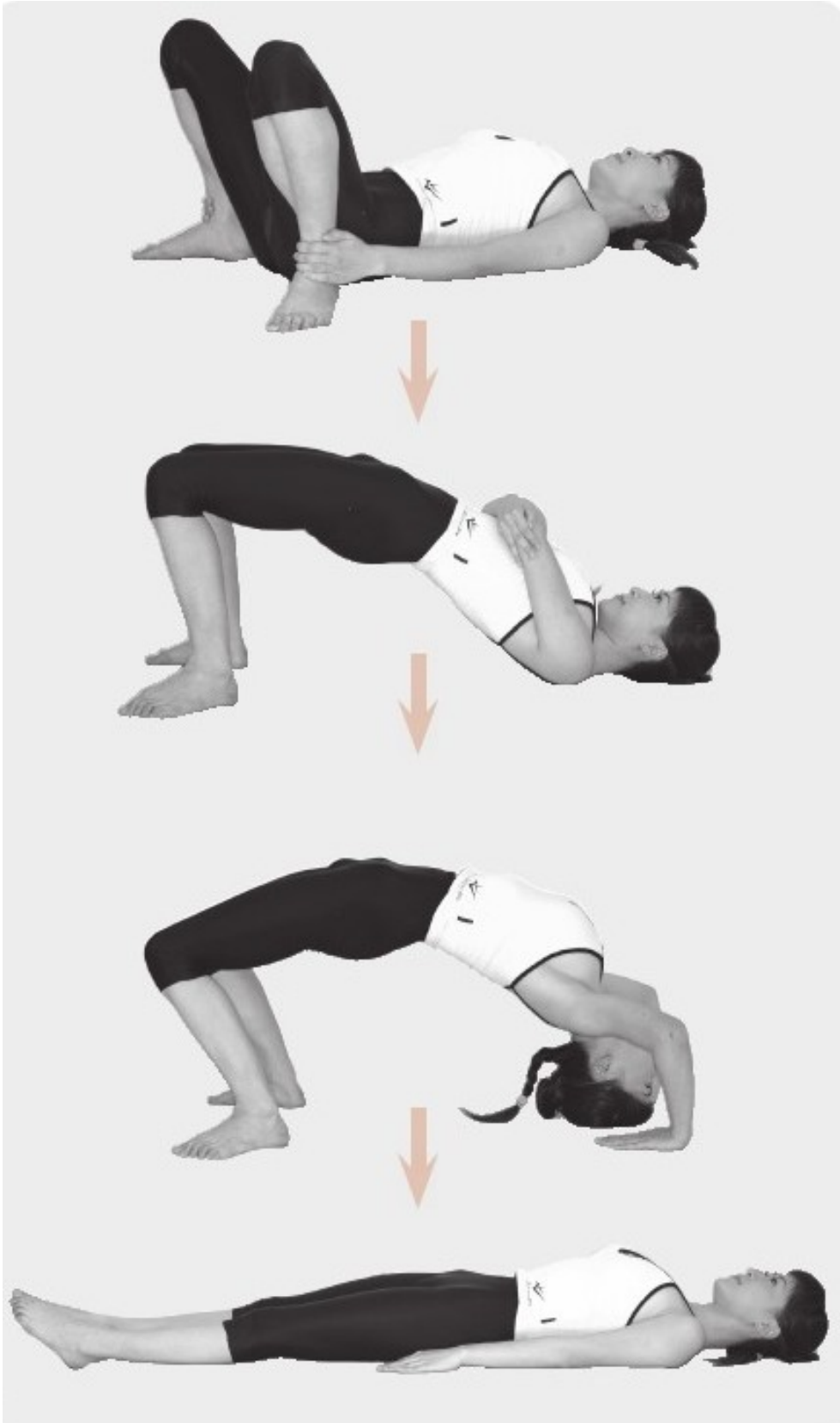
**Step 2:** Keep your upper body in place, bend your legs, tilt your knees slightly to the outside, and grab both ankles with both hands to bring your feet closer to your hips.

**Step 3:** Cross your arms in front of your chest, stomp your feet hard, put your shoulders on the ground, put your upper body weight on your head and shoulders, contract your back muscles, lift your waist, and lift your hips and back off the ground. Breathe naturally 2 to 3 times, then exhale and continue to lift your hips so that your body looks like a bridge.

**Step 4:** Continue to raise your hips, move both hands up to either side of your head, fingertips toward your feet, brace yourself against the ground, head on the ground, and adjust your breathing to normal.

**Step 5:** Exhale, relax, the back of the head, shoulders, back and hips gradually on the ground, resume to step 1. Close your eyes, relax your whole body and breathe deeply 3 to 6 times.







## Extended Spine Stretch

### Basic effects

Nourishes the lungs and removes toxins from the lungs.  
Nourishes the thyroid, pituitary and pineal gland, helping to regulate hormone secretion and prevent the production of dark spots.

**Step 1: Stand with your** chest up, feet together, hands naturally on both sides of your body, and look straight ahead. Lift your toes, so that your body weight is evenly distributed over your toes and feet, then lower your toes, paying attention to the toes without stress, and breathe deeply through your nose.

**Step 2:** Inhale and slowly extend your arms from the side of your body from the outside upward until your palms meet directly above your head. At the same time, slowly lift your head and bring your palms together with your eyes exactly on the palms of your hands. The body should not be bent backwards, and the hands should come together exactly when the breath is full.

**Step 3:** Exhale, bend at the waist, knees straight and unbent, palms flat on the ground at the sides of the feet. If the legs are not flexible enough, bend the knees appropriately. Hold this position and breathe 3 to 6 times.

**Step 4:** Raise your upper body slightly, touch the fingertips of your hands to the floor in front of your feet, bend your legs slightly and look forward with your head up so that your neck and spine are fully stretched.

**Step 5:** Drop your head down, keep your eyes on your toes, and press your palms into the ground on both sides of your feet. Hold this position and breathe 3 to 6 times.

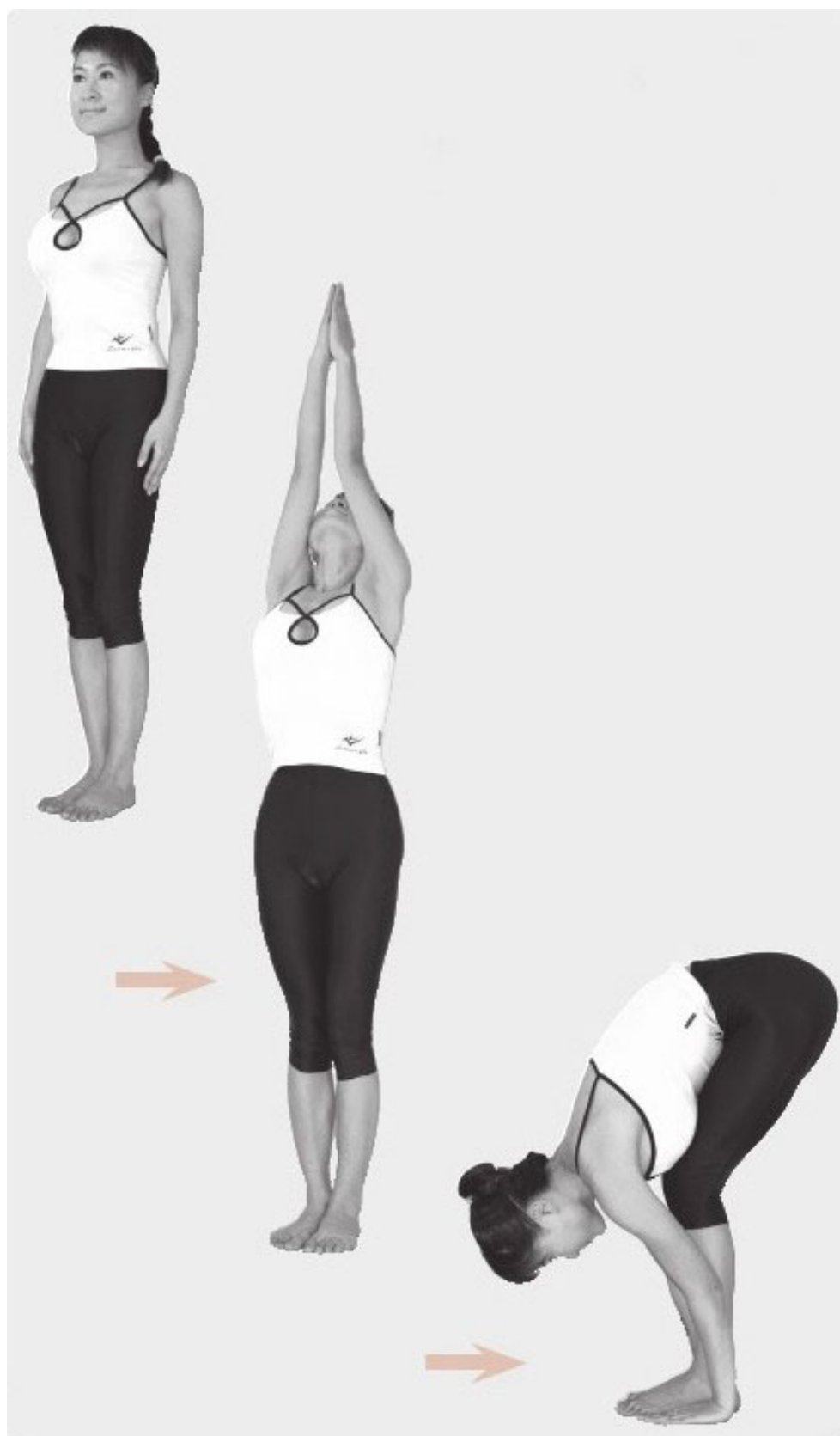
**Step 6:** Slowly lift your body and slowly raise your hands up and over your head with palms straight and fingertips facing the sky. Keep your eyes on your hands and breathe deeply. Ask your lungs to breathe in when they are full, just when your hands are together,

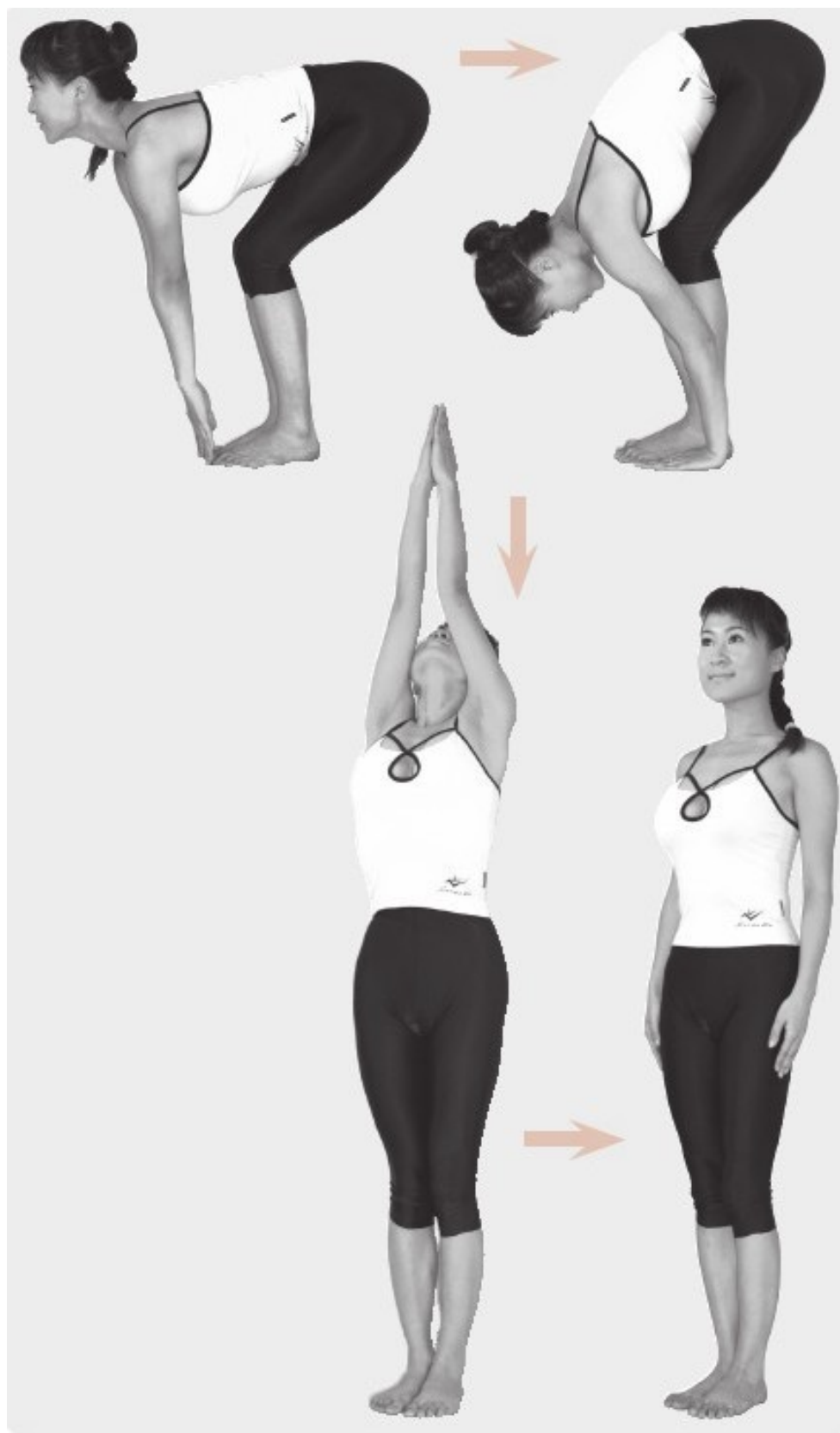
so that your hands are there, your eyes are there, your heart is there, and pay attention to keeping your spine in an upright position.

**Step 7:** Exhale and slowly drop your arms from both sides of your body and return to the initial position. Note that the body weight should be evenly distributed. Repeat the whole set of movements 3 times.

### **Warm Tips**

**Beginners in doing the action can do what degree to do what degree, not forced. The whole set of movements to do a total of 3 times, do not have a pause in the middle. Older and weaker people can do less times.**





## Shoulder and Elbow Inversions

### Basic effects

Enhances abdominal organ vitality, releases gas in the intestines, eliminates toxins, and helps treat constipation, colitis and intestinal ulcers. Large amount of fresh blood flows into the brain, making the face rosy and the brain energetic.

**Step 1:** Lie on your back with your legs together, palms down on both hands, press them to the floor on both sides of your hips, and take 2 deep breaths with your eyes closed. Think of your face as a spring rain.

**Step 2:** Inhale, contract your abdominal muscles and lift both legs so that they are at 90° to the ground. Keep your upper body still and breathe naturally for 3 to 6 times.

**Step 3:** Exhale, keep your knees unbent, stretch your feet over your head, in front of your head, point your toes on the ground with your waist and back at basically 90° to the ground. Hold this position and breathe 1 to 3 times.

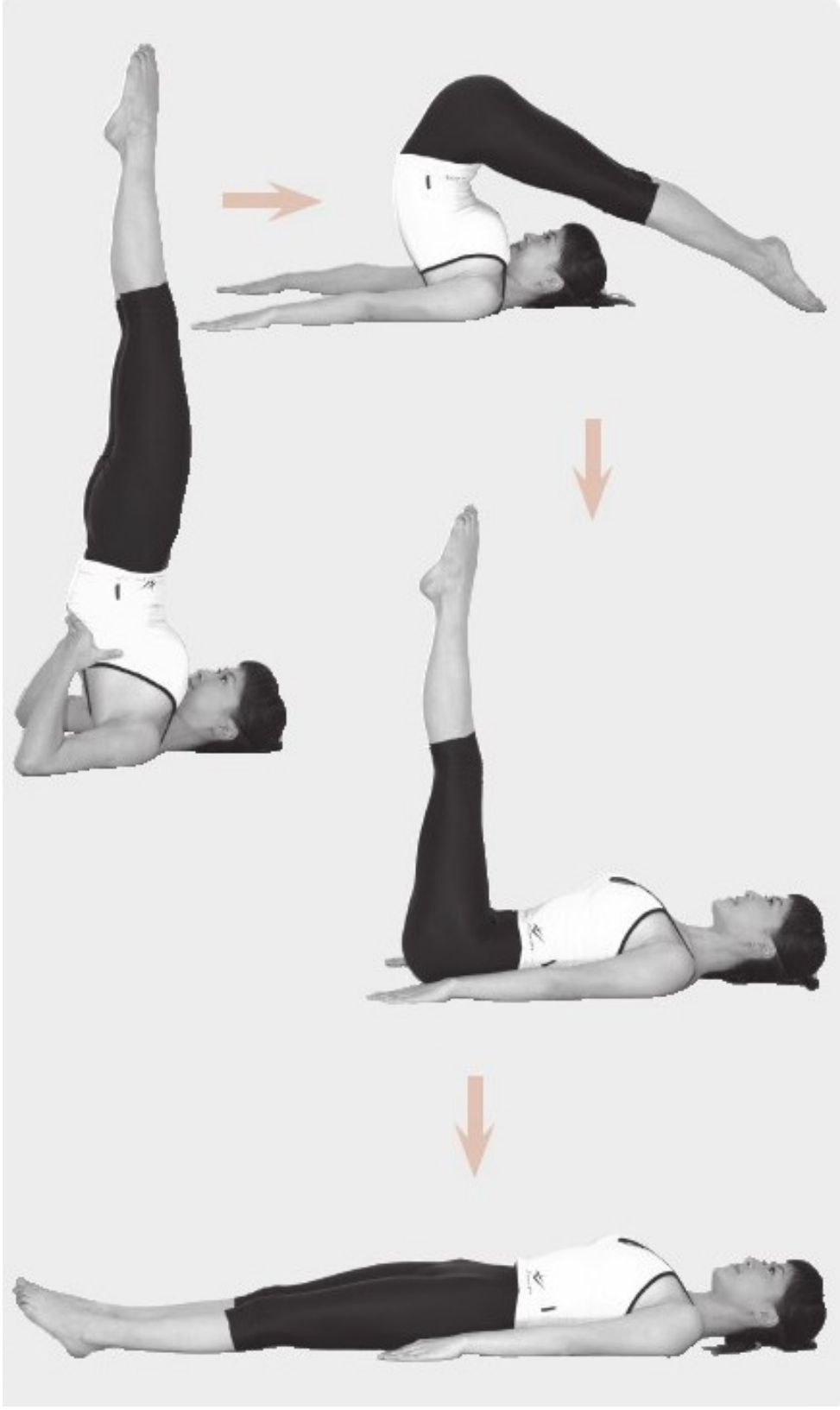
**Step 4:** Put both upper arms and both elbows on the ground, brace both hands on the side of the waist, lift both legs up and put the body upright so that the legs, hips and lower back are in a straight line. Beginners can stretch the left and right legs upwards in turn, keeping the legs at 90° to the upper body for balance. The skilled person must extend both legs upward at the same time, using the strength of the waist to straighten the waist and legs upward as much as possible. Note that only the head, shoulders and both elbows are on the ground at this time. Try to hold this position for a long time.

**Step 5:** Exhale, bend at the waist, return to the posture in step 3 and hold this posture for 1 to 3 breaths.

**Step 6:** Inhale, starting from the cervical spine, follow the spine section by section down, slowly lowering the back to the floor and placing both hands on the sides of the body.

**Step 7:** Exhale, continue to lower both legs to the floor, relax your body and rest. Repeat this pose 1 to 3 times.







## Bright Eyes and Hair

Healthy hair is black and shiny, hair quality like silk, full of shine and dynamic, elastic, can add unlimited charm and charm. And a pair of soulful bright eyes, but also make a woman sexy and beautiful. Having such hair and eyes is every woman's dream, I'm afraid.

## eye care function

### Basic effects

It effectively relieves eye tension, relieves visual fatigue, strengthens and energizes eye muscles, and fills one's eyes with radiance and charm. It also improves the symptoms of various eye diseases and helps to treat and prevent not only myopia but also hyperopia. Eye care gong can be practiced in three sections.

#### Section I: Close-focus method

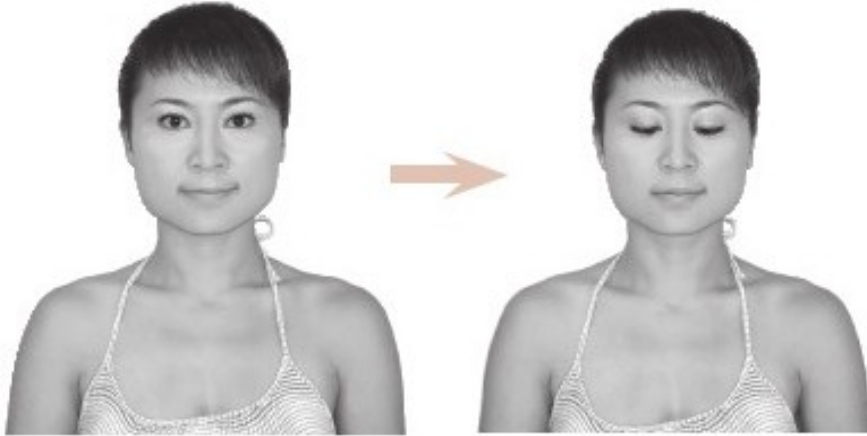
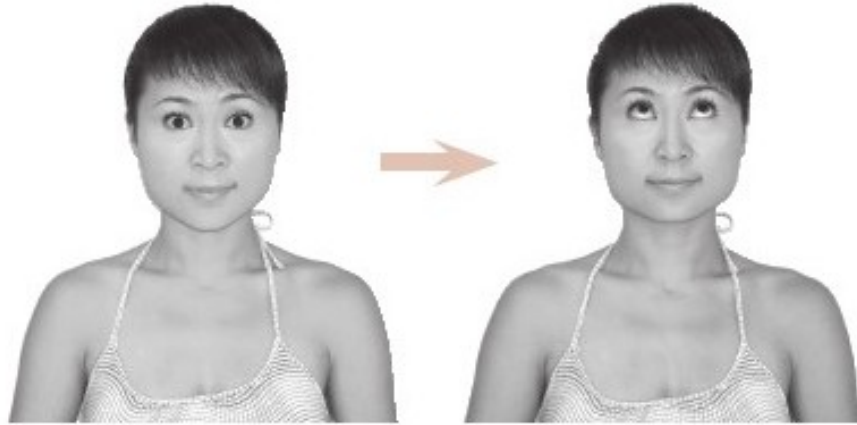
**Step 1: Keep your** eyes open as wide as possible and look straight ahead.

**Step 2:** Keep your head still, move your eyes upward, and then focus your vision on the point of emptiness outside your eyebrows. Hold this focus for 15 seconds in a state of natural breathing.

**Step 3: Move your eyes** down and return them to their normal state, looking squarely at a small object at a normal distance in front of you, that is, for normal focusing. Hold this resting state for 10 to 15 seconds.

**Step 4:** Keep your head still, move your eyes downward, then look at the tip of your nose and breathe naturally. Maintain this focused state for 10 to 15 seconds.

**Step 5:** Move your eyes up and return them to a normal state, looking squarely at a small object at a normal distance. Hold this resting state for 10 to 15 seconds, then repeat 1 time.



Section 2: Side view method

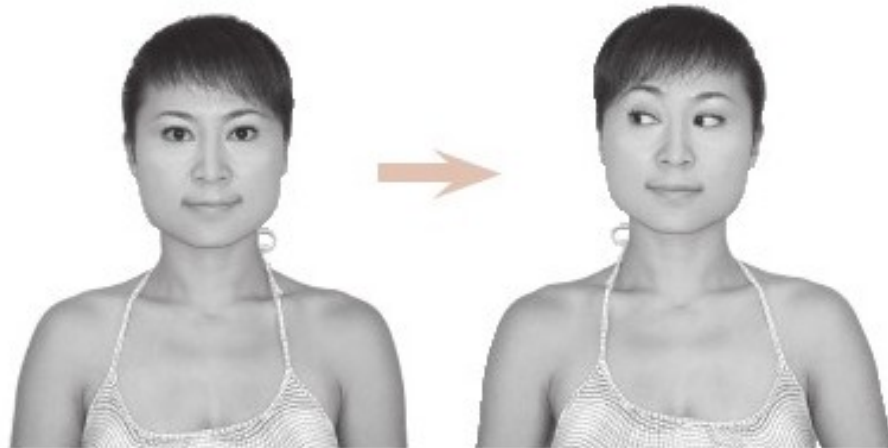
**Step 1:** With your eyes in their natural state, look straight ahead.

**Step 2:** Keeping your head still, turn both eyes to the right as far as possible and breathe naturally. Hold this posture for 10 seconds.

**Step 3:** Turn both eyes back to their normal state and look squarely at a small object at a normal distance. Hold this resting position for 10 seconds.

**Step 4:** Keeping your head still, turn both eyes to the left as far as possible and breathe naturally. Hold this posture for 10 seconds.

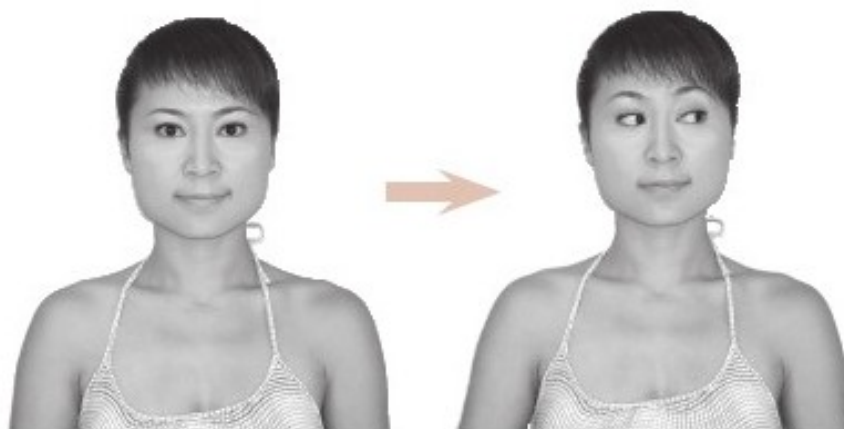
**Step 5:** Turn both eyes back to normal and perform normal focus. Hold this resting state for 10 seconds, then do 2 more on the left and 2 more on the right.



### Warm Tips

1. If a beginner feels fatigue in one step, he can proceed to the next step.

2. The movements in this pose need to be matched with intention. When turning your eyes, imagine that your eyes are welling up with aura and emitting bright, clean eyes, and imagine that your eyes are speaking instead of you.



### Section 3: Turnaround method

**Step 1:** Open your eyes as wide as possible and look straight ahead.

**Step 2:** Keeping your head still, turn your eyes upward and hold this state for 3 seconds.

**Step 3:** Keeping your head still, turn both eyes to the right as far as possible and hold this state for 3 seconds.

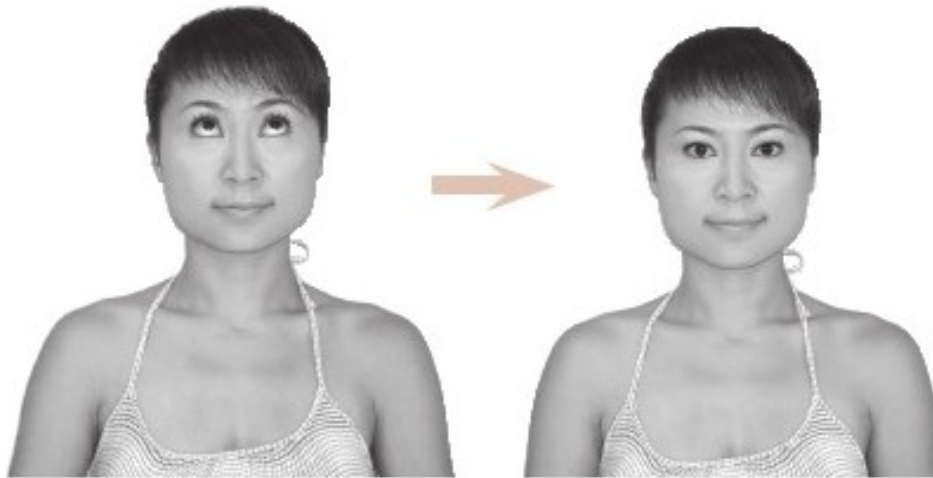
**Step 4:** Keeping your head still, turn your eyes down as far as possible and hold this state for 3 seconds.

**Step 5:** Keeping your head still, turn both eyes to the left as far as possible and hold this state for 3 seconds.

**Step 6:** Keeping your head still, turn both eyes to the top of your head again to complete a one-week rotation of your eyes.

**Step 7:** Repeat the above steps for 9 more turnovers. Then reverse the order of turning your eyes up, left, down and right for a total of 10 turnovers. Finally, look flat in front of you and relax and rest.





### **Warm Tips**

**It is important to turn the eyes to the top, bottom, left and right in all 4 positions for 3 seconds each. If you do the turning exercise as one continuous movement, you are neglecting to get the most out of your eye muscles. To get maximum results, don't take shortcuts. When turning the eyes from one position to another, do so in the uppermost, leftmost, rightmost or lowermost direction.**

## Eye Massage Style

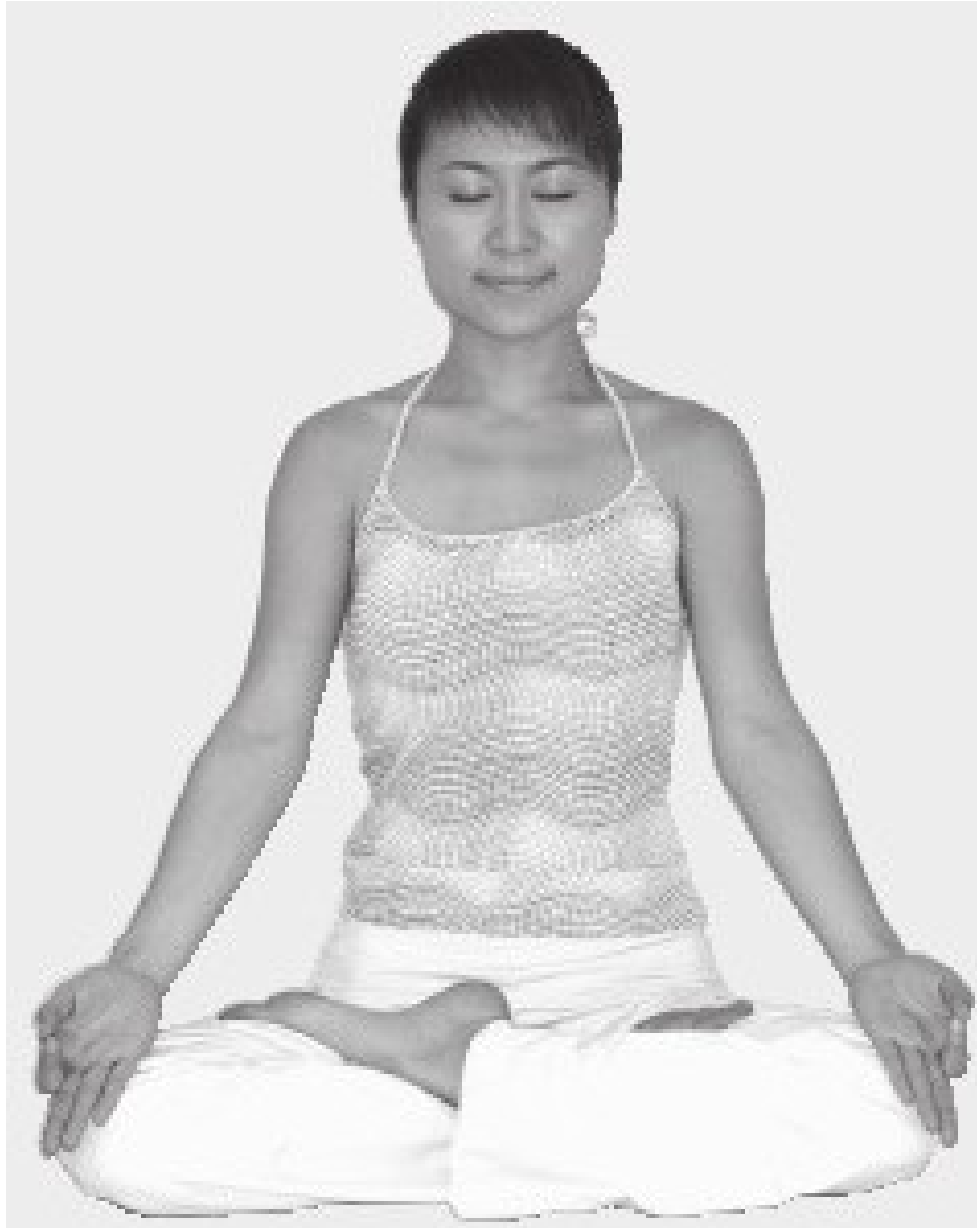
### **Basic effects**

Relieves eye muscle and eye tension, improves eye blood circulation and makes eyes more luminous. Also eliminates eye puffiness and eye wrinkles.

**Step 1:** With eyes lightly closed, sit in lotus position or other yoga meditation postures, keeping your mind on the upper Dantian, and breathe naturally for 7 times. Slowly shift your intention to the center of both eyes for about 3 minutes.

**Step 2:** Hold both hands lightly, rub the middle part of your fingers with each other to warm them up, and then scrape along the upper and lower orbits. Inhale as you scrape the upper orbits and exhale as you scrape the lower orbits, 18 times each.

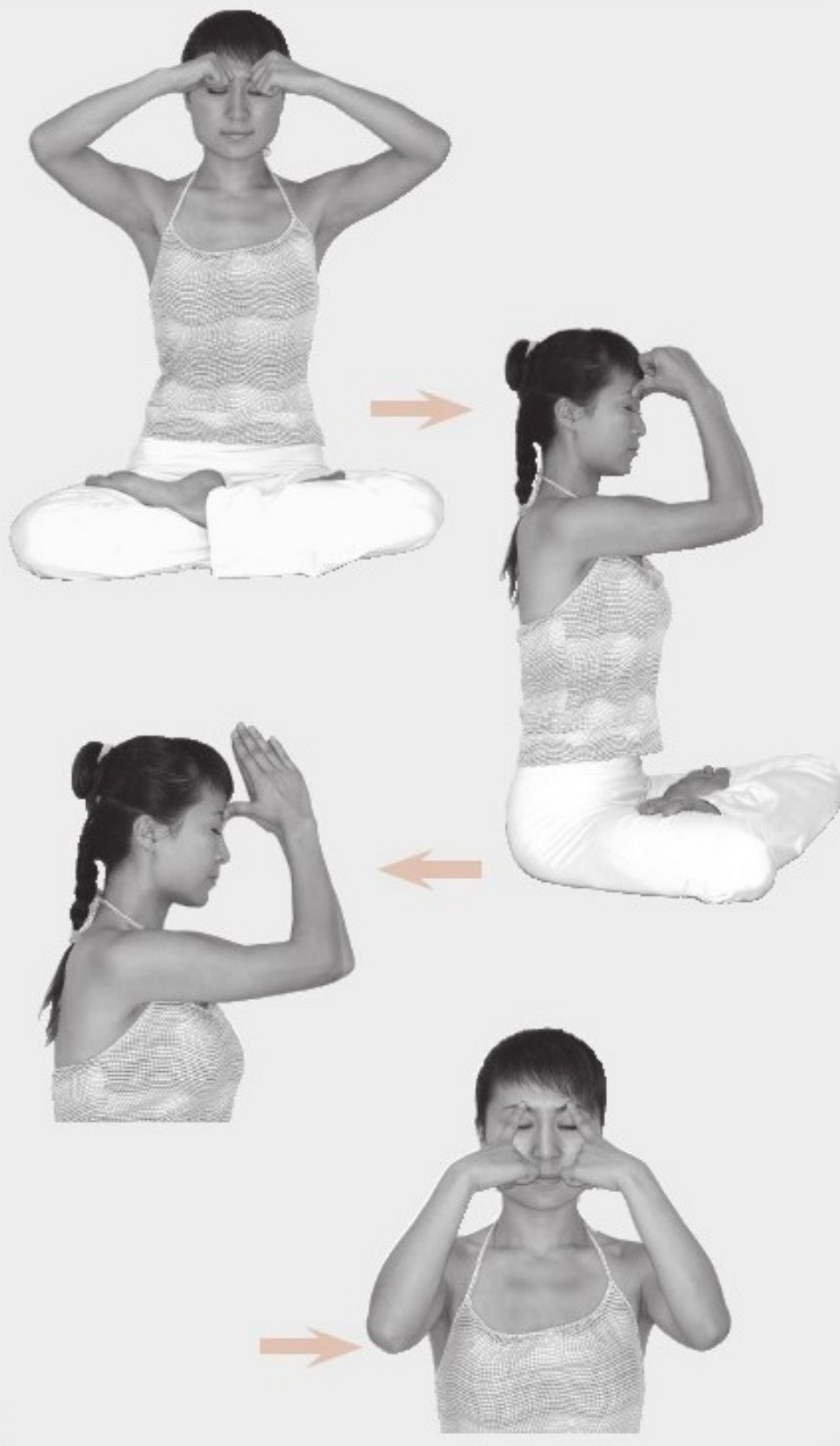




**Step 3:** Hold both hands lightly and rub the middle part of the thumbs of both hands with each other to heat up the brow ridge bone. Gently swing your head with both hands pointing to the left and right. Inhale when swinging left and exhale when swinging right, doing 18 times each.

**Step 4:** Press the thumbs of both hands simultaneously, pay attention to the strength of the technique from light to heavy, breathe in on time and meditate 18 times; breathe out when releasing the hand and meditate 18 times.

**Step 5:** Press the fish waist point with the index fingers of both hands at the same time, first press and then knead, inhale on time, exhale when kneading, do a total of 18 times.



**Step 6:** Press the thumb and index finger of the right hand on the Zanzhu point at the eyebrows of both eyes, press first and then knead, inhale on time, exhale when kneading, do 18 times each.

**Step 7:** Apply the tips of the index fingers of both hands to the Cheng Weeping point area, first pinch and then knead. Inhale when kneading and exhale when kneading, do a total of 18 times.

**Step 8:** Press the four white points with the tips of the index fingers of both hands simultaneously for 18 times, inhale on time, then rub with gentle strokes for 18 times and exhale.

**Step 9:** Press the solar plexus with both thumbs, stick the other four fingers to the forehead at the same time, and gently rub the solar plexus with both thumbs 18 times.

**Step 10:** Rub the two palms hot, both hands from the lips under the Chengjiao point along the bridge of the nose straight up to the Baihui point, through the back of the head, over the back of the neck, along the two cheeks back to Chengjiao point for a week of pressure. Do a total of 36 times.





## Nose pressure breathing style

### Basic effects

Detoxification of the lungs, prevention and treatment of acne and breakouts.

**Step 1:** Sit and stand with your chest out and your stomach in, looking straight ahead. Press the middle and index fingers of your left hand together above your eyebrows, press your thumb against your left nose, and place your ring finger lightly on your right nose, exhale as much air as possible from your right nasal cavity, and inhale slowly. Repeat breathing 9 times.

**Step 2: Loosen the** left nasal flap with the thumb and press the right nasal flap with the ring finger, exhale as much air as possible from the left nasal cavity, and then slowly inhale a full breath. Repeat breathing 9 times.

**Step 3:** Press the thumb against the left nasal flap, release the ring finger and exhale as much air as possible from the right nasal cavity.

**Step 4:** Press the ring finger against the right nasal flap, release the thumb and slowly inhale full breath from the left nasal cavity, then exhale as much air as possible from the left nasal cavity.

**Step 5:** Press your thumb against the left nasal cavity, release your ring finger and slowly inhale a full breath from the right nasal cavity.

**Step 6:** Press the ring finger against the right nasal flap, release the left nasal flap with the thumb and exhale all the air from the left nasal cavity, then inhale slowly to fill the air.

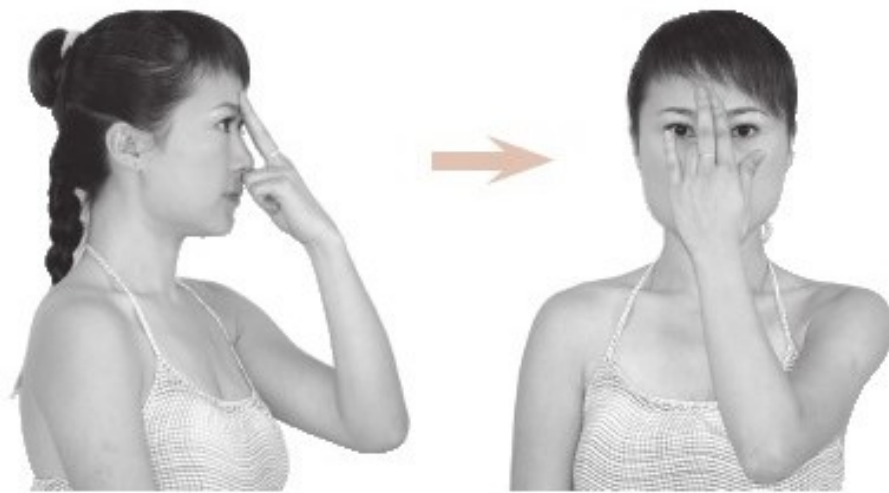
**Step 7:** Keep the ring finger pressed against the right nasal wing without letting go, and the thumb pressed against the left nasal wing, or without pressing, holding your breath until you cannot hold it.

**Step 8:** Release the right nostril with the ring finger and continue to press the left nostril with the thumb, exhaling all the air from the right nasal cavity and slowly inhaling to full capacity.

**Step 9:** Keep your thumb pressed against the left nostril without releasing it and your ring finger pressed against the right nostril, holding your breath until you cannot hold it.

**Step 10:** Release the left nasal wing with the thumb, press the right nasal wing with the ring finger without releasing it, and exhale all the air from the left nasal cavity.





### **Warm Tips**

**When breathing through the nose, the breath should be long and deep, and as much as possible, in one breath. This set of movements can be practiced individually and then in combination.**





## Rabbit Style

### **Basic effects**

Accelerates the flow of fresh blood to the head, resulting in dark, shiny hair and helping to prevent hair loss, gray hair and dandruff. Speeds up metabolism and prevents dizziness and nervousness.



**Step 1: Keep your** legs together and sit on your heels with your hips on your knees. Place your hands naturally flat on your thighs with your upper body perpendicular to the floor. Look straight ahead and take 3 deep breaths.

**Step 2:** Lean forward with your upper body, bend at the waist and back so that your forehead touches the ground and slightly tuck your chin so that it touches the top of your knees as much as possible. Extend your arms back and place your hands naturally on either side of your feet, palms facing up.



**Step 3:** Grab your heels with both hands, lift your hips and do your best to bend your back and neck so that the top of your head is on the floor and your weight is at the top of your head. Hold this position and take 3 deep breaths.

**Step 4:** Inhale, sit with your hips on your heels, return your weight to your feet, push hard on your waist and back, and straighten up. Put both elbows on the ground, make hollow fists with both hands, overlap them, then put your forehead on the eyes of the fist and adjust your breathing 3 to 6 times.



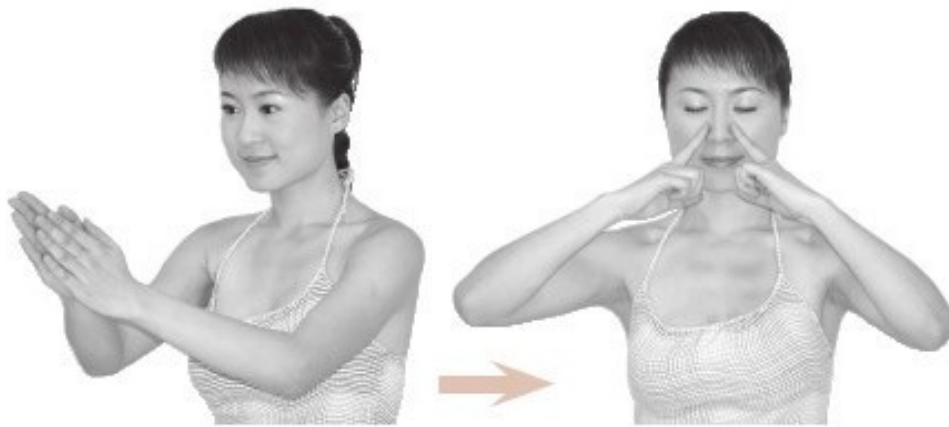
## Rhinoplasty style

### Basic effects

Beautify the bridge of the nose, make the sense of smell sharper, and have a certain therapeutic effect on some nasal diseases such as rhinitis. At the same time, it has certain massage health benefits for the face and eyes.

**Step 1:** Perform meditation using lotus sitting and breathe naturally. Press the palms of your hands together and rub them together quickly and alternately until you feel your hands get hot enough.

**Step 2:** Press the index fingers of both hands on the Ying Xiang points on both sides of the nostrils, then move both index fingers up and down along both sides of the nose. Take deep breaths as you move your fingers. Exhale as you place your fingers on the point of Ying Xiang, and inhale as you move your fingers up and down. Repeat 6 times.



### Warm Tips

Yoga tones the internal organs of the body through breathing techniques, meditation and asanas, effectively improving endocrine secretion and making the skin white and soft.



## Inverted Triangle

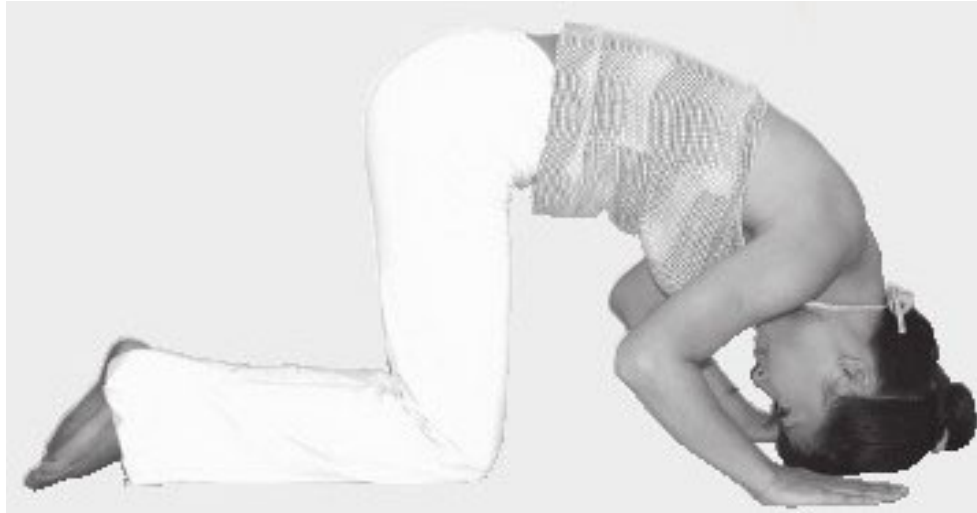
### Basic effects

Accelerates blood circulation to the head and replenishes fresh blood to the head, thus nourishing the hair, improving hair quality, preventing hair loss and headaches, and revitalizing the scalp. Fully nourishes the skin of the face and neck, making the skin firm and rosy. It also clears the mind and helps prevent headaches, dizziness and other head disorders, as well as having a good effect on waist and abdomen shaping and muscle beauty.

**Step 1:** Stand straight up on your knees with your feet together, feet facing up, and your hips sitting on your heels. Relax your hands naturally on top of your thighs and keep your upper body perpendicular to the floor. Look straight ahead and take 3 deep breaths.

**Step 2:** Slowly lean your upper body forward and touch the top of your head to the ground. Move your hands forward to the sides of your head and brace your palms on the ground.





**Step 3:** Inhale, force your feet, straighten your knees and tense your legs. Head and hands forcefully support the upper body weight, the weight is mainly on the top of the head, exhale.

**Step 4:** Continue to stomp hard on the ground with your toes, lean forward, and then slowly straighten your hands in the direction of your feet, palms up, in a relaxed state. Hold this position and take 3 to 6 deep breaths.

**Step 5:** Relax your body so that your knees are bent in a kneeling position with your hips resting on your heels and your elbows on the ground, hold your hands in hollow fists and overlap them together, then rest your forehead on the eyes of your fists and adjust your breathing to a natural state.

**Step 6:** Return to the kneeling position in step 1. Repeat the above steps 1 to 3 times. Breathe deeply and then relax.



### **Warm Tips**

**In step 4, the neck is subjected to a large force, so the movement should be slow and the hands should be straightened backwards only after complete balance. When you put your head on the ground, imagine that there is a hot flow at the top of your head and that you have beautiful black hair and glow.**



## Side plow type

### Basic effects

It stimulates blood circulation, promotes blood flow to the head and nourishes the face and scalp. In addition, the side plow pose is an excellent practice pose for constipation patients. The side plow pose is particularly effective in squeezing the abdominal organs, especially the colon, which can promote excretion, remove toxins from the intestines and achieve the effect of detoxification and skin care.

**Step 1:** Lie on your back on the ground with your legs straight and your feet together in a relaxed state. Relax your hands straight and place them on the ground on both sides of your thighs, palms down. Hold this relaxed position and breathe 1 to 3 times.

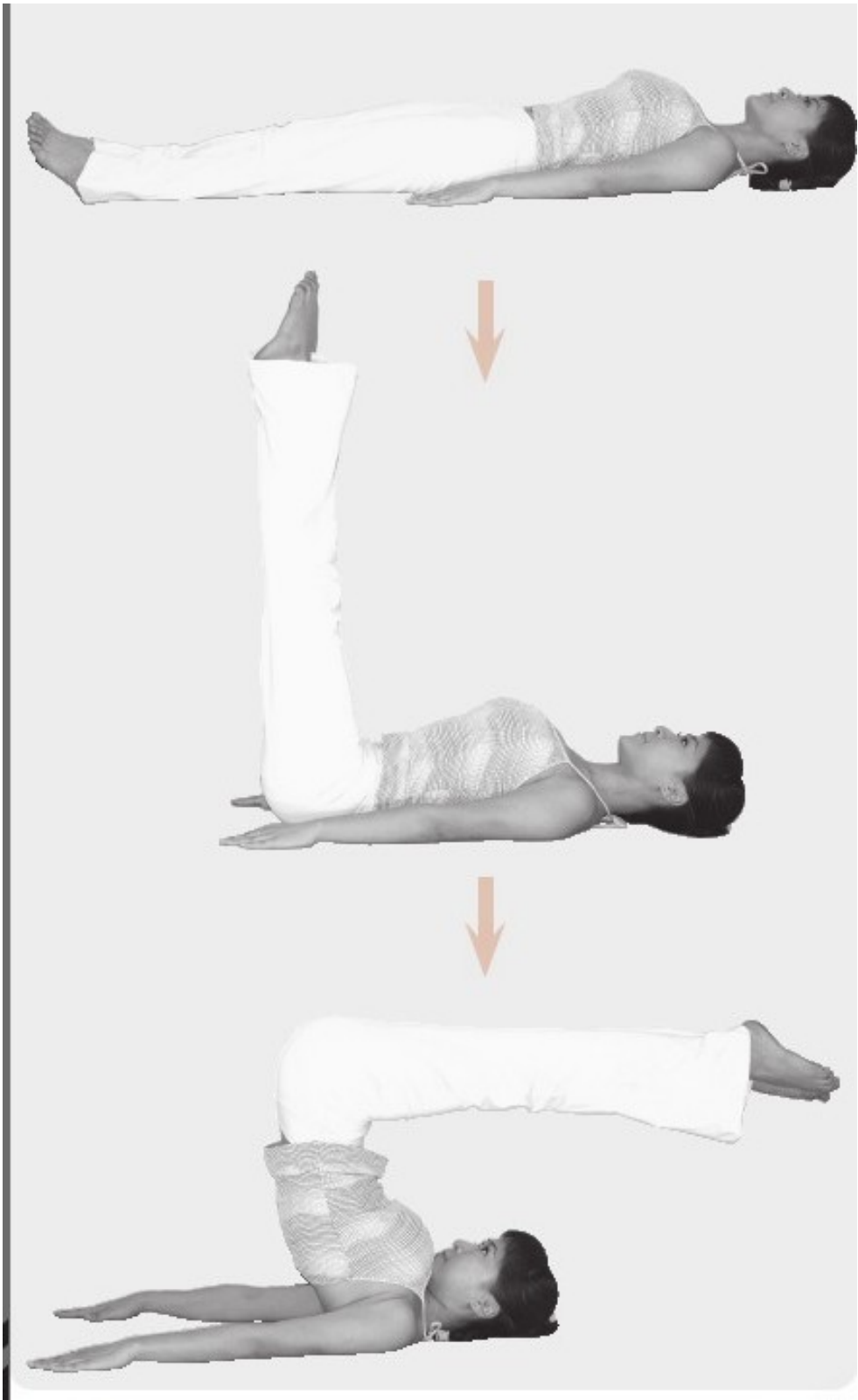
**Step 2:** Press down gently and forcefully with both palms, contract your abdominal muscles, inhale, and lift your legs up so that they are perpendicular to the ground. Note that at this time, the knees should remain straight and the feet remain together.

**Step 3:** Exhale and, after a brief pause, bring both legs back overhead. Lift your hips and lower back off the floor and support your body by your head and shoulders. Hold this position and breathe 1 to 3 times. If you are a beginner, and flexibility is not very good, do this for the time being, and do not ask to do steps 4 and 5 again.

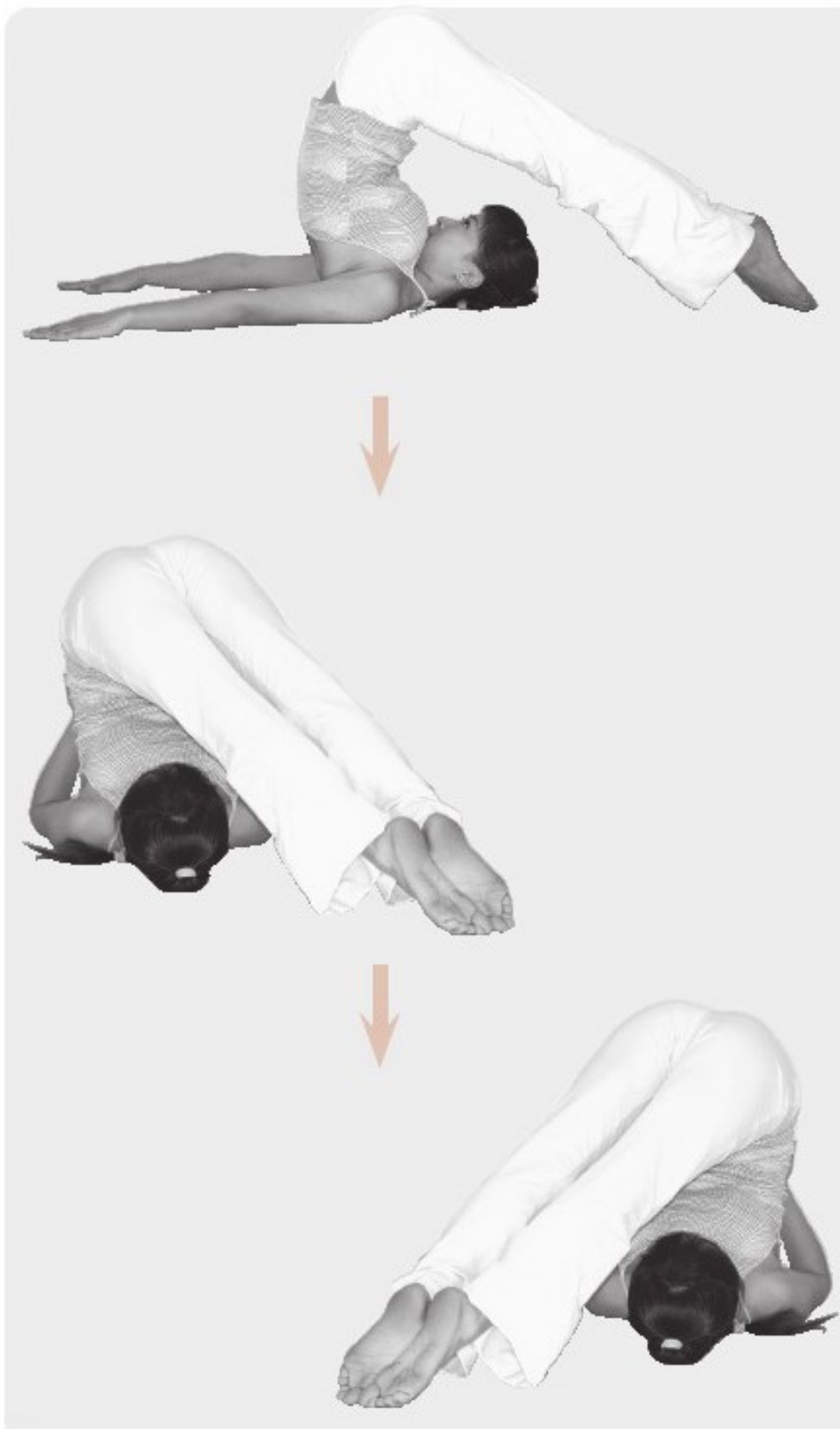
**Step 4:** Continue to extend both legs back and slowly descend until your toes touch the ground. Beginners may wish to lift their feet slightly off the ground if it is difficult to maintain. Try to hold this position and breathe naturally for 3 to 6 times.

**Step 5:** Hold your palms in the middle of your waist and back so that your back is perpendicular to the ground and swing your legs to the right, turning as far as possible, paying attention to keeping your knees straight and not bent. Maintain this state and breathe naturally for 1 to 3 times.

**Step 6:** Exhale, keep your upper body still and swing your feet slowly to the left, turning as far as possible. Hold this position and breathe naturally for 1 to 3 times.

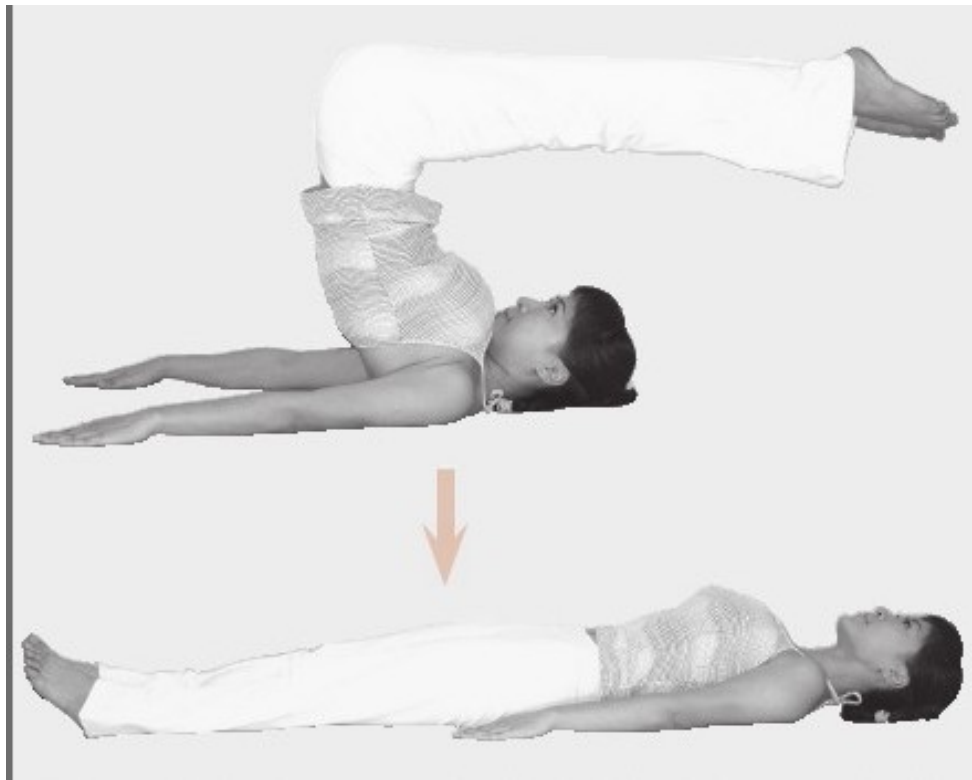






**Step 7:** Turn your legs back to the center position. With your body slightly retracted, slide your arms straight out to your sides, straighten your legs, and then, spine by spine, "unfold" your curled torso until your hips are on the ground again.

**Step 8:** After your hips touch the ground, straighten your legs and slowly lower them in a smooth motion to return to the pose in Step 1. Relax and rest, breathe 3 to 6 times, and then repeat the above process 2 more times.



### **Warm Tips**

**People suffering from heart disease, high blood pressure, cervical spondylosis and sciatica are not suitable for practicing this pose. Older and weaker people should consult a doctor before deciding whether to do this pose. Side plow pose is a difficult movement and requires high flexibility, so be sure to do this movement after you have done the plow pose skillfully.**

## Plough and hoe type

### Basic effects

It can fully stretch the cervical spine, eliminate shoulder and neck fatigue, have the effect of chiropractic, relieve sciatic nerve pain, promote blood circulation, and help prevent and treat anemia.

**Step 1:** Lie on your back on the ground with your legs straight and your feet together in a relaxed state. Relax your hands straight and place them on the ground on both sides of your thighs, palms down. Hold this relaxed position and breathe 1 to 3 times.

**Step 2:** Press down gently and forcefully with both palms, contract your abdominal muscles, inhale, and lift your legs up so that they are perpendicular to the ground.

**Step 3:** Continue to reach back with both feet and slowly descend until your toes touch the ground. Cross your fingers and interlock your hands, palms facing your body, elbows straight and not bent. Hold this position and breathe 3 to 6 times.

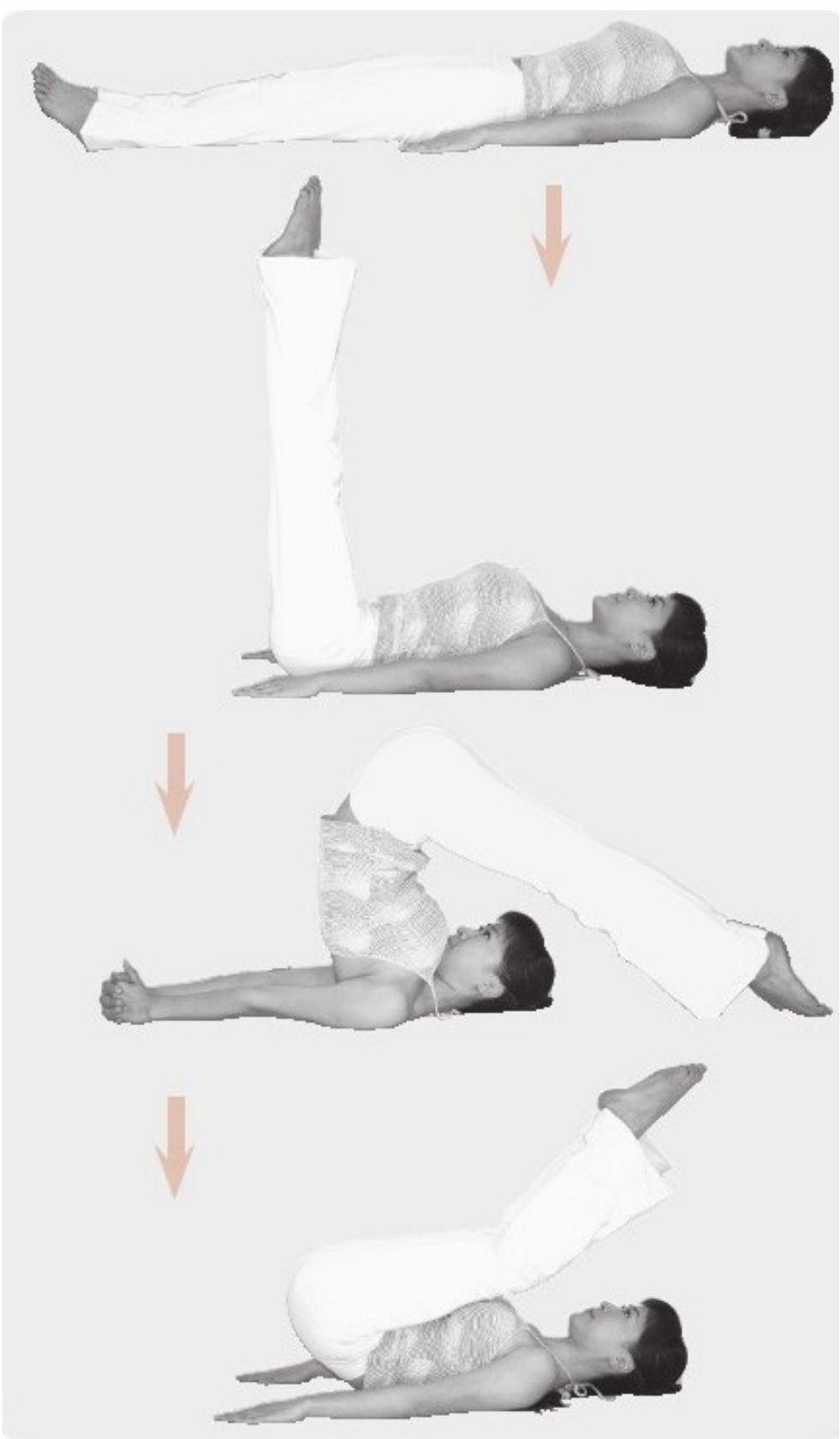
**Step 4:** Unfold your hands, palms down. Lower your upper back to the ground, bend your legs, press your thighs against your chest, and breathe naturally for 3 to 6 times.

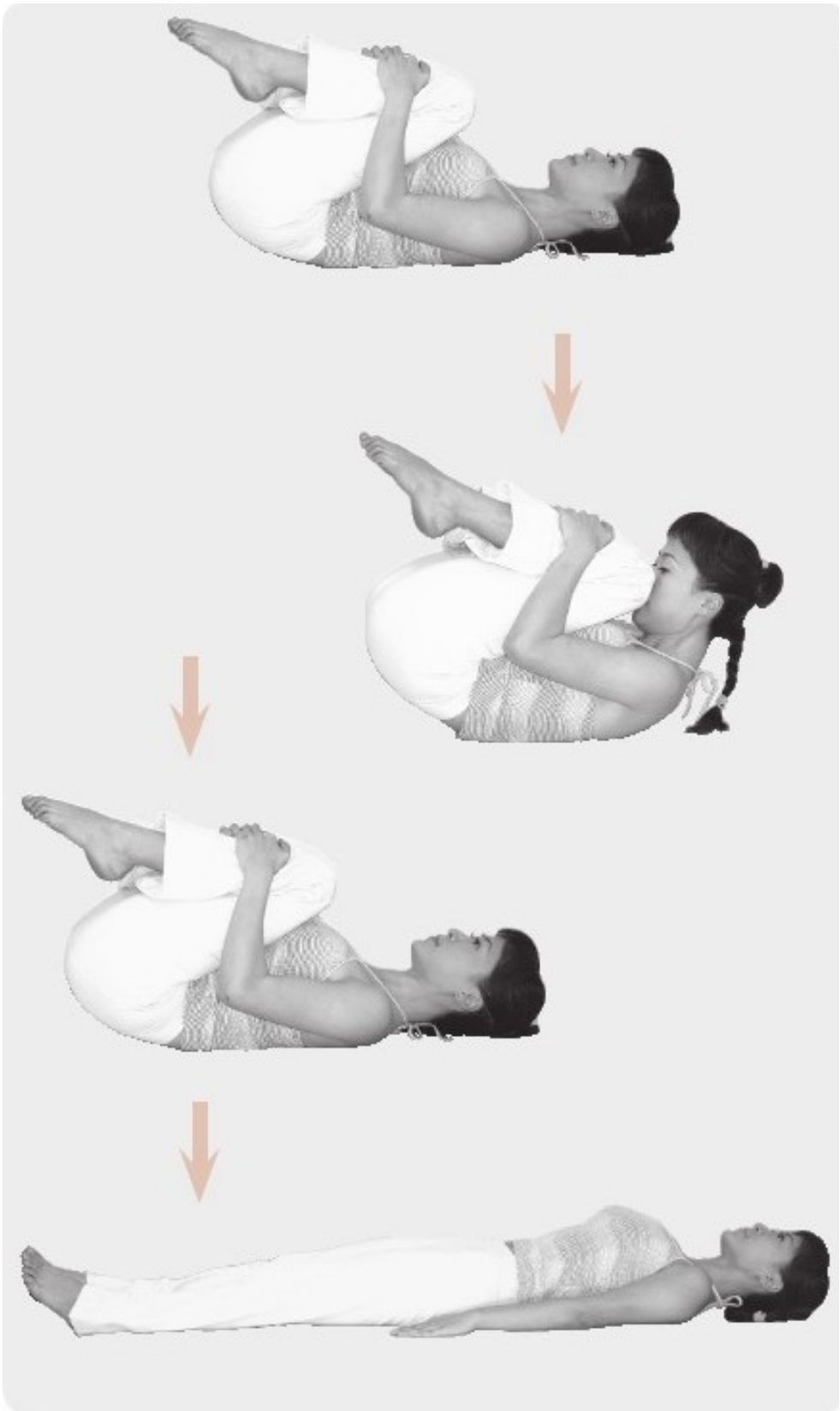
**Step 5:** Continue to collect your calves downward until they are parallel to the ground, relax your body, and cross your fingers and hold your knees. Keep your whole body relaxed and breathe 1 to 3 times.

**Step 6:** Inhale and do not move; exhale and lift your head. Bring your nose toward the middle of your knees and hold your breath for 6 seconds. Inhale and place your head on the floor; exhale and relax. Repeat 3 times, then assume a relaxed state and breathe naturally for 3 to 6 times.

**Step 7:** Relax, bring your back to the ground completely, cross your fingers and hug your knees. The whole body is in a relaxed state, breathing 1 to 3 times, requiring even and natural breathing.

**Step 8:** Lie on your back on the ground with your legs straight, feet together, and your whole body in a relaxed state. Relax your arms straight and place them on the ground on both sides of your body, palms down. Hold this relaxed position and breathe 1 to 3 times.





## Chapter 3

# Special weight loss yoga, reshape the S-shaped curve

## Remodeling trim

The beauty of curves is the symbol of female body beauty. It is the tireless pursuit of all women who love beauty to create a beautiful body in proportion through proper exercise. Let's explore the secret of women's sexy three circumference together.



## Camel Pose

### Basic effects

Practicing this pose can not only stimulate the development of pectoral muscles, make the breasts firm and full, and prevent breast sagging, but also help to enhance the function of the pituitary gland and stimulate the production of more hormones, thus making the breasts naturally bulge and firm. In addition, through the practice of stretching the shoulders and arms, can eliminate arm fat, so that the arm line more slender, moving.

**Step 1:** Sit on your knees on the floor with your hips on your heels, legs together, back straight, hands hanging naturally and comfortably on your thighs, eyes level in front of you, relax your shoulders and breathe evenly and naturally.

**Step 2:** Inhale, change from sitting on your knees to kneeling on the ground with your upper body straight, keep your knees and feet still, back straight, arms hanging naturally at the sides of your body, eyes flat in front of you, and breathe smoothly.

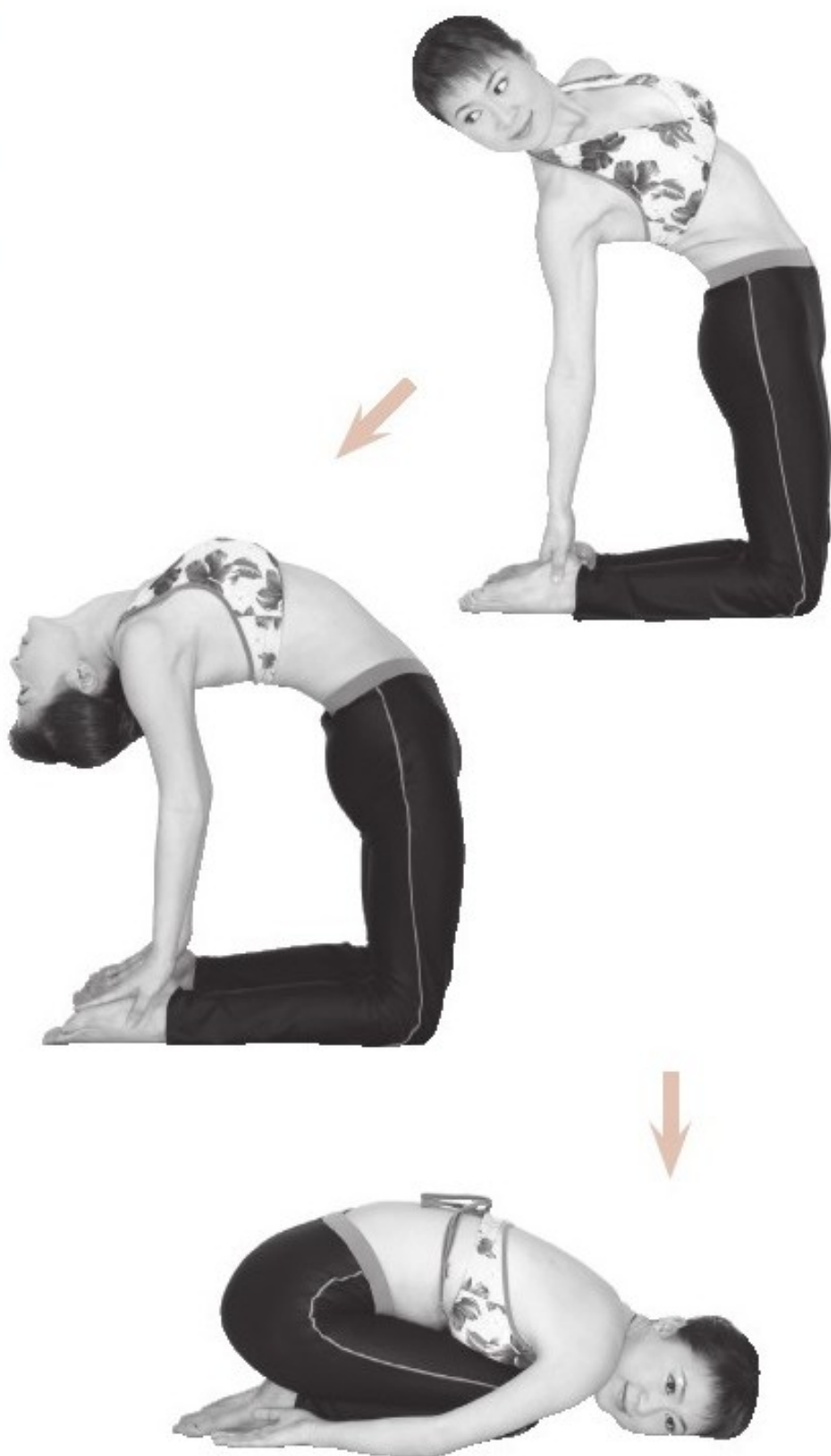
**Step 3:** Extend your right hand behind your body and grab the heel of your right foot with the palm of your hand. If it is difficult to complete this action, you can also try to put your hand on the ground next to your heel and press your palm against the ground, but keep your legs parallel and your knees still.

**Step 4:** Tilt your head and body back, and extend your left hand behind your body, while pressing the palm of your left and right hand against the soles of your left and right feet respectively, take one deep breath and maintain this position for 10-15 seconds. With the increase in the number of exercises and practice time, the maintenance time can be increased to 1 minute. When doing this action, try to make the back, hands and feet form a rectangle, and try to keep the thighs vertical with the ground.

**Step 5:** Return to the kneeling position from step 1 and relax your entire body. Then lean forward with your upper body on the floor, place the side of your head on the floor, rest your arms easily

on the sides of your body, breathe naturally and evenly, and use your mind to pull the pectoral muscles, meditating on a force that is helping to expand your chest.





## Kneeling backbend into a circle

### Basic effects

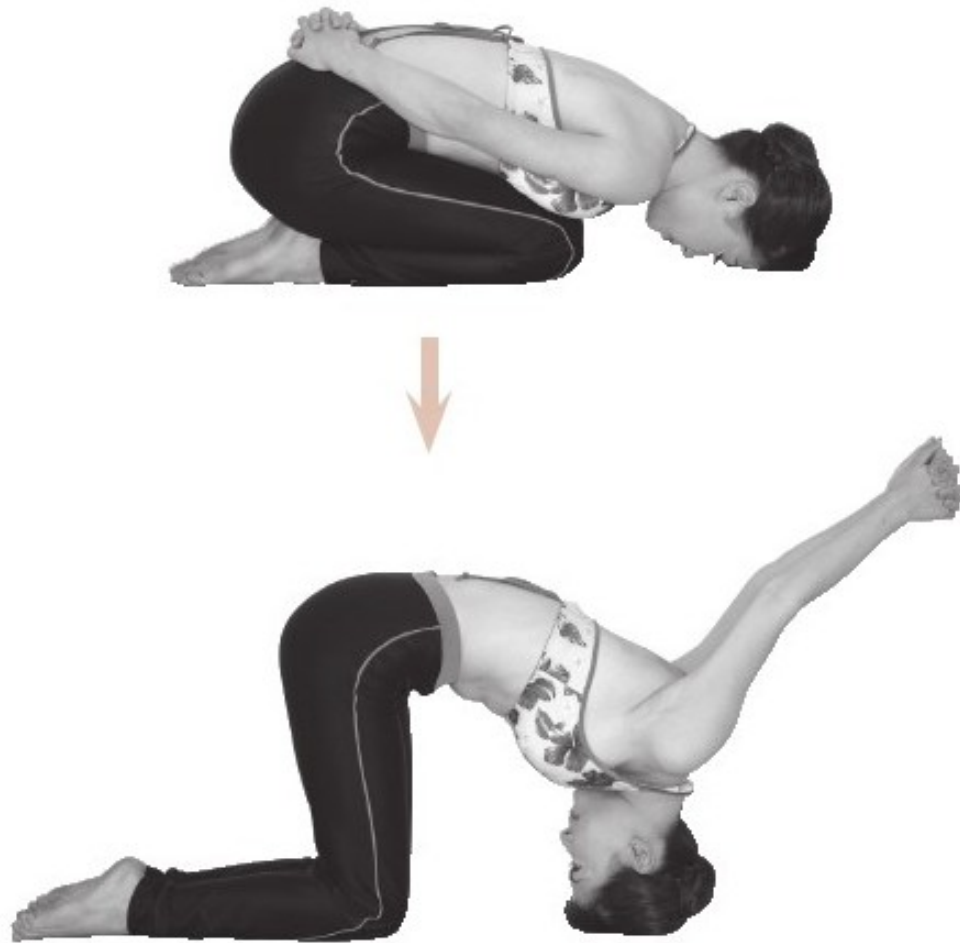
Through this series of movements, you can prevent sagging breasts, and the strong breast expansion action in the posture, not only can shape the chest, breast enlargement, but also relieve stress, eliminate fatigue, lift the breath and nourish the spirit. In addition, regular practice can also fully massage the abdomen, increase blood circulation in the abdominal region, and strengthen the digestive capacity. It can eliminate the soreness and swelling of the shoulders and back, and can correct the uneven shoulders, chest and other bad body posture.

**Step 1:** Sit on the floor on your knees with your hips on the heels of your feet, the backs of your feet close to the floor, the fingers of your hands crossed in a fist at the back of your body, and your arms stretched as far back as you can. Then breathe in, stretch your shoulders, lift your chest up as far as possible, raise your head, face toward the ceiling, and make your spine curved.



**Step 2:** Exhale and bend your body forward until your forehead touches the ground in front of your knees. Keep your hands in the same position, and when your head is placed on the ground, your hips must fall on your heels, and you must do this movement gradually and slowly.

**Step 3:** Inhale, lift your hips and switch your body from landing on your forehead to landing on your head, while raising your crossed arms upward, pointing to the ceiling, arms straight, thighs perpendicular to the ground and knees on the ground, hold this pose for 10 to 15 seconds and breathe naturally and evenly.



**Step 4:** Return to a kneeling position with your upper body straight up, arms apart on the floor behind you, fingertips pointing to your hips, and move gently behind you towards your feet little by little. Inhale, bend your back, lift your chest up as far as you can, tilt your head back, look at the ceiling and keep breathing smoothly.

**Step 5:** Slowly bend your upper body forward until your head is on the ground, arms relaxed and comfortably at your sides, and breathe naturally and evenly.



## Continuous

### Basic effects

Practicing this pose can open the chest, prevent sagging breasts, plump and lift the breasts, make the breasts firm and plump, and also massage the abdominal organs, help reduce waist fat, and help enhance digestion. Regular practice helps increase the blood supply to the lower spinal region, nourishes the spinal nerves, strengthens the back muscle groups, and eliminates back pain.

**Step 1:** Stand on the ground with your back straight and place your feet about 30 cm apart. Place your hands naturally and comfortably at your sides, with your eyes flat in front of you, and breathe naturally and evenly.





**Step 2:** Bend your knees down slightly. Inhale and straighten your arms horizontally in front of your body and bring them to a parallel position. Tuck your jaw in and look at the fingertips of your hands.

**Step 3:** Exhale, gently lower your upper body to the ground and press your hands to the floor, with your legs straight at the knees and your spine extended, and your fingertips and toes of both feet pointing forward, breathing evenly and naturally.

**Step 4:** Inhale, lift your heels and straighten your legs back so that the backs of your feet and calves are firmly on the floor. Support your upper body with your arms and lift your head hard upward, keeping your shoulders down and your eyes up, breathing evenly and naturally.

**Step 5: Lift your** left hand so that your body turns to the left, while your legs and feet also turn in the same direction. At this point, the body should become a straight line of inclination. At the same time, the raised left arm should be perpendicular to the ground with the palm forward. Breathe deeply and hold this position for 2 to 3 breaths.

**Step 6:** Exhale and turn your entire body right at the same time, then put your left hand back on the ground and resume step 4. But at this point, the feet should stand up so that the toes are on the ground and support the weight of the body together with the palms of the hands. The fingertips point forward and the hands should be placed directly under the shoulder blades, with the eyes flat in front of you, breathing evenly and naturally.

**Step 7:** Bend your knees so that your thighs are at 90° to your calves, and switch from toe support to instep to the ground. Keep your upper body parallel to the ground and keep your palms and arms in the same posture. Then relax your spine and breathe naturally and smoothly.

**Step 8: Move your** upper body toward your legs and sit your hips fully on your heels. Reach your arms out in front of your body

with your fingertips facing forward, palms down and on the floor, breathe deeply and relax your entire body.

**Step 9:** Keeping your hands in the same position, inhale and slowly plop your upper body forward. Start with your chin, then smoothly bring your chest closer to the ground, and the closer you are to the ground the better. At this point, it should be the toes, knees and hands to support the weight of the body at the same time.

**Step 10:** Exhale, push your upper body up with your arms, press the backs of your feet and calves to the floor, lift your head upward, look at the ceiling, and breathe naturally and evenly.

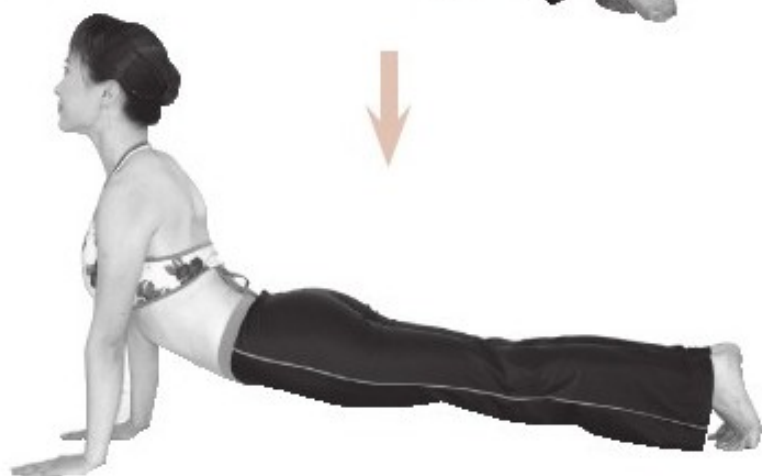
**Step 11:** Inhale, lift your left arm up and turn your body back to the left at the same time, keeping your left arm perpendicular to the ground and your palm forward. Take a deep breath and hold it for as long as you can.

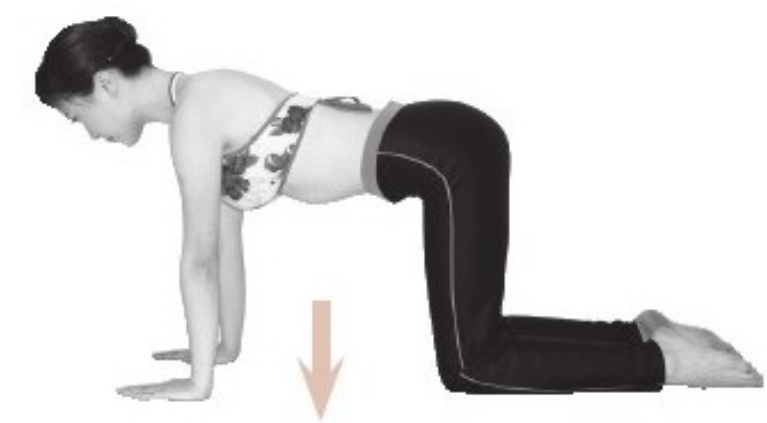
**Step 12:** Exhale and put your left hand back on the ground, keeping your entire body straight. Stand on your tiptoes and support the ground with the strength of your hands and the tips of your feet to hold your body up completely, then, move your feet forward and lift your hips upward so that your upper and lower body are in a triangle position. At this point, the heels need to fall and the soles of the feet are flat against the ground, keeping the arms and legs straight and breathing naturally and smoothly.

**Step 13:** Inhale and lift your left leg to form a straight line with your body at the back of your body. Tense your toes upward, take a deep breath and hold the position as long as possible, then switch to the other leg and do the same.

**Step 14:** Retract the lifted legs so that the feet are together and bring the hands to the sides of the feet so that the fingertips touch the ground. Then bend your legs, lift your heels off the ground, balance your body on your toes, straighten your back and neck, look straight ahead and breathe naturally and smoothly. Stay for 5 to 10 seconds and then return to a standing position.









## Reclining Hero Pose

### Basic effects

It removes stress, tension and palpitations and makes one feel relaxed. Stretches and strengthens the abdominal organs and is beneficial to the kidneys. Eliminates pain and fatigue in the legs and enhances flexibility in the knees and ankles.

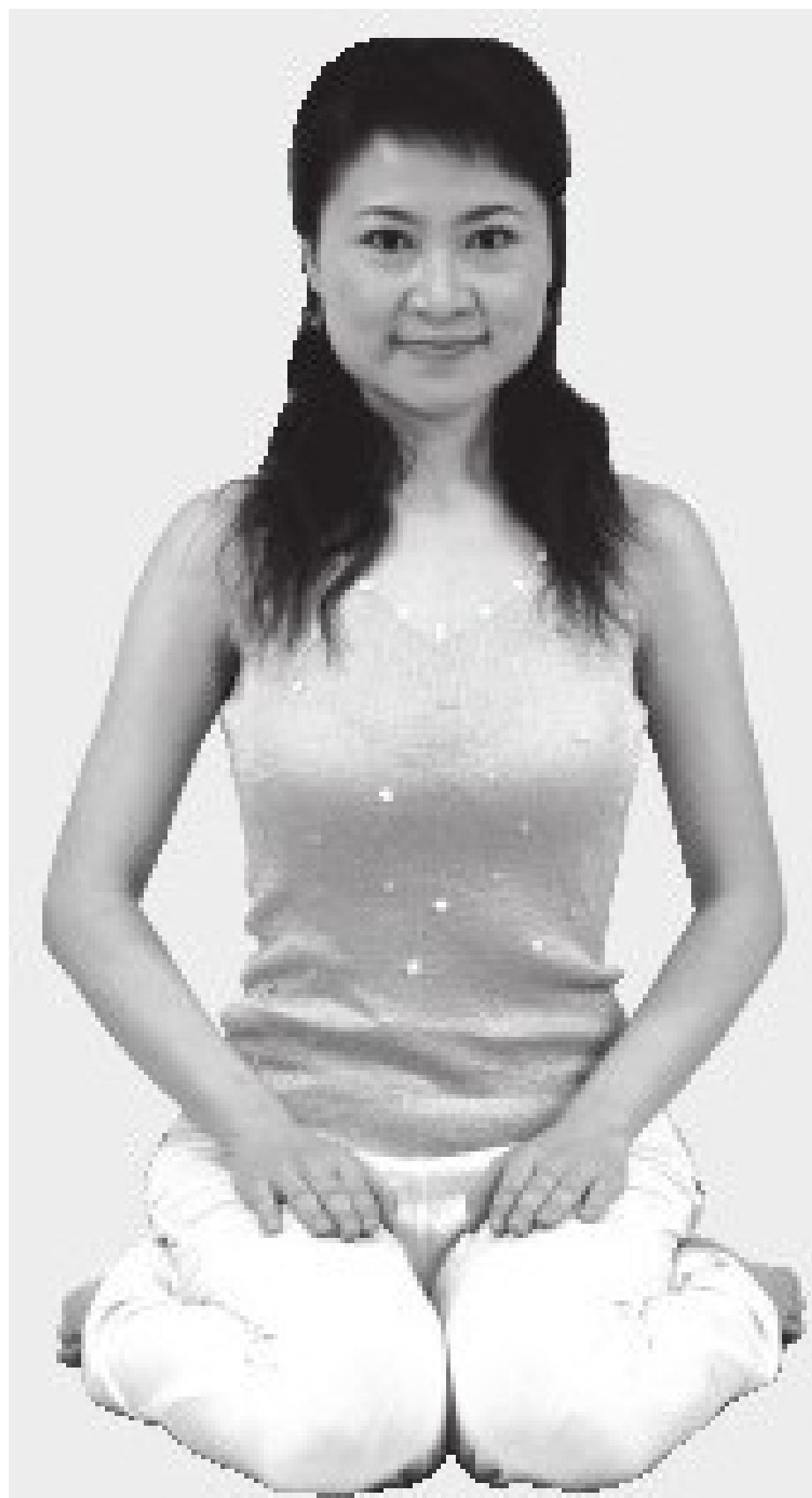
**Step 1:** Sit on your knees on the mat with your knees together and feet apart so that your hips are sitting on the floor between your feet. Place both hands naturally on your thighs, palms down.

**Step 2:** Exhale, so that the upper body slowly lean back, both elbows touch the ground, the left palm on the left palm, the right palm on the right palm. At this point the elbow plays a major supporting role.

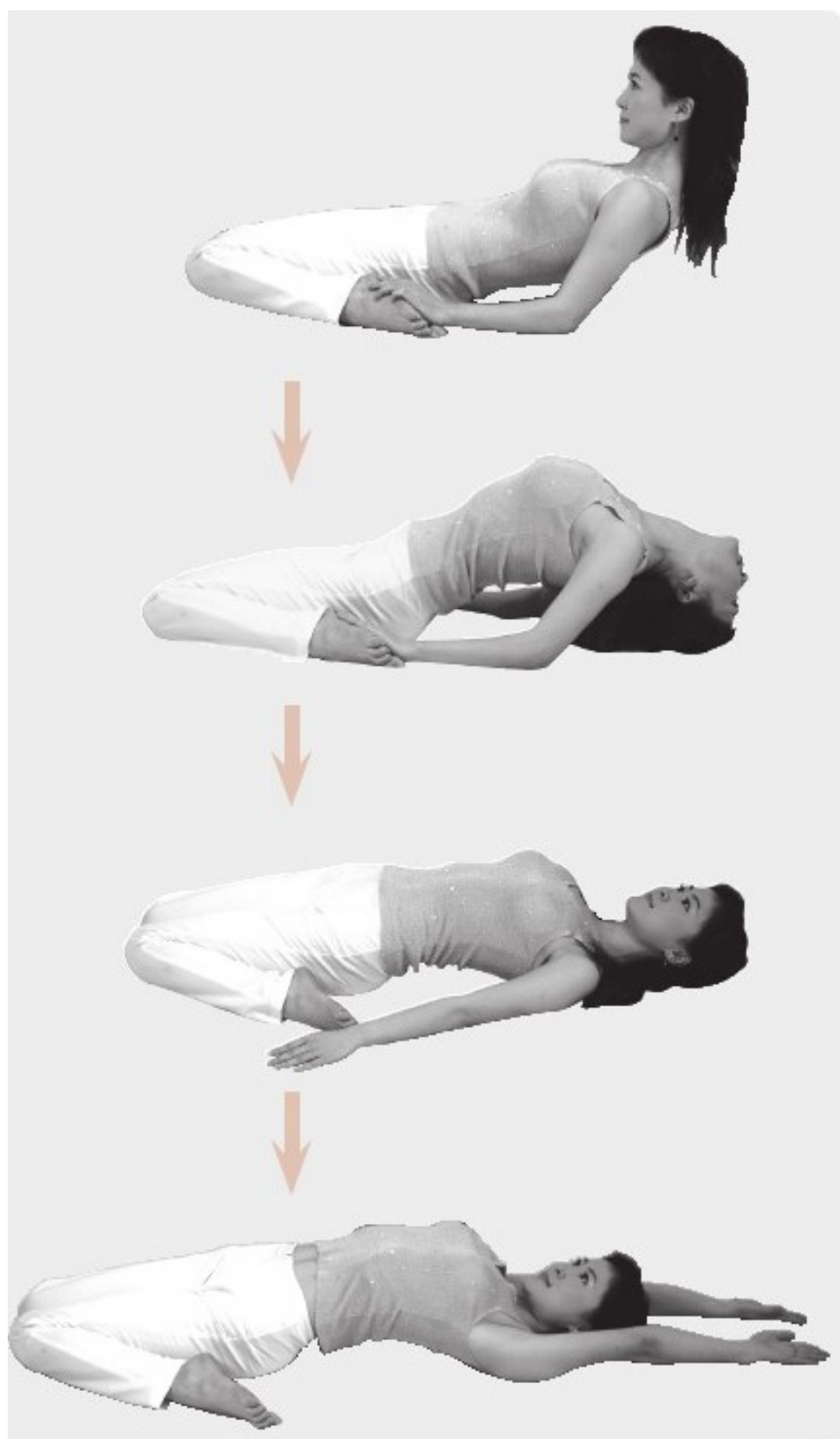
**Step 3:** Continue to slowly lean back so that the top of your head touches the ground.

**Step 4:** Continue to lean back and slowly slide your head forward so that the back of your head touches the ground and your lower back is also on the ground at the same time. Release both hands and extend both arms naturally to the side of the body, palms down.

**Step 5:** Raise your hands and stretch them out behind your head. Lift the back of your waist up, keeping your shoulder blades off the ground, and hold this position for as long as possible. Take a deep breath, then bring both arms back to the side of your body and sit up with your elbows supporting you.







## Shoulder rotation type

### Basic effects

Helps eliminate anxiety and depression, relieves stress and clears the mind. Expands the chest, relaxes the shoulder joints, and is a complementary treatment for frozen shoulder, while strengthening the back area.

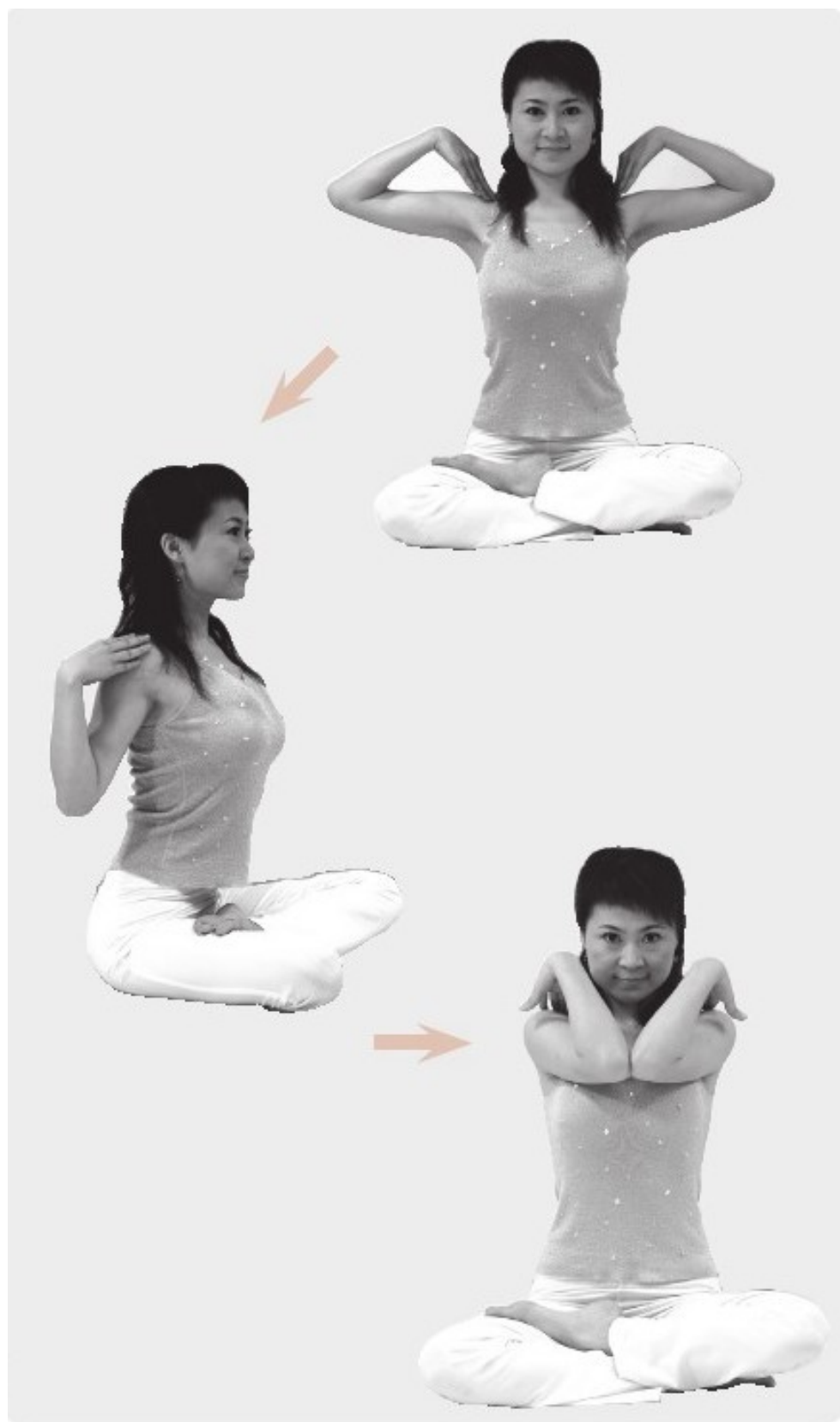
**Step 1:** Take a comfortable sitting posture with your eyes level. Straighten your waist and back, inhale gently, and raise both arms flat to the sides, in a straight line with your shoulders, and parallel to the ground, with your palms down.

**Step 2:** Exhale slowly, bend both elbows, retract the small arms inward, place the fingertips lightly on the shoulders, palms down, and rotate the elbows in a rotational motion.

**Step 3:** Do small circular movements of the elbow, 5 to 10 turns each in clockwise and counterclockwise directions.

**Step 4:** Make large circular movements with your elbows until both elbows touch in front of your chest. Do 5 to 10 circles each clockwise and counterclockwise.





## Waist rotation type

### Basic effects

It can relieve nervous tension, reduce psychological stress and eliminate back pain caused by nervous tension. It tones and strengthens the arms, waist, back and hip joints, massages the abdominal organs, and reduces and disperses excess fat around the waistline.

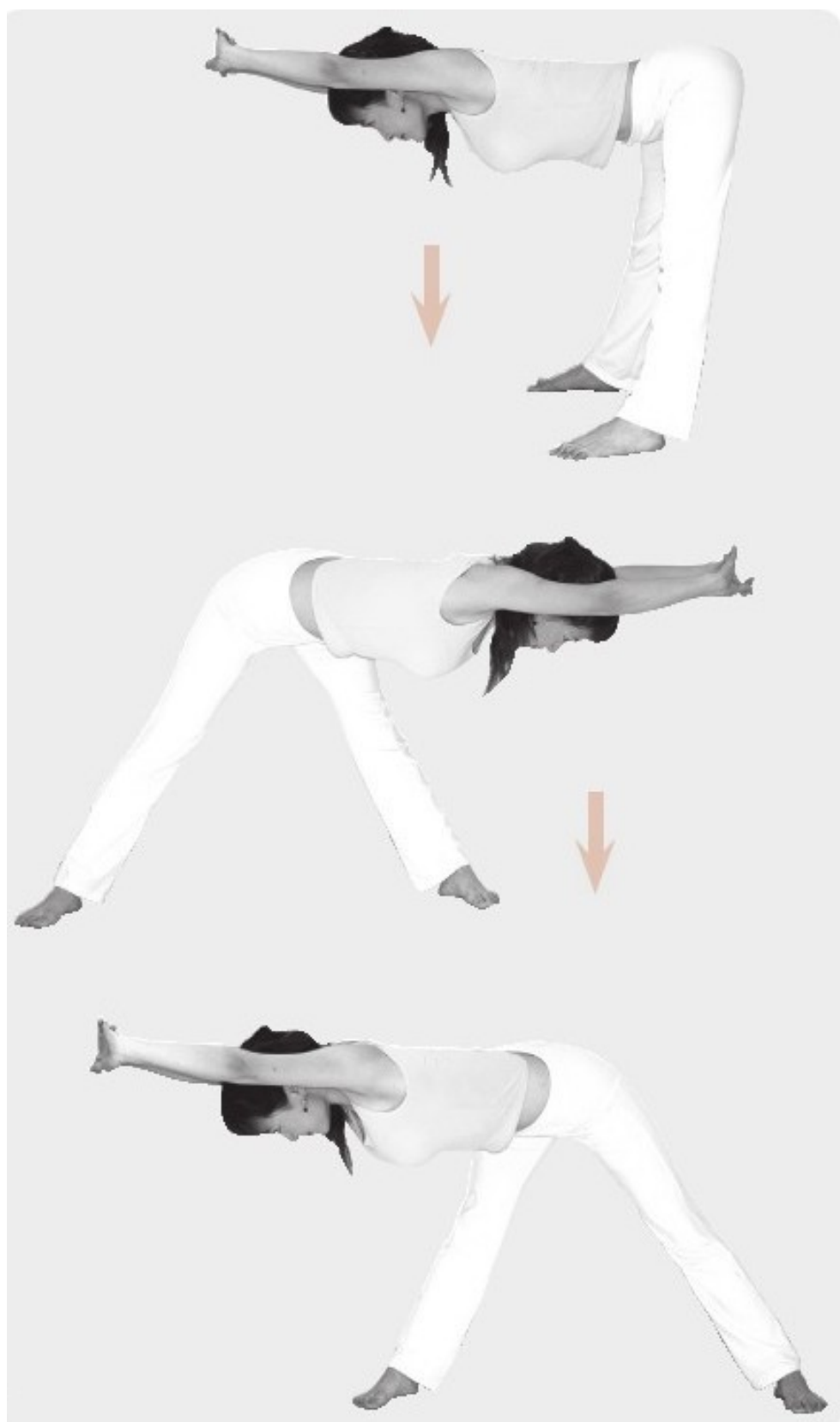
**Step 1:** Stand upright, look straight ahead, feet apart, distance slightly greater than shoulder width. Interlock your fingers, breathe in, raise your arms above your head, straighten your arms and turn your wrists so that the palms of your hands are up.

**Step 2:** Exhale and bend your upper body forward so that your back and arms are in a straight line and parallel to the ground.

**Step 3:** Keeping both hands and feet in the same position, inhale slowly and turn your upper torso to the left as far as possible.

**Step 4:** Retract the upper torso to the original center position, inhale slowly and turn the upper torso to the right as far as possible. Repeat step 3 and step 4 alternately 3 to 6 times. Lower your arms, release both hands and return to a straight position. Then repeat the whole set of exercises 3 to 6 times.





## Loose-leaf

### Basic effects

Eliminates physical and mental fatigue caused by nervous tension. Revitalizes the spinal nerves and eliminates back stiffness and back pain. Strengthens abdominal muscles and abdominal organs and removes excess fat from the waistline. By effectively massaging the internal organs, it helps regulate endocrine secretion, stimulates the digestive system and has a detoxifying effect.

**Step 1:** Straighten your back, knees together, feet against each other, kneel on the floor, both arms naturally down, fingertips down, eyes level.

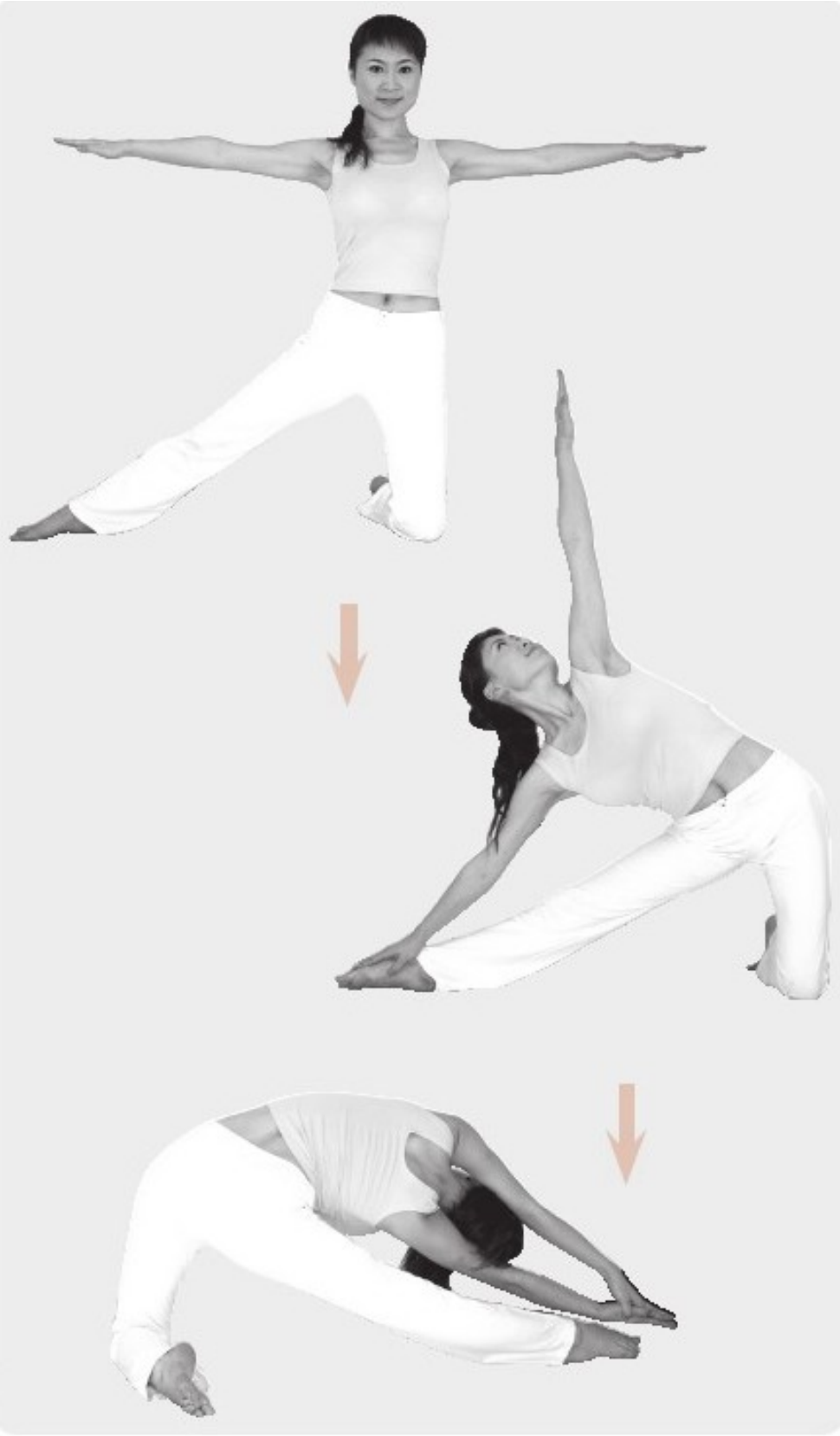
**Step 2:** Raise both arms, fingers spread, both arms in a straight line and parallel to the ground, palms down. Straighten the right leg to the right, with the palm of the foot on the ground and the back of the foot straight.

**Step 3:** Exhale, kneel on the ground with your left knee, bend your upper torso to the right, swing your right arm down, place the palm of your right hand on the back of your right foot, palm down, left hand perpendicular to the ground, and look at the fingertips of your left hand.

**Step 4:** Continue to exhale, lean your left arm downward to the right and press it, with your left hand as close to the palm of your right hand as possible, with both upper arms against your ears and your head between your arms. Hold this position, breathe 3 to 6 times, inhale and reset. Change to the other side and do the same exercise. Repeat the exercise 3 to 6 times on the left and right side.







## Bow Style

### Basic effects

Strengthens the back muscle groups and reduces pain and stiffness in the back muscles, thus eliminating fatigue. This pose strengthens almost all muscle groups of the body. Massage the internal organs of the abdomen to improve blood circulation, which helps regulate gastrointestinal disorders, indigestion, chronic constipation and liver dysfunction, and prevent the formation of gall and kidney stones. Stimulates and enhances the various endocrine glands. Reduces excess fat on the waistline.

**Step 1:** Relax your entire body and lie prone on the mat with your legs together and your feet resting against each other, your arms naturally on both sides of your body, palms up and chin touching the ground.

**Step 2:** Bend both knees and retract both calves so that both calves are as close to the hips as possible. Raise both arms so that both hands reach back and grab the backs of both feet or both ankles so that both heels rest on the hips.

**Step 3:** Take a deep breath, cock your torso as much as possible, lift your head as far back as possible, while using your hands to pull your legs back as far as possible, so that your knees are raised and your back is in a concave shape. Breathe normally and hold this position for 3 to 6 seconds. Grasp both feet with both hands, put the upper body slowly back to the ground; release both hands, let go of both feet, legs slowly put down on the ground; head turned to the side, cheeks to the ground, the whole body relaxed, rest with eyes closed.





### **Warm Tips**

**1. When practicing this action, be sure not to use too much force, otherwise it is easy to sprain the back, stretch the legs as softly and slowly as possible to avoid leg strains.**

**2. People with high blood pressure, low blood pressure and those with abdominal and neck injuries are not suitable to practice this pose.**

## Mountain Style

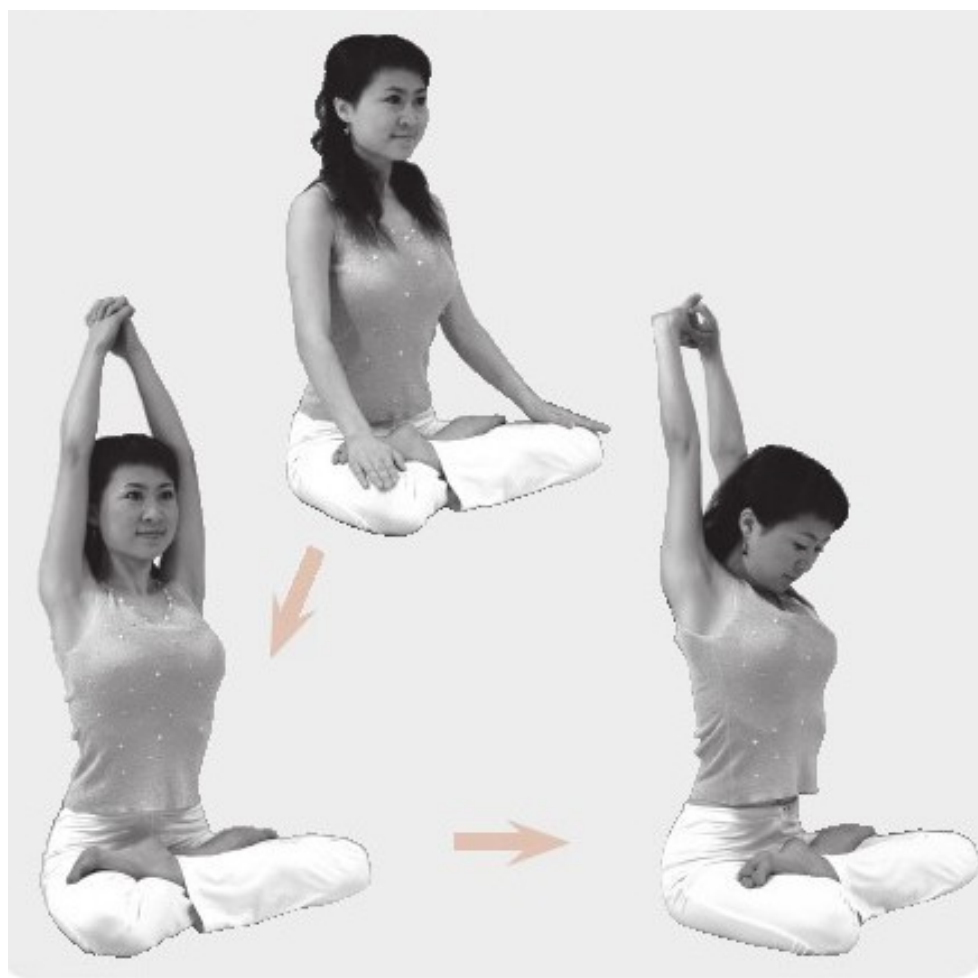
### **Basic effects**

Helps to calm the nerves and reduce psychological stress. Eliminates stiffness and straightness of the shoulders and rheumatic pain. Expands the thoracic cavity and strengthens the internal organs of the abdomen.

**Step 1:** Relax your whole body and meditate comfortably (lotus sitting).

**Step 2:** Stretch your arms over your head so that they are perpendicular to the ground, and interlock your fingers with your palms facing inward.

**Step 3:** Straighten your back, turn both palms so that the palms are facing upward, stretch both arms as high as possible, breathe deeply and naturally, and hold this position for 30 to 60 seconds. Then exchange the position of both legs and repeat this exercise 3 to 6 times.



## Sitting angle type

### Basic effects

This pose improves blood circulation in the pelvic region, which helps to reduce sciatica and thus eliminates physical and mental fatigue. It stretches the bladder tendons, relaxes the hips, and helps prevent hernia attacks. It also helps regulate menstruation and improves the function of the ovaries.

**Step 1:** Sit on the mat, legs together, straight ahead, elbows naturally bent, both hands on the thighs, palms down, eyes flat in front.

**Step 2: Spread your** legs as far as possible, grab the two toes of your left foot with your left fingers, grab the two toes of your right foot with your right fingers, lean your upper body forward slightly, look forward with your eyes and breathe deeply. Hold this position for 10-15 seconds.

**Step 3:** Exhale and lean your upper body forward to press so that your forehead rests on the floor.

**Step 4:** Slowly lift your head so that your chin is on the floor.

**Step 5:** Maintain the posture of step 4, keeping the chest on the ground and both hands on the soles of the feet or ankles of each foot, breathing evenly and regularly. Hold this posture for 3 to 6 seconds.

**Step 6:** Inhale, support the ground with both palms, lift the chest off the ground, and rest for 3 to 6 seconds. Next, grasp your right foot with both hands, exhale, lean your body to the right, and press your leg to the right.

**Step 7:** Inhale, raise your torso, return to the starting position, relax and rest. Then switch to the left leg and do the same exercise.





### **Warm Tips**

- 1. The amplitude of leg opening during the exercise should be measured to avoid muscle strain.**
- 2. People with herniated discs should not practice this action.**



## Slender limbs

According to a survey, when looking at a woman from behind, the most eye-catching part of the body is the legs (52%). Straight and slender legs and slim arms are essential elements of beauty.

## Crane Zen Style

### Basic effects

Strengthens one's balance and coordination, regulates the nervous system, relieves tension, and relaxes the body and mind. Strengthens the arms and wrists. Promotes blood circulation, making a person look rosy and energetic.

**Step 1:** Squat down, let the root of the thighs against the ankles, feet apart, slightly outside the "eight" shape; hands naturally on the knees, both elbows on the outside of the legs.

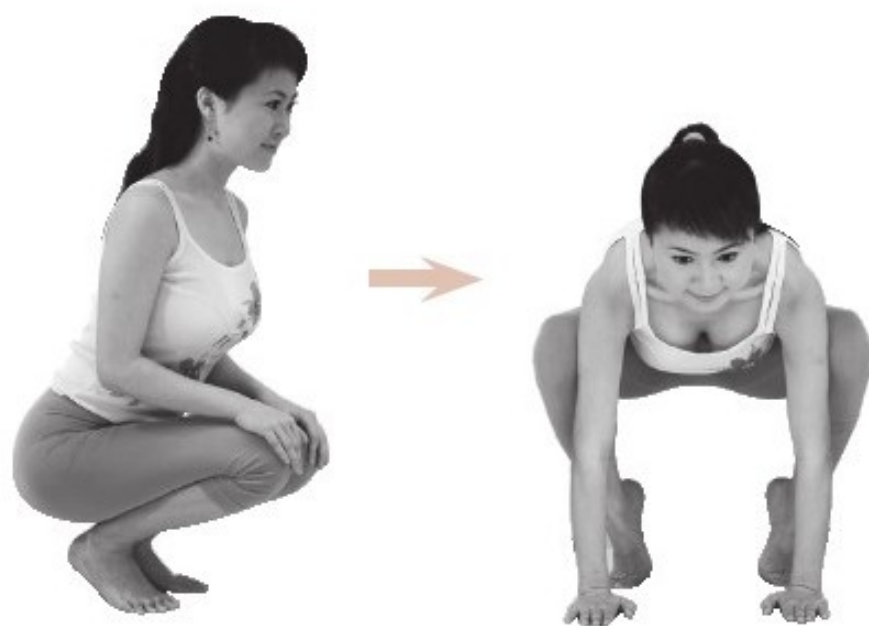
**Step 2:** Maintain a squatting position, stand on your heels, support the ground with your toes and lift your body as high as possible.

**Step 3:** Place both hands flat on the floor, with the five fingers of both hands apart and fingertips forward; bend both knees so that the inside of both knees are as close to the armpits as possible.

**Step 4:** Inhale, support yourself on the ground with both hands, slowly bend your body forward so that both feet are off the ground, both elbows are bent, and both knees are pressed inwardly on the top of both elbows. Hold this pose for as long as possible, breathe slowly for 3 to 6 times and repeat this pose 2 times.



**Step 5:** Tuck both legs down, calves on the ground, thigh roots against the heels; make fists with both hands and overlap them on the ground, rest your forehead on the fist eyes, relax your whole body, and take 6 to 10 deep breaths.



## Eagle

### Basic effects

Practicing this pose can remove flabby arms, beautify arm lines and make arm muscles strong and powerful. In addition, practicing this pose not only enhances the elasticity and flexibility of shoulder joints and strengthens the shoulders, but also prevents and eliminates the cramps in the calves.

**Step 1:** Stand on the ground, straighten your back, look straight ahead, relax your whole body, place your hands naturally on the sides of your body, straighten your legs, lean your legs together, and breathe evenly and naturally.

**Step 2:** Balance your entire body on your left foot and put the back of your right thigh against the front of your left thigh so that the shin of your right calf is against the leg belly position of your left calf. Then, hook the upper part of the left ankle with the big toe of the right foot.

**Step 3:** Bend your right arm upward in front of your face, place your left arm under your right arm, wrap it around your right arm so that your arms are tightly entwined, and try to join your hands together. Inhale and hold this pose for about 20 seconds, making your breathing as slow as possible.

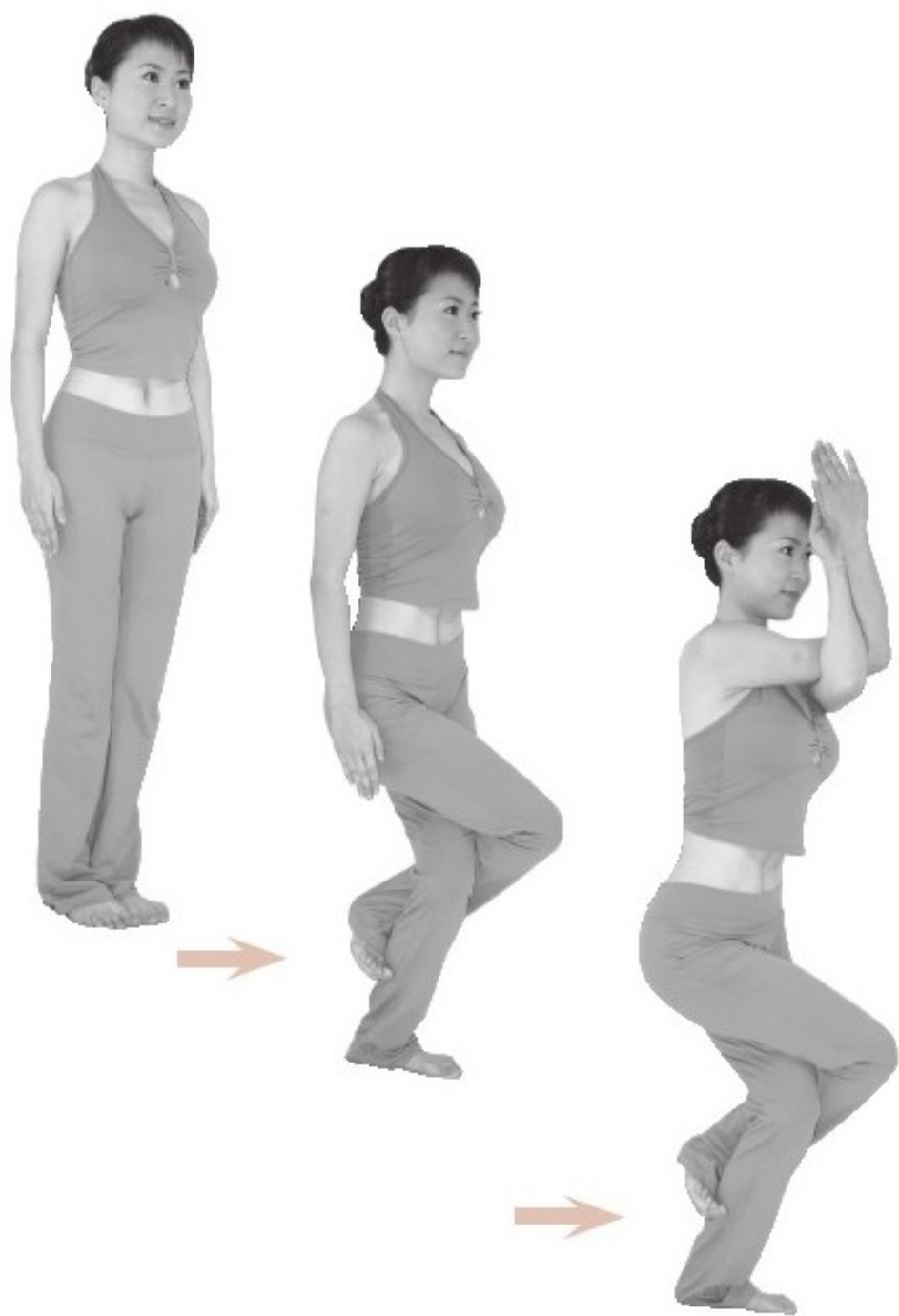
**Step 4:** After resting for 10 to 20 seconds, do it all over again in the same position as in steps 2 and 3. After completing step 3, exhale and squat down with your upper body towards your thighs and your small arms parallel to the floor.

**Step 5:** Inhale and hold your body still. Exhale and extend your arms forward. Raise your head, eyes to the front, and breathe 1 to 3 times. Note that because the movement is difficult, the adherence time for first-time practitioners can be shortened to one breath.

**Step 6:** Inhale and slowly lift your upper body up, at this time the hand posture and leg posture should remain the same.

**Step 7:** Exhale and bring your arms and legs back, with your legs upright and together. Then open your arms slowly, each parallel to the ground, straighten your back and look straight ahead.

**Step 8:** Return to the standing position at the time of preparation and practice on the other side.

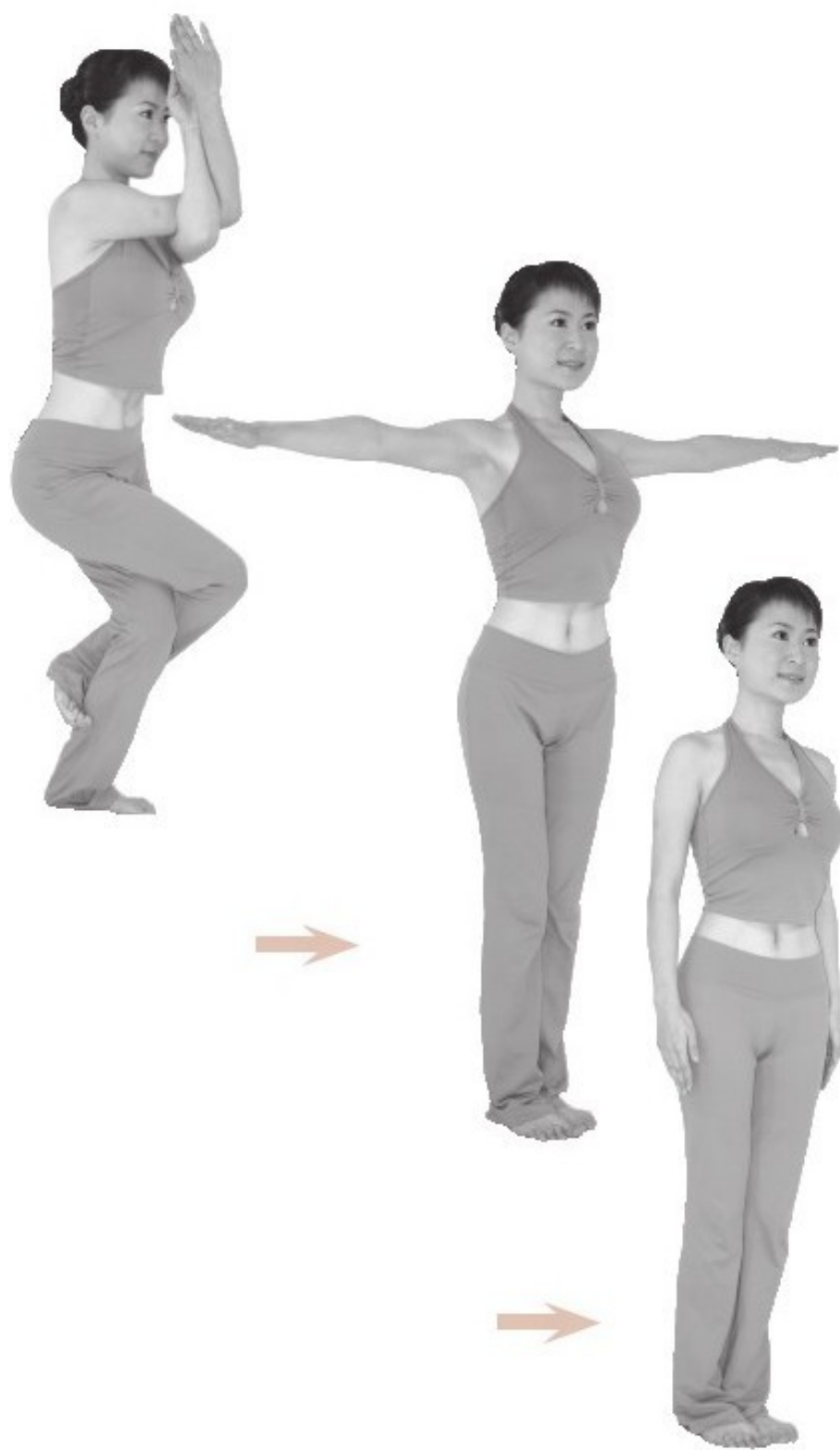




**Warm Tips**



**As some beginners can't stand on one leg for too long, they can resume the single-leg standing position after standing on both legs when they can no longer hold on to it.**



## Arm Gyration

### Basic effects

The arm rotation exercise can promote blood circulation in the upper body, make the shoulder joints soft and flexible, prevent the generation of arm fat, beautify the arm curve, and make the arms slim and flexible. In addition, kneeling can eliminate fatigue and enhance the strength of the lower limbs.

**Step 1:** Sit on your knees on the floor, place your hips on your heels, straighten your back and take deep breaths (vajra sitting position), relax your hands and rest them comfortably on your thighs, with your eyes looking forward.

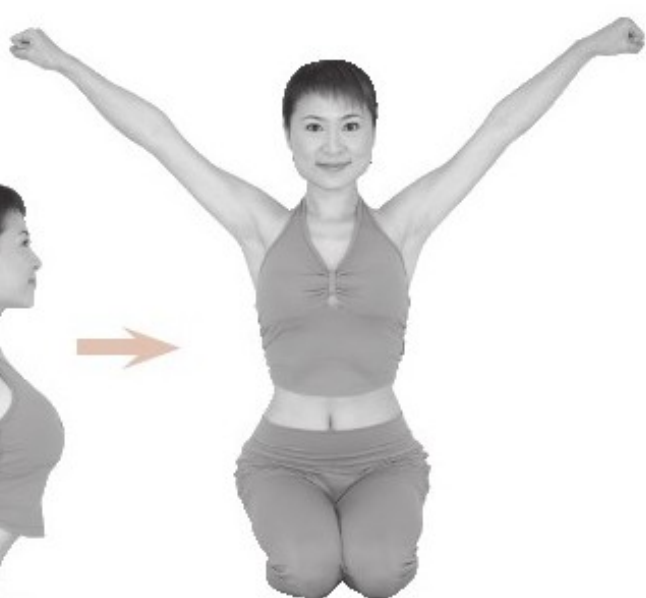
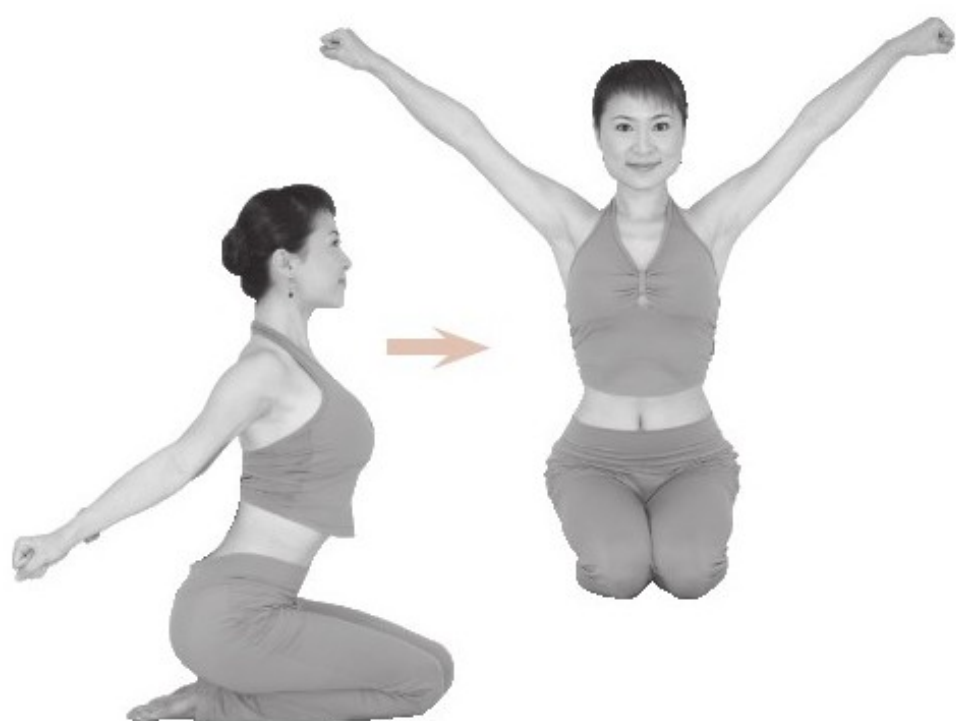


**Step 2:** Inhale, straighten your hands into fists to the sides and back of your body, keep your back and head and neck straight, look straight ahead and breathe smoothly.

**Step 3:** Exhale, straighten the arms from the back to the front to do the circle action, while the circle should keep the upper body straight and do not move, and breathe smoothly and naturally.

**Step 4:** The hands can repeat the circle action in the same direction until you feel fatigue, keep your body straight and breathe smoothly while doing the action.

**Step 5:** Return to the kneeling position in step 1, breathe twice and then move your arms in the opposite direction from back to front in a circular motion. When doing the movement, still keep your body straight and do it until your arms feel tired.



## Tree style

### **Basic effects**

Practicing this pose not only makes the shoulder joints flexible and agile, but also beautifies the lines of the arms. In addition, by practicing more single-leg standing movements, it can also strengthen the legs and the two ankle joints and enhance the stability and balance of the body.

**Step 1:** Stand on the ground with your back straight and bring your legs together, hands hanging naturally at your sides, eyes looking forward, and breathe naturally and evenly.





**Step 2:** Lift your right foot to your groin and the upper area of your right thigh, bringing your toes down and placing the bottom of your right foot firmly and smoothly on the inside of your left thigh. At this point, stand with your left leg straight and keep your body balanced, then place your joined palms in front of your chest.

**Step 3:** Inhale, extend both arms straight upward from the front of the body, raise them high above the head, and hold this pose for 10-15 breaths. Then, the palms will be closed back to the chest, after releasing the hands hanging on both sides of the body, then put down the right leg and return to the basic standing position. Change the right leg to support the exercise.



### **Warm Tips**

**Lift that leg to spread outward as much as possible, and stand that leg to step on the solid mat surface, so that the exercise can be in place.**

## Split leg seated forward bend pose

### Basic effects

The practice of this pose not only strengthens the muscle strength of the legs and eliminates excess fat in the thighs, but also promotes blood circulation in the lower body, relieves fatigue in the legs and makes the curves of the legs slim and beautiful. In addition, it can also promote blood circulation in the pelvic area, which can help women adjust their menstruation and make it regular, and help stimulate the ovaries and promote the secretion of estrogen.

**Step 1:** Sit on the ground with your legs together and straight ahead, back straight, hands naturally on your thighs, eyes level in front of you, and your whole body relaxed and breathing naturally and easily.

**Step 2:** Do the "one-horse" action, that is, the legs open to the sides, and try to separate the legs to the widest, while making the toes point vertically to the ceiling, the body leaned forward slightly, the arms straight on the ground in front of the body, to support the weight of the upper body. Eyes flat in front of you and lift your hips upward with your mind.

**Step 3:** Inhale and slowly move your arms forward, bringing your chest to the floor. Exhale, so that the upper body lies on the ground. At this time, the spine area can not be arched upward, face as close to the ground as possible, and then hold this position for 5 to 15 seconds.



**Step 4:** Inhale, keep your body still, then exhale, slowly lift your head up, lift your chest, look upward as far as possible, keep your chin close to the ground, keep breathing smoothly, and hold this pose for 5 to 15 seconds.



# Single Leg Standing Pose

## Basic effects

Practicing this pose not only adjusts the nerves in the legs and prevents the occurrence of knee arthritis, but also promotes blood circulation in the lower body and strengthens the muscle lines of the legs, making the legs more beautiful and slender. In addition, this movement can strengthen the muscles of the whole body, and also massage the internal organs to treat stomach diseases.

**Step 1:** Stand on the ground, relax your whole body, look straight ahead with your eyes level, back straight, hands naturally hanging on the sides of your body, legs straight, lean on your feet and breathe naturally and evenly.

**Step 2:** Inhale, lift your left leg upward, then place your hands behind your left knee, cross your fingers, and lift your left leg upward with the back of your foot straight and your toes down. At this point, the left thigh is at 90° to the left calf, and the hip is in a straight line with the knee. Straighten your back, keep your right leg upright and maintain even breathing.

**Step 3:** Release your hands, keep your left knee and hip in the same line, then grab the back of your left foot with your left hand and pull it upward with force, and make the heel of your left foot touch your left hip.

**Step 4:** Inhale, straighten the bent left leg toward the front of the body, then slowly bend the body forward and hold the palm of the left foot with both hands, paying attention to maintaining body balance, hold for 10 to 15 seconds.

**Step 5:** Inhale and transfer the weight of your body to the heel of your right leg, but keep your right leg straight and not bent. Contract your abdomen toward your body, bend your elbows, stretch forward from the lower part of your spine and keep your spine straight, lower your head and keep your forehead as close to your knees as possible, and hold this position for 10 to 15 seconds. After

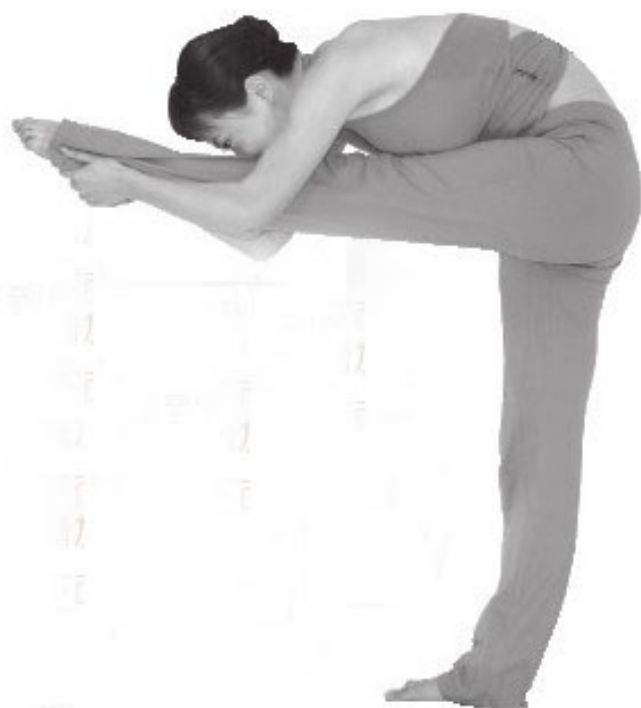
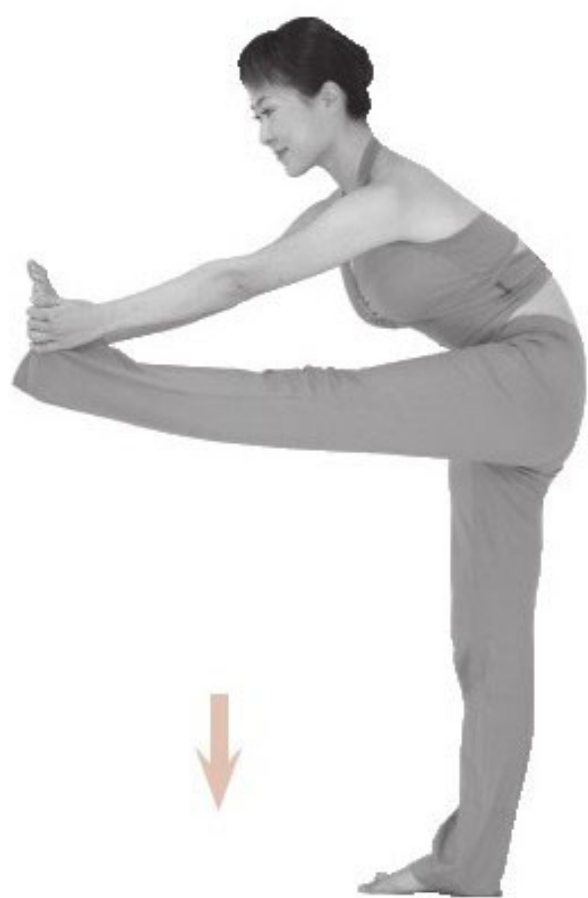
taking a few deep breaths, switch to the other side of the body to practice.



## **Warm Tips**

**Beginners as long as the first four steps can be done, to increase the body's balance before you can continue to practice the following some of the more difficult movements.**



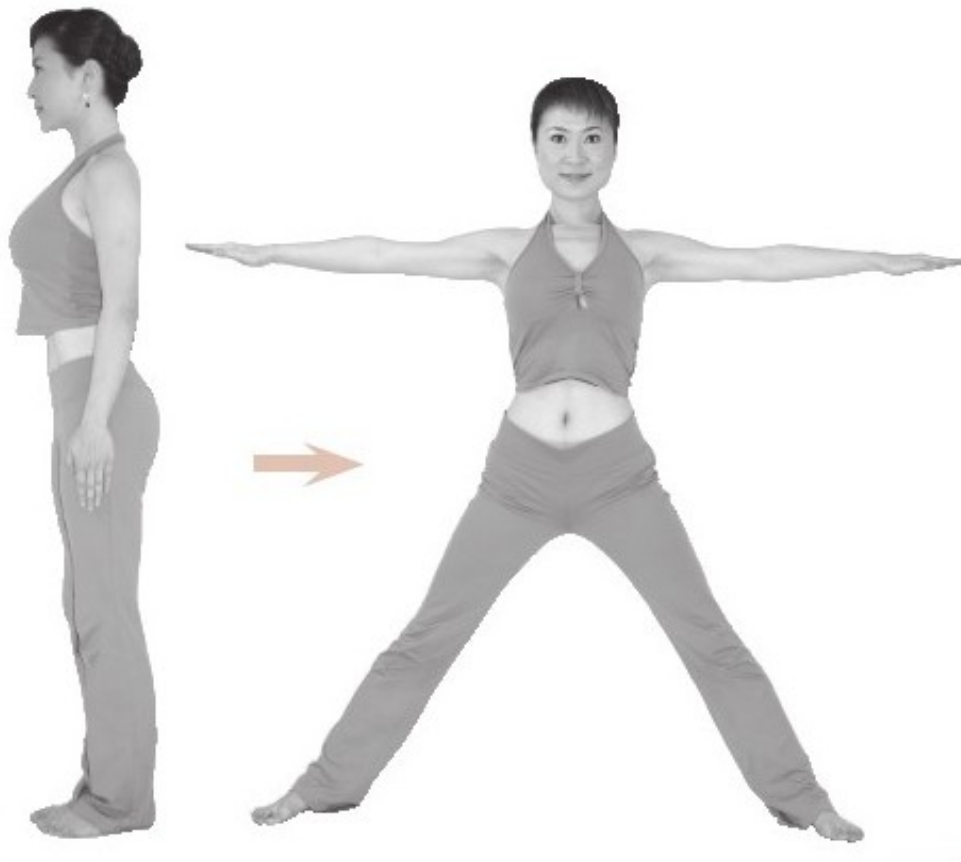


## Warrior Style

### Basic effects

Through the practice of this pose, you can reshape the muscle lines of the legs, increase the flexibility of the legs, eliminate swelling in the legs, prevent venous embolism in the legs, promote blood circulation in the lower body, and eliminate spasms (cramps) and other ailments that have developed in this area. In addition, it also removes the waste gas stored in the lungs and strengthens the lungs.

**Step 1:** Stand on the ground with your feet together, keep your body upright, hands hanging naturally at your sides, eyes flat in front of you, relax your whole body and breathe naturally and evenly.



**Step 2:** Inhale deeply, step off to the right with your right foot about 1 meter away, keep your toes facing the diagonal, stretch your

hands, and raise your arms from the side of your body to parallel to the ground with your palms facing down.

**Step 3:** Straighten your left knee, turn your right foot to the right, while turning your head to the right and looking at the fingertips of your right hand, and turn your left foot 15° to 30° to the right at the same time, trying not to exceed 30°

**Step 4:** Bend your right knee so that your right thigh is parallel to the ground and becomes 90° perpendicular to your right calf. Stretch your arms hard, look at your right fingers with your eyes, then breathe deeply and stretch the muscles of your legs as much as you can. Hold this position and take 4 deep breaths.

**Step 5:** Return to the pose in step 2, then turn your body to the left and repeat the actions in steps 3 and 4 before repeating the entire exercise 4 to 5 times.





## Half Locust Pose

### Basic effects

Practicing this pose can not only improve the muscle strength of the legs, eliminate leg swelling and prevent leg vein embolism, but also beautify the curve of the calves, promote blood circulation in the lower body and prevent calf cramps. In addition, it can also strengthen the digestive system, reduce the pain and discomfort of the stomach and intestines, and help to treat loss of appetite and indigestion.

**Step 1:** Take a prone position with the chin on the ground to support the head, feet together and straight, arms naturally attached to the sides of the body, hands in fists, palms down, maintain natural and even breathing.

**Step 2:** Keep the chin still, arms, fists downward force, then raise the left leg, at this time, the waist, hips are to force, and try to raise the left leg up, the right leg is downward force to assist in raising the left leg. As long as possible to maintain this posture, and then change the right leg practice.

**Step 3:** Slowly level your body, arch your upper body, sit on the floor on your knees and place your hips on your heels. Then, lower your head so that your forehead is on the floor, relax and adjust your breathing to a natural, even state.

### Warm Tips

**When raising the leg upward, the hips should be tight on the mat and the chin should not be lifted. When lifting the leg upward, the knee should be straight and the hip muscles should be tightened.**



## Single Leg Shoulder Pose

### Basic effects

Practicing this pose can fully stretch the legs, strengthen the muscle line of the legs, beautify and slim the leg shape. The exercise not only eliminates leg swelling and prevents leg vein embolism, but also promotes blood circulation in the lower body and effectively prevents calf cramps. In addition, it can stretch the back muscles, beautify the back and prevent the formation of hunchback.

**Step 1:** Sit on the floor with your back straight, bend your right leg and bring your right heel close to your perineum, then bend your left leg and place your left foot on the outside of your right foot with your left heel close to your right neck, place the palms of your hands on your bent knees, keep your head and neck straight, look straight ahead and breathe naturally and smoothly.

**Step 2:** Keep your back straight, lift your left leg, then hold your left foot with your left and right hands, sway your body slightly back and forth, and keep this movement for a few minutes, with your left elbow and right elbow together, pull your left leg up and keep your left foot close to your chest, keeping your head and neck upright.

**Step 3:** Keep the body straight at the back, elbow force, drive the left leg to the right side of the body to pull until the left arm is completely open, at this time, the left arm should be close to the left calf, head and neck remain upright, eyes flat in front.

**Step 4:** Keep the body straight at the waist and back, pull the left leg towards the front of the body with the elbow force, bend the left elbow and straighten the right arm. At this point, the right arm and left arm should be parallel to the ground, head and neck remain straight, eyes looking forward.

**Step 5:** Hold your left ankle with your left hand and your left heel with your right hand. Slowly wrench your left foot upward, past your chin, nose, and finally move to just above your forehead. Make your left knee bend back, slide your left shoulder slightly and move it under your left knee, then straighten your body as much as possible,

bend your left knee back above your shoulders and try to sit up straight, without letting your back and chest be compressed. Keep breathing naturally and evenly and hold for 5 to 10 seconds. Return to the initial movement and start the other side of the exercise.







## Pigeon Style

### Basic effects

Promotes blood circulation and metabolism of the whole body, which helps to relieve physical and mental fatigue. Stimulating the knees, waist and shoulders can soften all joints and help regulate blood sugar concentration.

**Step 1: Straighten your** back, bring your legs together and sit on the floor; bend your elbows naturally and place your hands on your thighs with your palms down.

**Step 2:** Maintain a seated position with the right leg straight out to the right side, parallel to the shoulder, with the inner right calf on the ground; bend the left knee and place the left heel against the perineum. Place your left hand naturally on your left knee and your right hand straight on the outside of your right knee.

**Step 3:** Inhale, turn your upper body slightly to the right, bend your right knee, hold the upper back of your right foot with your right hand, lift your left hand and grasp the toes of your right foot.

**Step 4:** Bend your elbow upward with your right hand, pull your right foot up with your left hand, place the tip of your right foot at your right elbow, then hold your left hand behind your head with your right hand, turn your head slightly to the left, hold this position for 3-5 seconds and take a deep breath. Finally, let go of both hands, slowly restore and adjust the breath. Repeat the above action on the other side. Do this 3 to 6 times on each side.



### **Warm Tips**

**The legs will feel tight when the beginner does the movement, so when bending the knee joint, do it slowly and do not force it.**



## God Monkey Hanuman Style

### Basic effects

It helps to eliminate gout, stretch the chest, strengthen the muscles of both legs and eliminate fatigue. It strengthens the reproductive organs and is useful in treating sexual weakness and female menstrual disorders and miscarriage, and facilitates childbirth. It also helps to treat sciatica and leg disorders.

**Step 1:** Kneel with knees together, knees and toes on the ground, heels facing up. Straighten both hands, brace them on the ground, palms down, fingertips forward, and look ahead.

**Step 2: Straighten your** back, lift your left knee in a squatting position, press your body down as far as possible, slide your right leg back and extend it, landing all below the knee. Hands and arms are perpendicular to the ground with fingertips touching the ground.

**Step 3:** Move your hips back, kneel on the ground with your right knee, straighten your left leg, left calf at 30° to the ground, lean forward at the waist and back, and brace your palms on the ground with your palms down.

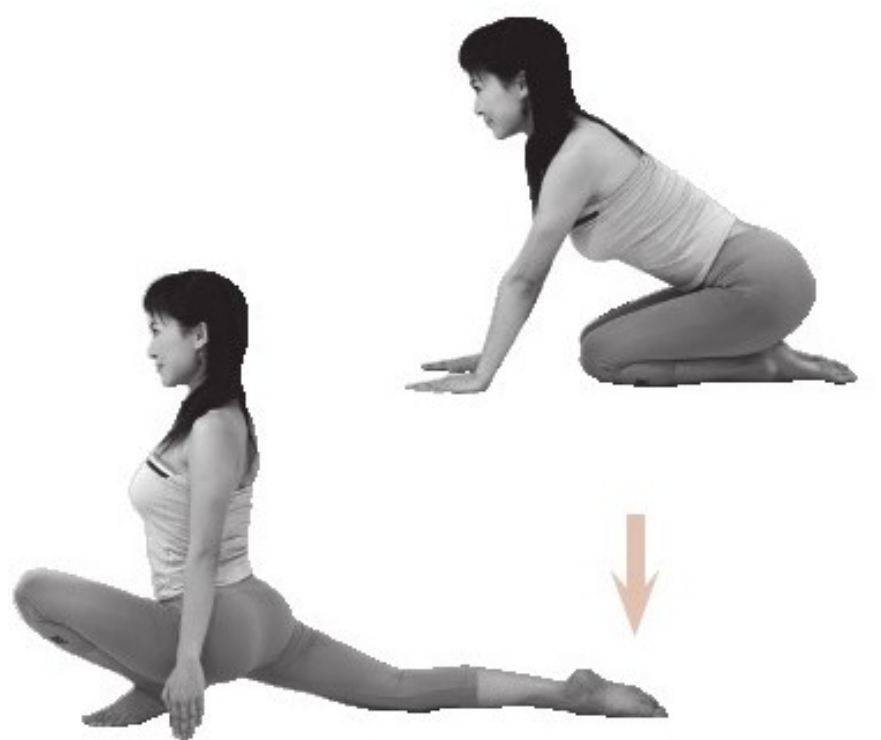
**Step 4:** Exhale, straighten the left leg and slide it forward, gradually straightening the right leg in line. Hands can be slightly harder to fingertips to bear the pressure.

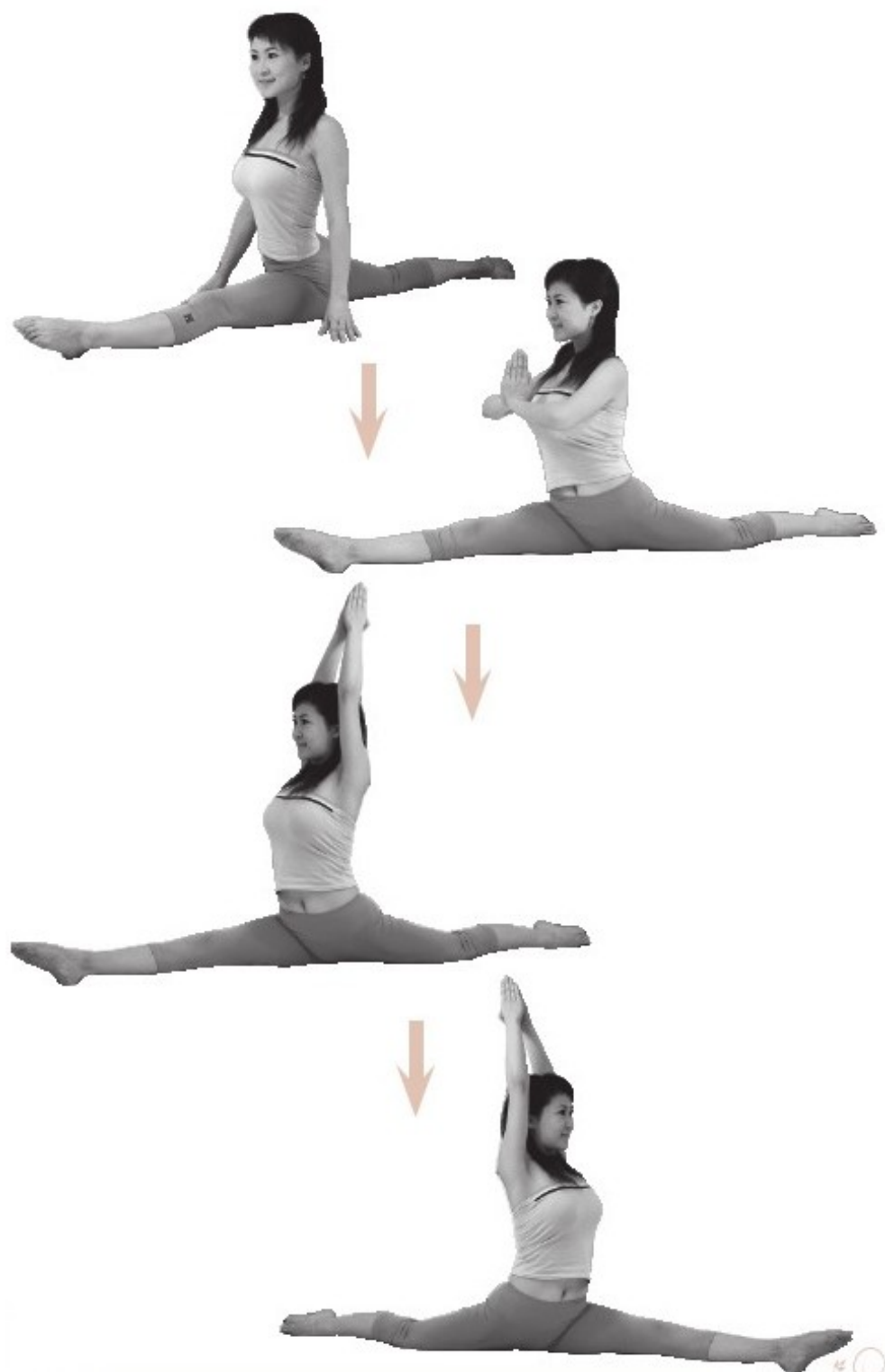
**Step 5:** Hands fingertips on the ground, hips, thighs, calves, feet all on the ground, in a straight line.

**Step 6:** Expand your chest, bend both elbows and bring your hands together in front of your chest.

**Step 7: Extend your** arms upward, straight overhead, fingertips up, and extend your chest as far as you can, stretching the roots of both thighs and your back and shoulders to their fullest extent.

**Step 8:** Alternate left and right directional exercises 1 to 3 times.







# Tiger

## Basic effects

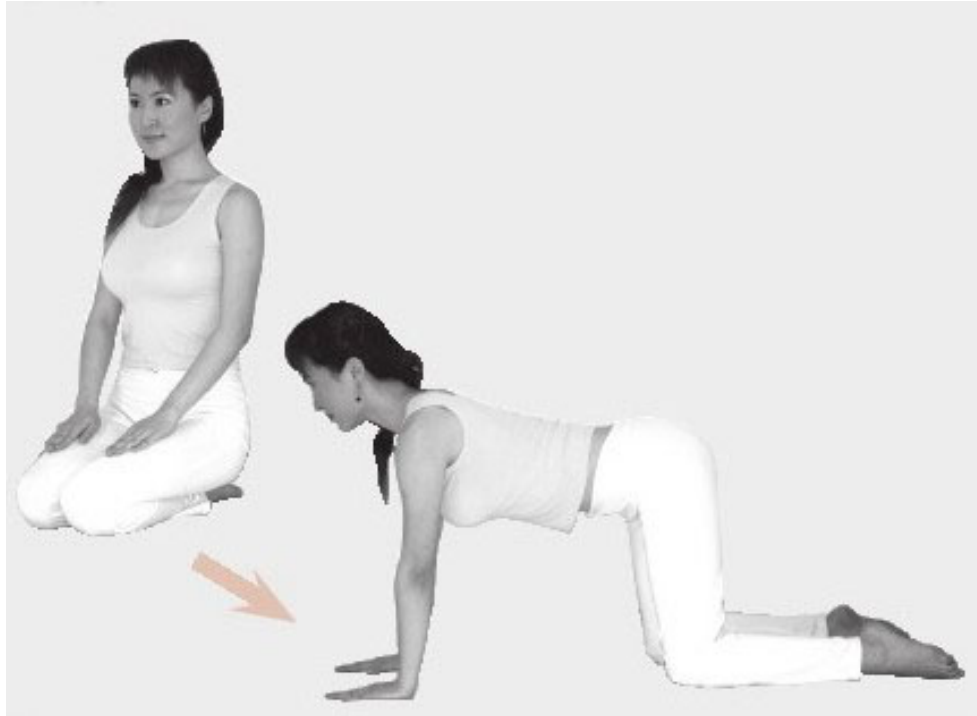
Relieves nerve tension, reduces stress, and eliminates back pain caused by nerve tension. Stretches and exercises the spine, strengthens the spinal nerve, sciatic nerve and kidneys, strengthens the reproductive organs, facilitates women's recovery after childbirth, and also eliminates fat in the thighs and hips.

**Step 1:** Sit on your knees on the mat, drop your hips on the heels of both feet, keep your back straight, knees together, and place both hands naturally down on your thighs.

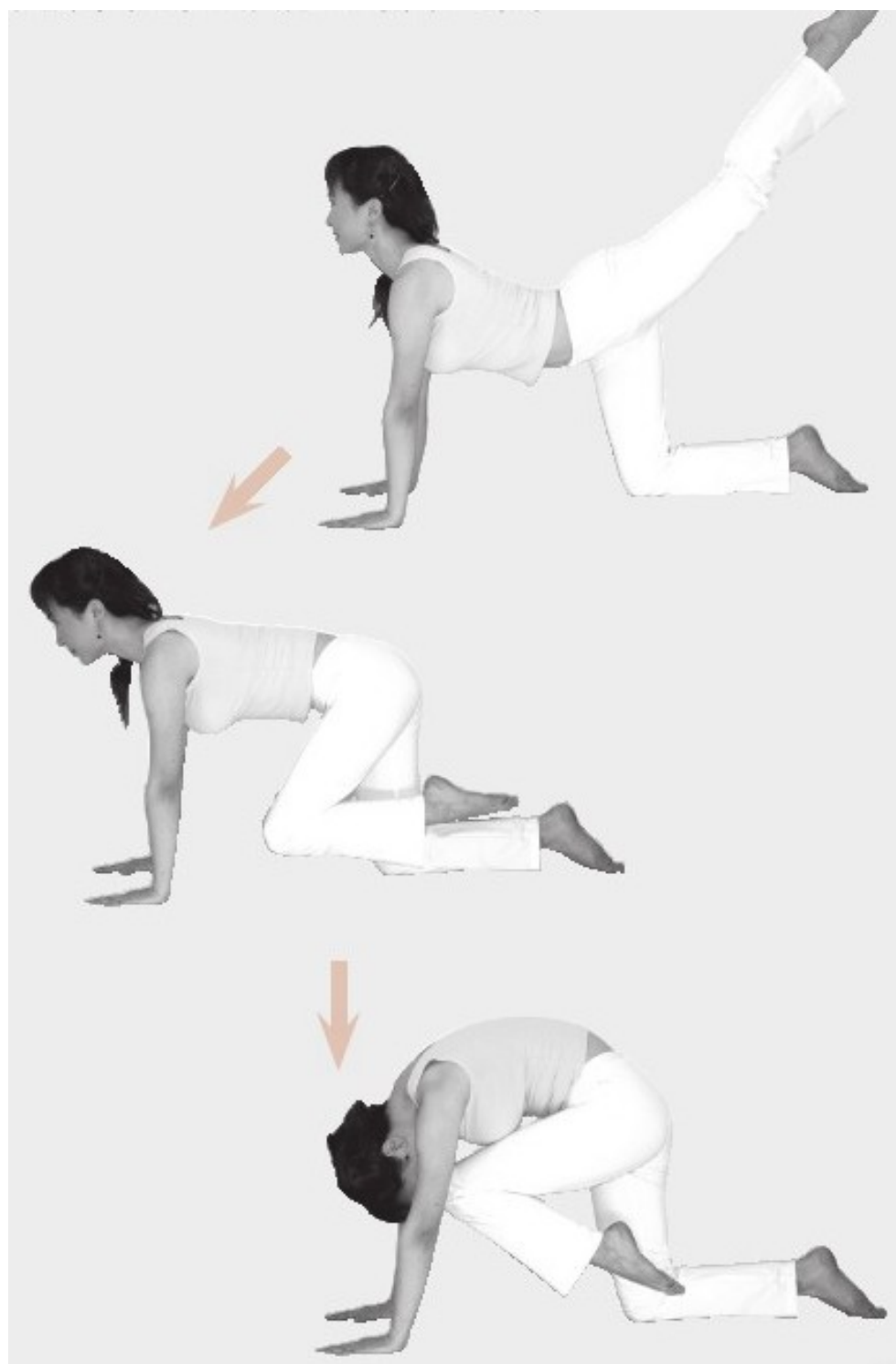
**Step 2:** Support the ground with both hands, fingertips forward, elbows straight, eyes forward, hips up, body forward, feet together.

**Step 3:** Inhale deeply and stretch your left leg backwards and upwards. Keep both arms in the same position and look straight ahead with both eyes. Hold this posture and breathe naturally for 1 to 3 times.

**Step 4:** Build up your breath without exhaling, bend your left knee down and retract it, leaving your left calf hanging in the air without touching the ground.



**Step 5:** Continue to bend the left leg and reach forward toward the chest, with the back of the foot, toes not touching the ground and the back of the foot taut, head down, eyes down, so that the nose touches the left knee and the spine becomes curved and bow-shaped. Repeat the exercise 3 times for the left and right legs.



## Lower body rocking pose

### Basic effects

This pose enhances blood circulation, thus eliminating physical fatigue. It also massages the back and shoulders and strengthens the thighs and abdominal organs.

**Step 1:** Lie on your back with your legs straight together and your arms naturally placed at your side, palms up. Bend your elbows and place your hands behind your head with your fingers crossed and interlocked. Bend both knees and bring both thighs up as close to the chest as possible.

**Step 2:** Hold the above position and let your body rock from the left side to the right side first.

**Step 3: Shake** again from the right side to the left side. Repeat the shaking 6 to 12 times.



## Body and Leg Combination Pose

### Basic effects

Stimulates the spinal nerves and calms the nervous system, thus achieving the effect of eliminating fatigue. Strengthens the flexibility of the neck, stretches the back muscles, and prevents tinnitus. Relaxes the heart and abdominal organs, promotes digestion, helps eliminate constipation, and relieves pain in the stomach caused by flatulence.

**Step 1:** Lie on your back on the ground with both arms on each side of your body, palms down. Inhale, exert pressure on your palms and abdomen, keep both knees straight, raise your legs, lift them to 90° from the ground and exhale, stretch your legs over the front of your head, drop your feet behind your head and breathe evenly.

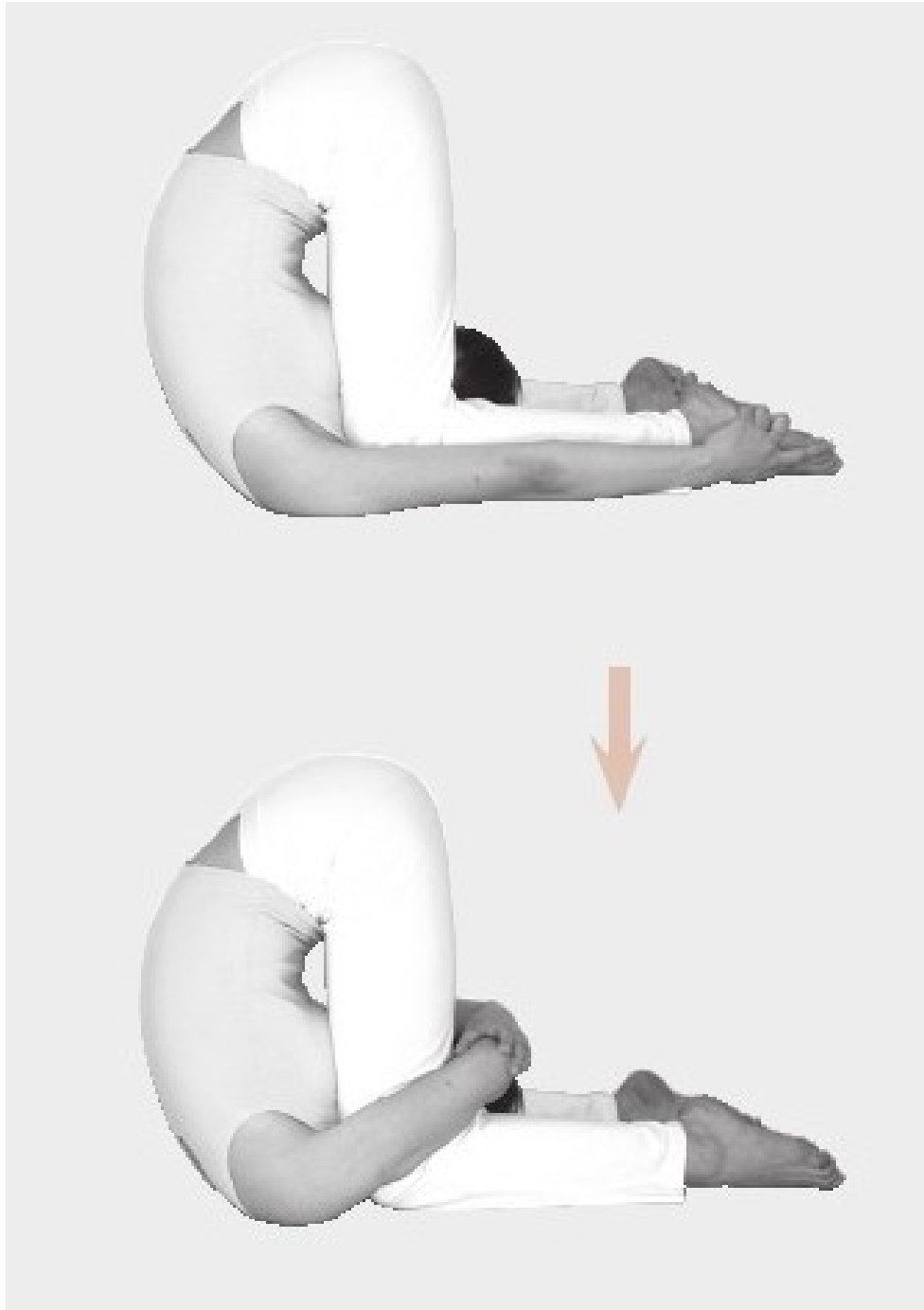
**Step 2:** Spread your feet apart by about one small step, bend the knees of your legs and slowly place each knee next to each ear, with your calves flat on the ground, trying to keep both thighs perpendicular to the ground.

**Step 3:** Keeping the right arm still, wrap the left arm around the inside of the knees of the legs and pull slowly toward the chest.

**Step 4:** Lower your left hand and straighten your left hand towards the back of your head and your right hand towards the back of your head, then grab both feet with both hands and bring both knees closer to your shoulders with a little pressure on both hands.

**Step 5:** Hold both thighs at the knees with overlapping hands and pull both knees toward the shoulders so that the knees are tight against both shoulders, then breathe slowly and deeply. Try to hold this position for 3 to 6 seconds. Then return to the position in step 2, switch to the right arm wrapping around the inside of both knees and repeat the process. Do this 3 to 6 times for each left and right leg.





### **Warm Tips**

- 1. This posture is difficult for beginners and stiff people, must be gradual, in order to practice in place.**
- 2. When exhaling, the breath should be continuous and long.**



**3. Heart disease, high blood pressure, cervical spondylosis patients and female menstruation should not practice this action.**

## Beautiful belly and back

Just solving the problem of back and abdominal obesity can also shape an attractive figure. How to shape an elegant back curve on the basis of ensuring body balance, how to get rid of abdominal fat, stay away from abdominal obesity and maintain the health of the body are the issues that every woman should be concerned about.

## Salute Style

### **Basic effects**

Stretches the nerves in the neck, both shoulders, both arms, both legs and both knees, relieves nerve pain and improves the practitioner's posture and balance.

**Step 1:** Stand, feet apart, the distance between the two feet is slightly greater than shoulder width; then squat down, two knees as far apart as possible to the outside, two elbows push the inside of the two knees, bend the two elbows, palms together.



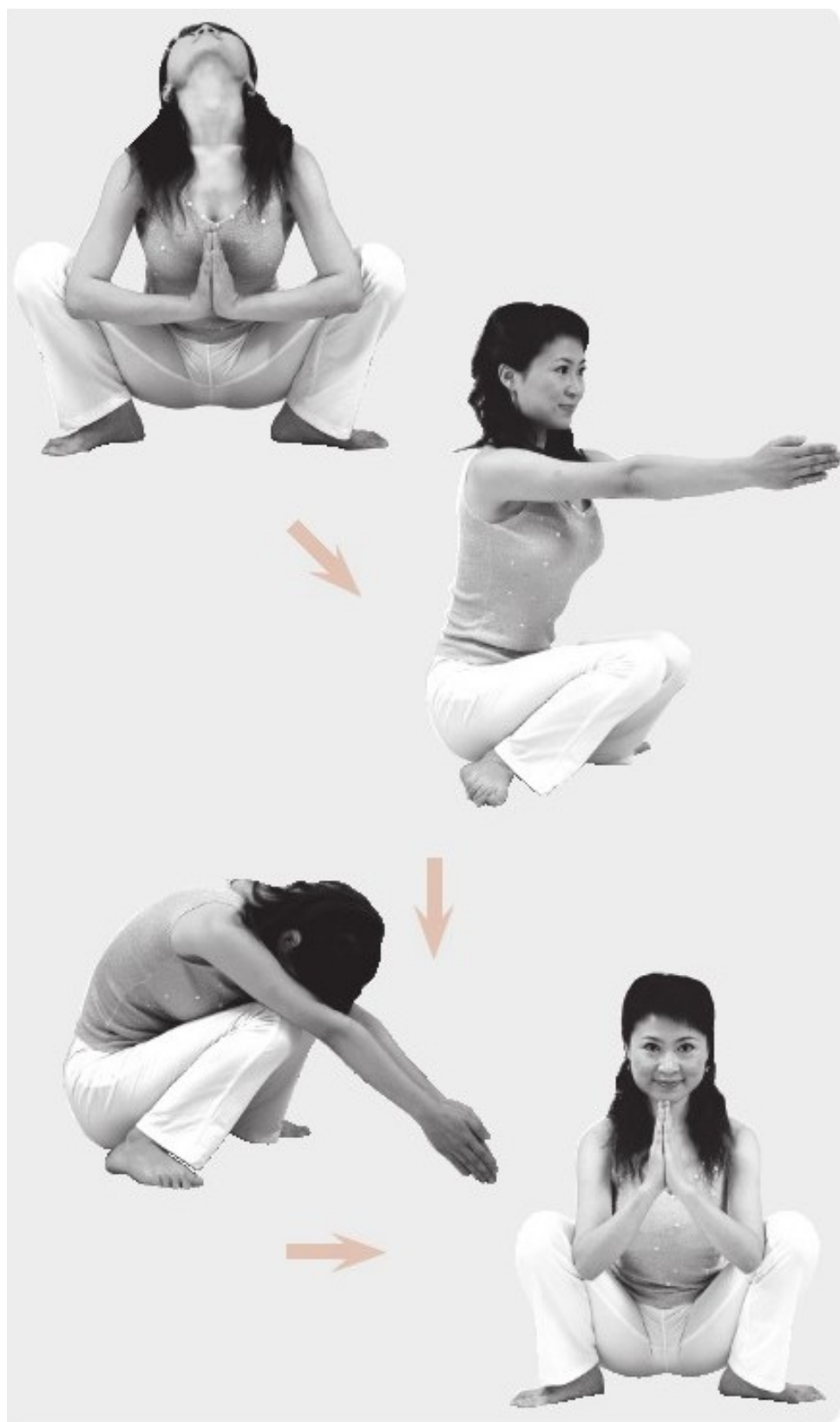
**Step 2:** Inhale, tilt your head back, push both elbows and knees outward at the same time, so that the two small arms are in a straight line and parallel to the ground, with your eyes looking upward. Hold this position for 5-10 seconds.

**Step 3:** Exhale, lift your head forward, head square, eyes level in front; both arms straight ahead and parallel to the ground, both

hands still together; both knees tucked inward as much as possible so that both knees are close together.

**Step 4:** Maintain the step 3 pose with the upper torso bent forward and downward and the palms of the hands about 5 cm from the ground. Hold this pose for 5 to 10 seconds.

**Step 5:** Gradually return to the starting position in reverse order from step 4. Repeat the exercise 6 to 12 times.



## Fish variant

### Basic effects

It is an excellent posture to eliminate tension, relieve stress, help treat hemorrhoids and improve menstrual irregularities. Stretches the neck, adjusts the thyroid, replenishes the pineal gland hormone, and promotes healthy, normal development. Nourishes the spinal nerves, extends and relaxes the shoulder joints. Stimulates the pancreas, promotes digestion and improves constipation. Helps eliminate bronchial spasms and allows for smooth breathing.

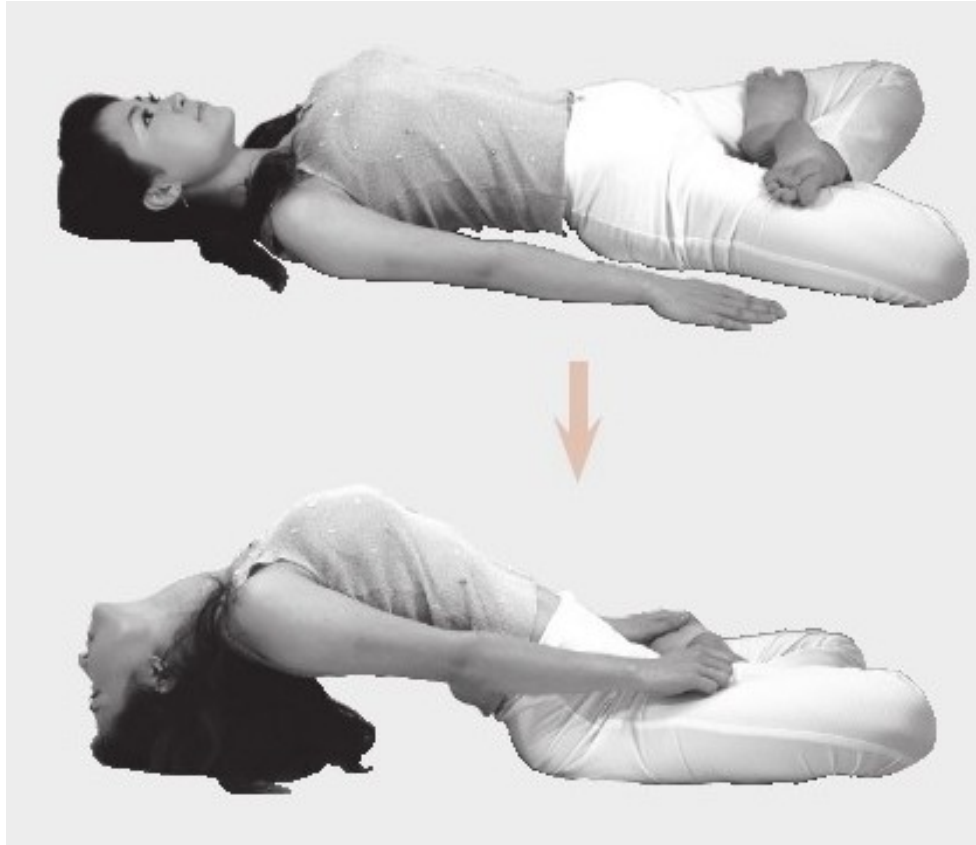
**Step 1: Sit in** lotus position on a cushion and relax your whole body.

**Step 2:** Keep sitting in lotus position, lie backwards, waist and back flat on the ground, eyes up. Place both arms flat on both sides of the body with palms down.

**Step 3:** Inhale, brace your arms on the ground, lift your chest, raise your waist and back, and exhale. The top of the head on the ground, hands grasp the toes of each foot, try to increase the degree of back arch. Hold this posture and breathe 3 to 6 times.







### **Warm Tips**

- 1. Yoga beginners can sit without the lotus position, legs straight ahead, hands palms against the legs.**
- 2. In the process of practice, the action should be uniform and strong, not too fast, otherwise it will not achieve the practice effect.**
- 3. cervical spondylosis and sciatica are not suitable for practicing this posture.**

# Spinal Twist Pose

## Basic effects

Therapeutic effect on neurasthenia caused by psychological stress. Stimulates and excites the entire nervous system, preventing back pain and rheumatism of the lower back. Promotes the natural peristaltic movement of the stomach and intestines, helping to prevent constipation. Helps eliminate muscular rheumatism and minor spinal disc misalignment. Strengthens the kidneys and enhances sexual performance.

**Step 1:** Sit on the mat with your back straight, head squared, and eyes level. Keep your legs together and straight ahead, arms naturally relaxed, hands on your thighs, palms down. Breathe evenly.

**Step 2:** Keep your back straight, bend your right calf inward, press the palm of your right foot against the inside of your left thigh, heel against the perineum, and place the palms of your hands naturally on the knees of each leg.

**Step 3:** Keep your upper body straight, bend your left knee, retract your lower leg, and place the palm of your left foot flat in front of your right toe, with your left toe facing forward. The left arm bends naturally with the bending of the left knee, with the palm of the hand still resting on the knee.

**Step 4:** Lift your left leg and move your left foot to the outside of your right knee, with the palm of your foot on the ground. Both arms hang down naturally, on each side of the body, fingers braced on the ground, palms down, eyes flat in front.

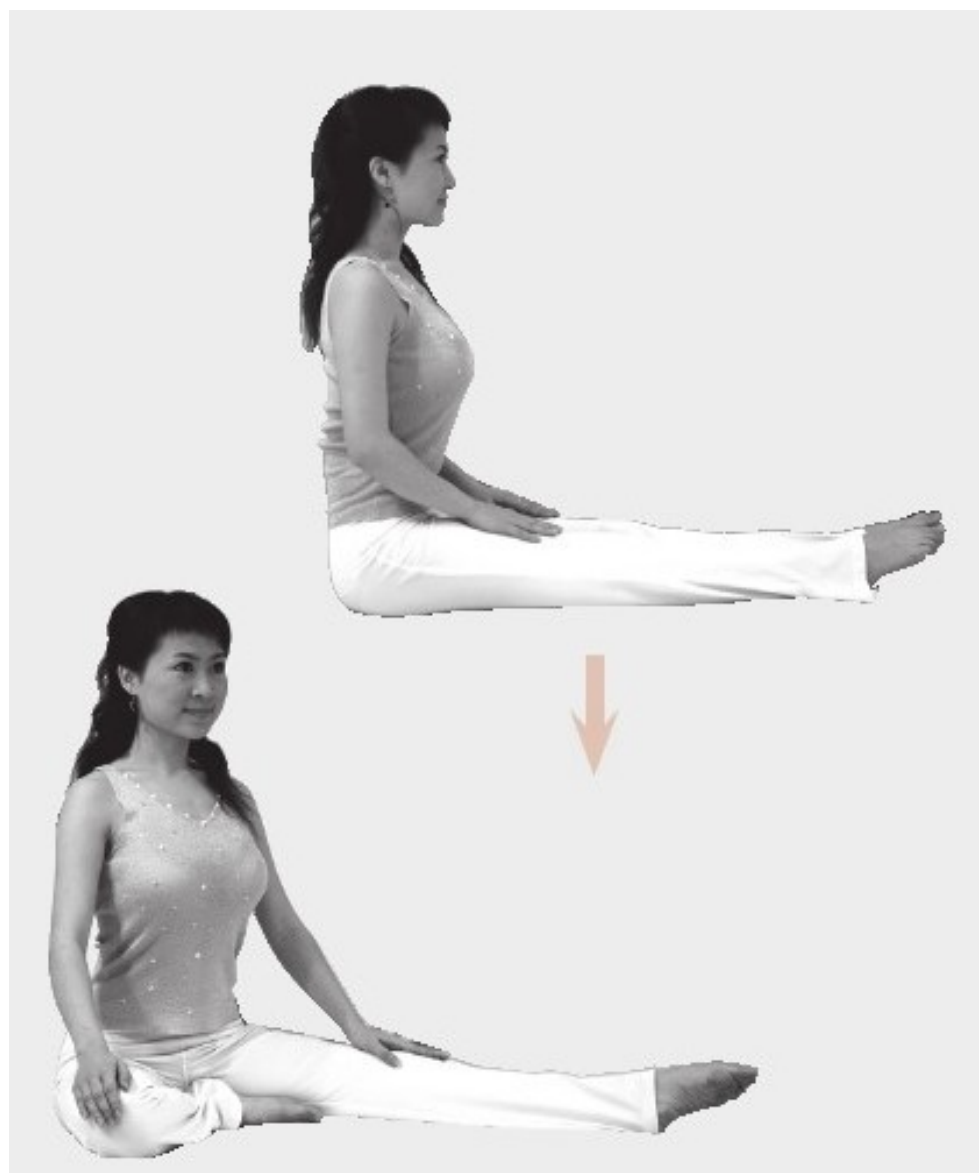
**Step 5:** Extend your left arm as straight as possible, reach your right arm in front of your left foot, grab your left toe or left ankle with your right hand, and hold your elbow against the outside of your left knee.

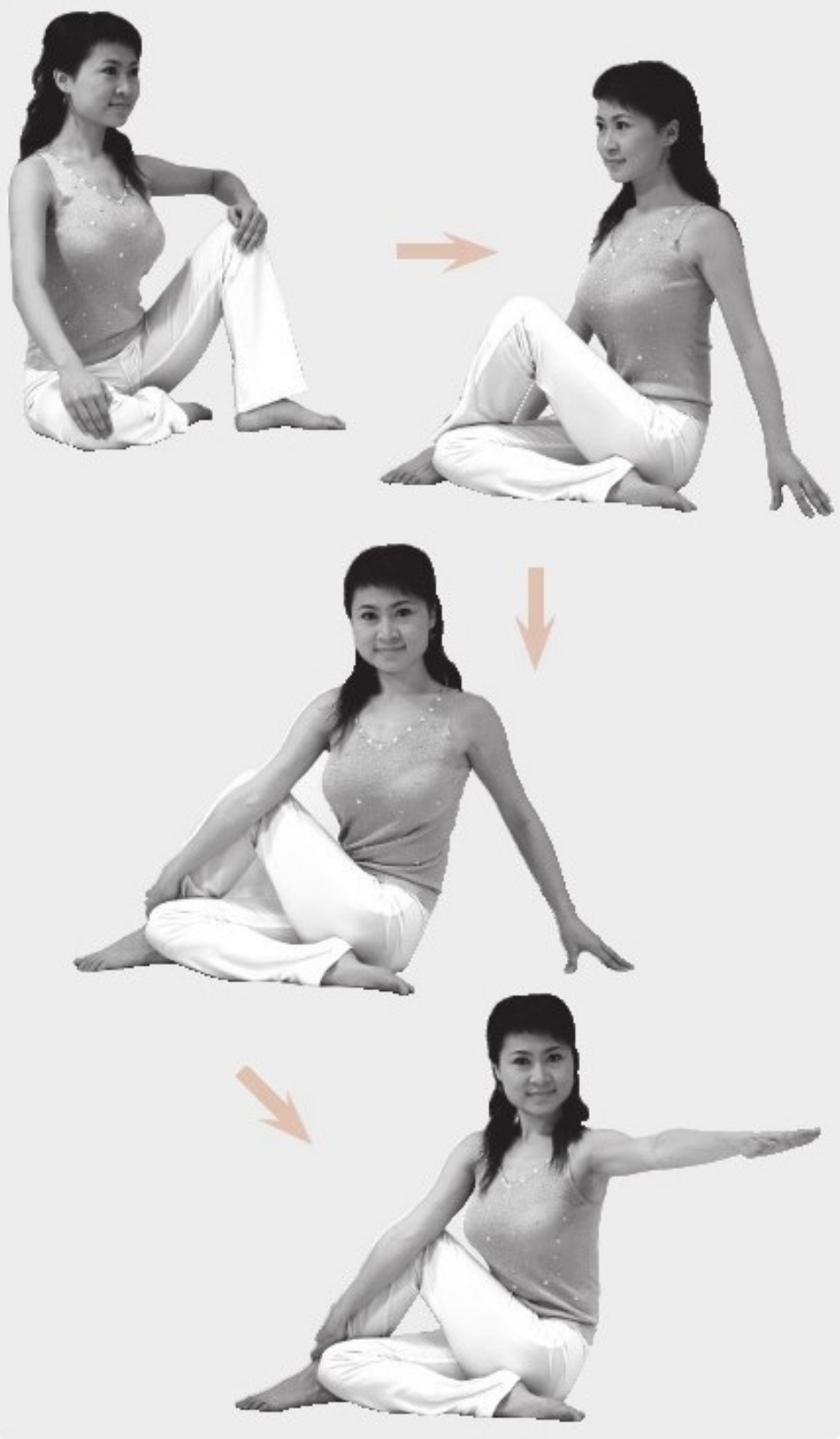
**Step 6:** Slowly raise your left arm flat to the left front, palm down, slightly above your shoulder, and circle back 90°, with your gaze moving with your left arm, flat to the left.

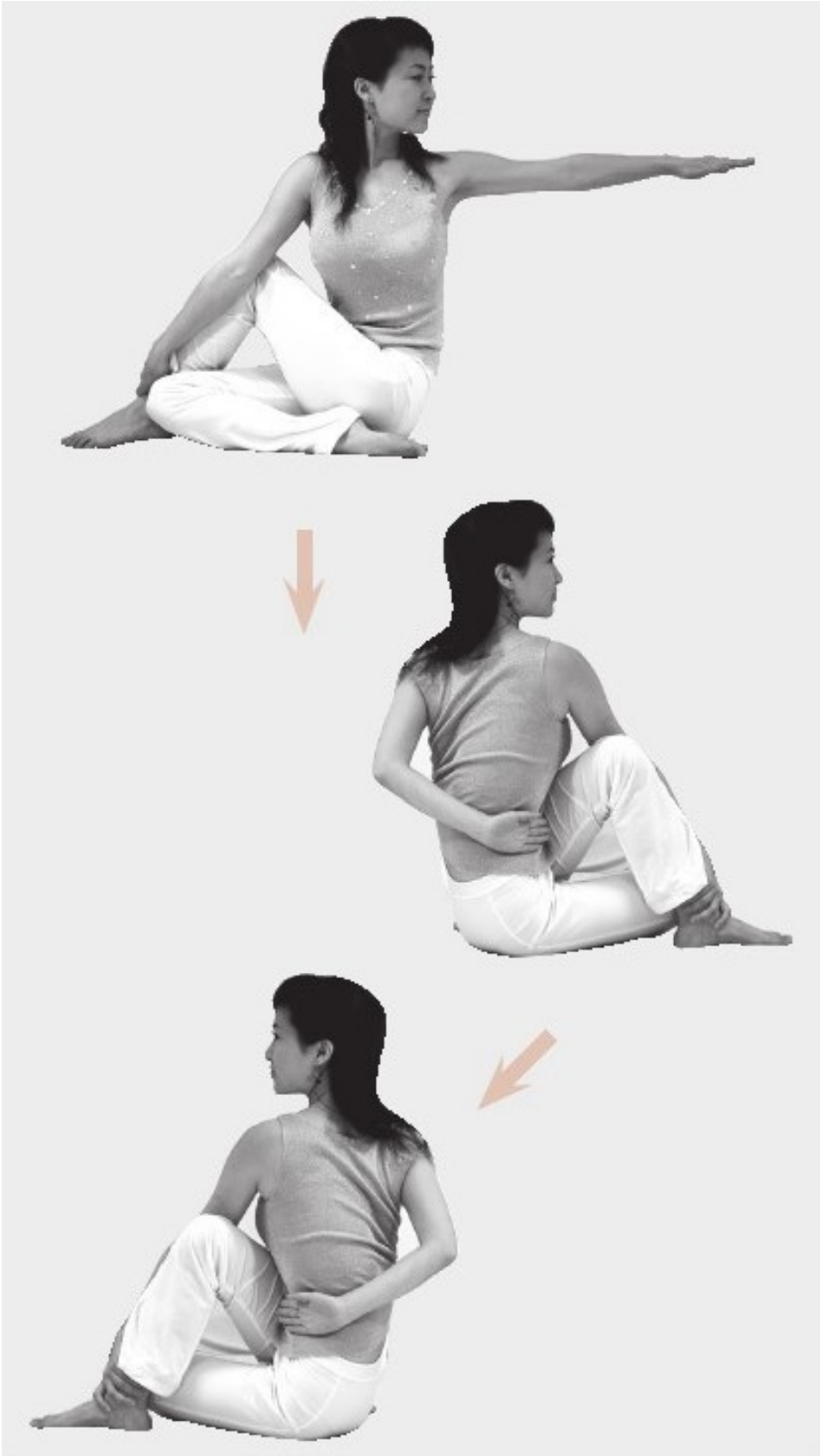
**Step 7:** Continue to slowly rotate your left arm back to the left. At the same time, the head and eyes rotate with the left arm, and the neck, shoulders and spine naturally rotate to the left back.

**Step 8:** When the left arm is turned to the back of the left and feels like it cannot be turned any further, bend the left elbow so that the back of the unfolded left hand is against the right waist and breathe evenly and deeply. Hold this position and breathe 3 to 6 times.

**Step 9:** Inhale and raise your left arm flat, parallel to the floor; exhale and bring your left arm back forward, returning to the position in Step 1. Relax and rest, breathe 1 to 3 times, then repeat this exercise in the opposite direction. Repeat the exercise 1 to 3 times in each of the left and right directions.







## Simplified Spinal Twist Pose

### Basic effects

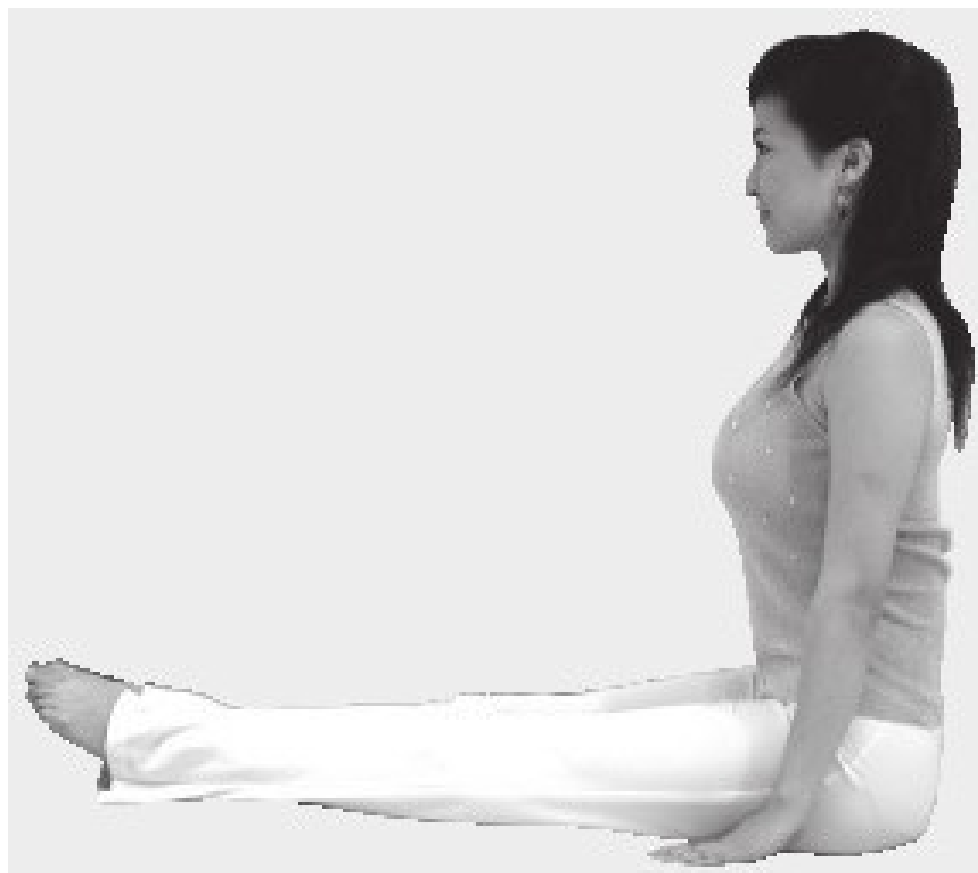
Stretches the spine, soothes spinal nerves, relieves stress in the body, and helps eliminate less severe back pain.

**Step 1:** Sit on the mat with your legs together and straight ahead, with your feet resting against each other; both arms straight at the side of your body, both hands flat on the floor, and your eyes looking straight ahead.

**Step 2:** Keep your legs together and straight, turn your upper body slightly to the left, and place your right hand over your legs and behind your left hand, with the tips of both fingers pointing to the back of your body and your eyes looking at your left hand.

**Step 3:** Keeping both hands in the same position, bend the right knee and place the right foot on the outside of the left knee, with the outside of the right foot against the outside of the left knee and the heel of the foot on the right hand that is flat on the ground, with the eyes looking to the right hand.

**Step 4:** Inhale and turn your head to the left rear, thus twisting your spine and looking to the left rear. Build up your breath without exhaling and hold this position for 3 to 6 seconds. Exhale, turn your torso to return to the original position, and consider a twist completed. Twist 3 to 6 times on each side.







## Bucket type

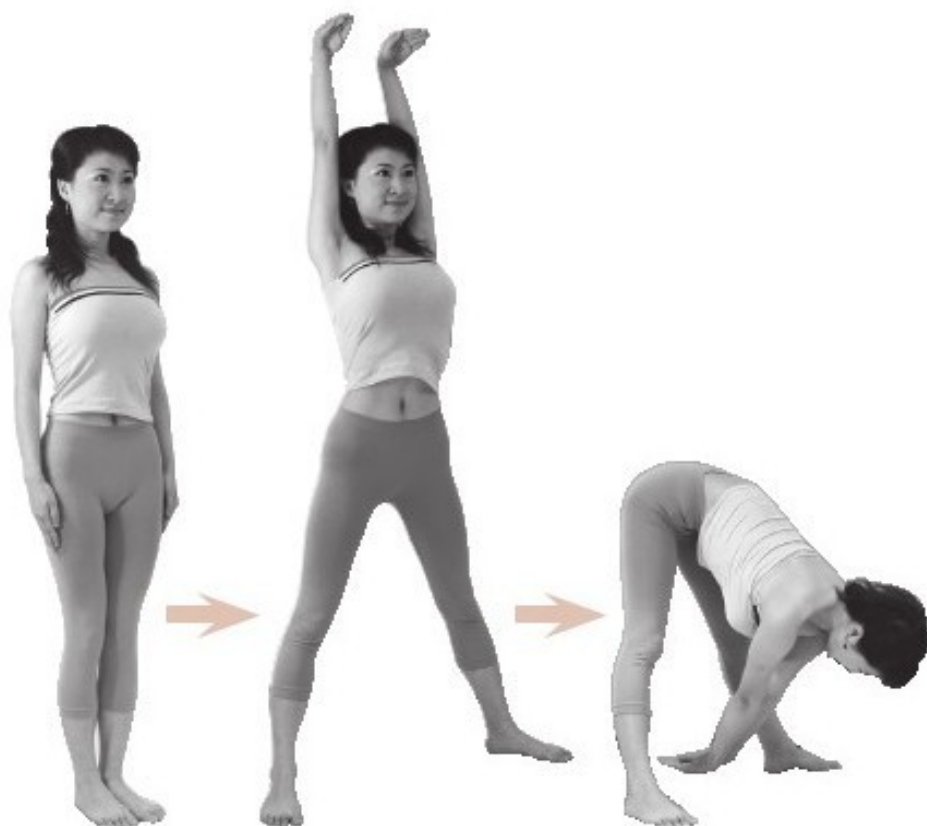
### Basic effects

It clears the mind and eliminates fatigue caused by lack of exercise and poor blood circulation. Stimulates the spinal nerves, nourishes the abdominal organs and increases the amount of blood circulation.

**Step 1:** Take a basic standing posture, relax your whole body, feet together, arms hanging naturally, both hands on the outside of the legs, palms against the thighs.

**Step 2:** Spread your legs apart, slightly wider than shoulder-width apart. Inhale, both arms raised above the head, both elbows straight, five fingers forward and naturally bent together, fingers, palms bent into a shovel-like.

**Step 3:** Exhale, bend over, swing your upper body down along with your arms and head, then swing your head and arms back and forth between your legs like digging in the dirt 6 times, keeping your natural breath. Repeat the exercise, rising and falling 3 times.



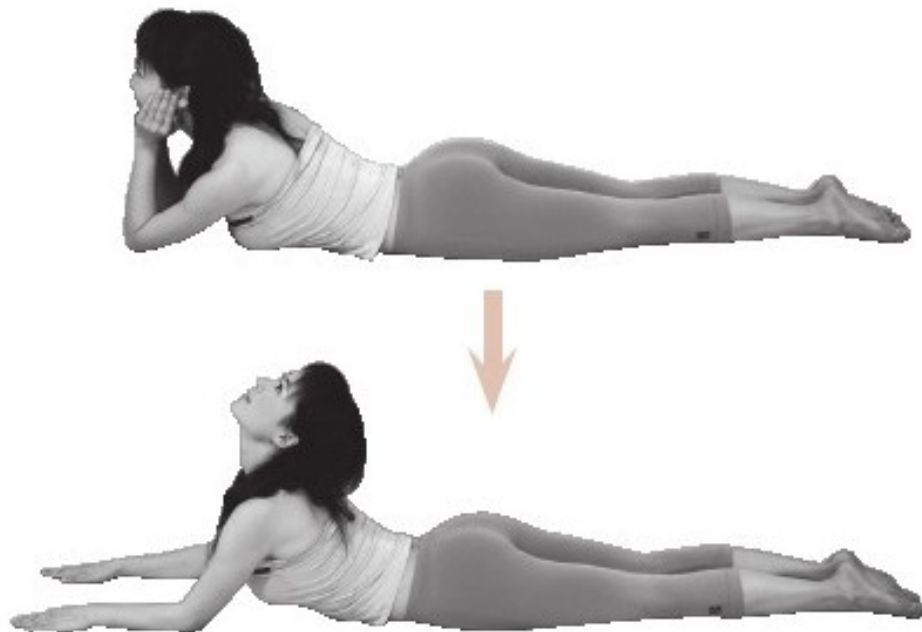
## Alligator type

### Basic effects

Helps to eliminate fatigue, making the mind feel relaxed and refreshed and energized. Good for asthma and other lung diseases. Helps correct spinal joint misalignments and other spinal dysfunctions, enhances blood supply to the spinal region, and nourishes the spinal nerves.

**Step 1:** Lie on your back on the ground with your legs together and slowly lift your chest from the ground with both arms straight and parallel in front of your head, palms down. Bend your hands at the elbows, rest and relax with both palms resting on your chin, breathing smoothly. When relaxing, you should focus on your breathing and hold this position for 15 to 30 breaths.

**Step 2:** Place both hands and small arms flat on the floor, lift your head and chest upward at the same time, breathe smoothly, then close your eyes slightly and relax to rest. Hold this pose for as long as possible. Then return to the starting position and repeat this process 3 to 6 times.



## Swinging

### Basic effects

Helps eliminate fatigue caused by nervous tension. Increases blood circulation, relaxes back muscles, eliminates waste gas in the abdomen, massages and strengthens the hips and buttocks.

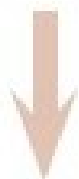
**Step 1:** Lie flat on the mat, relaxed, legs together and straight ahead, arms naturally on the side of the body, palms up.

**Step 2:** Inhale, bend both knees, bend both calves, hold the upper calves with both hands and press the thighs toward the chest.

**Step 3:** Exhale, lift your head and try your best to lift your back upward. Maintain a natural breathing state and let your body sway back and forth with inertia 6 to 12 times.

**Step 4:** When the last swing is finished, sit on the ground with inertia and rest on your hands and knees for a few moments to complete a round. Repeat for 3 to 6 rounds.





## **Warm Tips**

**1. Do not place other hard or sharp objects on the yoga mat to prevent accidental back injury.**

**2. Beginners should pay more attention to their breathing, in the swinging action in step 3, natural and smooth breathing is more likely to make the action sustainable and more effective.**

## Abdominal Leg Lift

### Basic effects

This pose can promote blood circulation in the lower body, improve body function and reduce body fatigue. It eliminates abdominal fat, strengthens the abdominal muscles and waist muscles, and makes the legs beautiful. It also helps to prevent osteoporosis in the elderly.

**Step 1:** Straighten your legs together, straighten your feet, touch the ground with your heels, place your arms naturally on the side of your body, straighten your back and sit on the ground. Lean back, bend your elbows and small arms to the ground, place your hands on the outside of your hips and breathe evenly.

**Step 2:** Inhale, lift both legs off the ground at 30° and exhale. Hold the above position for 10 to 15 seconds.

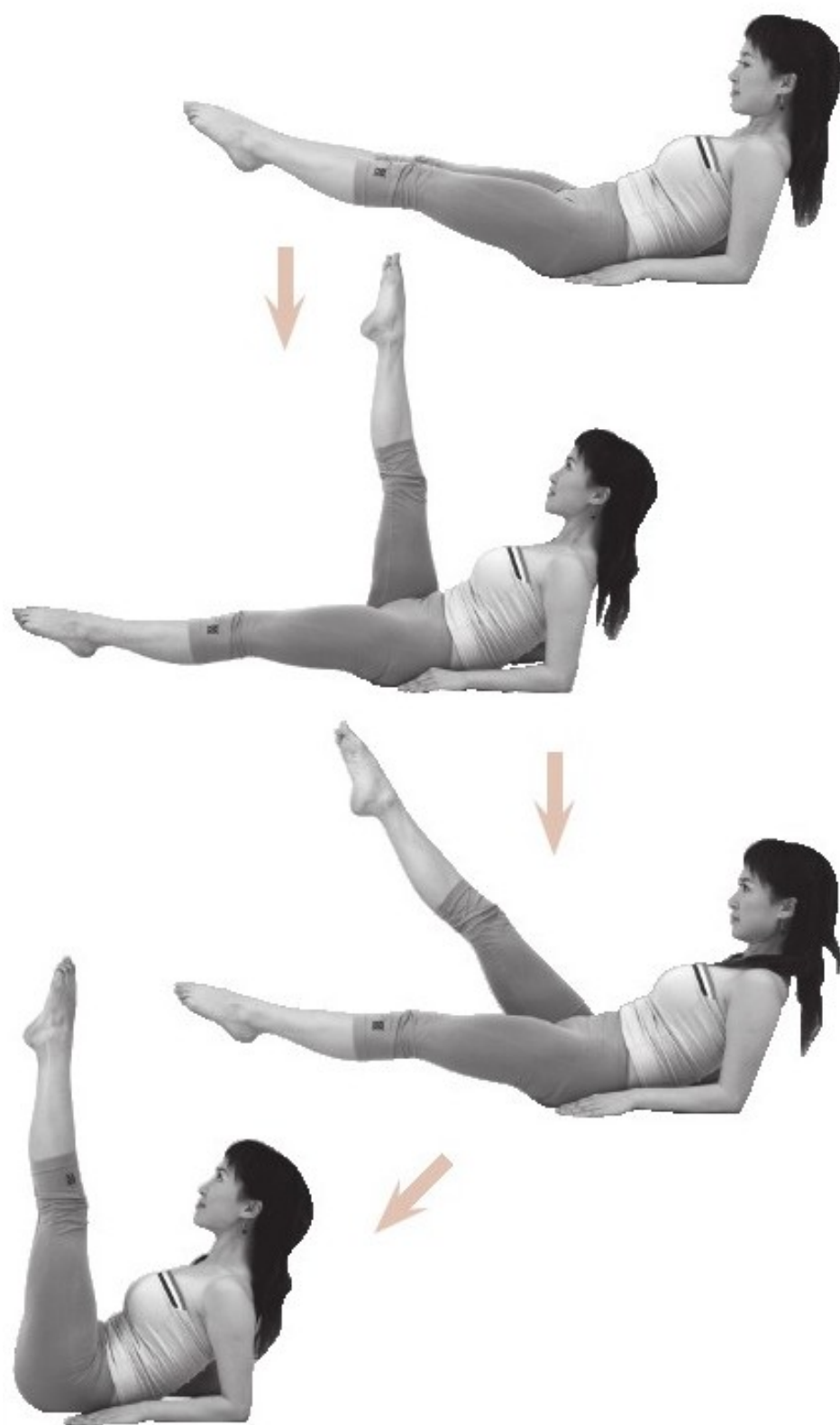
**Step 3:** Inhale, straighten the back of the right foot and raise it perpendicular to the ground, the left foot slightly off the ground about 5 cm, and exhale. Hold the above position for 10 to 15 seconds. Switch to the left leg elevation and repeat the above process.

**Step 4:** Swing your left and right feet up and down alternately, breathing naturally. When you feel your feet getting tired, put your left and right feet on the ground.

**Step 5:** Inhale, straighten your legs together and lift them off the ground, perpendicular to the ground. Swing your feet together without bending them to the left and right. When your abdomen feels a little sore, put your left and right feet on the ground, then lie your body flat, pat your abdomen with both hands, and relax your whole body to rest.







## Single Leg Kneeling Stretch

### Basic effects

This pose is especially beneficial for eliminating physical and mental fatigue caused by long periods of inactivity. It strengthens the abdominal muscles, helps to heal sprained ankles and knees, and also eliminates swelling of the lower legs and corrects conditions such as flat feet and collapsed arches. In addition, it can also massage the abdominal organs.

**Step 1:** Relax your whole body, sit on the mat, legs together, feet straight ahead, elbows naturally bent, palms on your thighs, palms down, eyes flat in front.

**Step 2:** Bend the left knee, place the left foot next to the left hip, with the back of the foot on the ground and the heel and thigh close together; keep the right leg straight, straighten the right foot and right toes as far forward as possible, hold the right foot with both hands forward, with the whole body weight slightly inclined to the bent left leg.

**Step 3:** Lean your body forward again, lift your head to look directly above, and grasp your right foot with both hands.

**Step 4:** Inhale deeply, bring your knees together, exhale, lean your body forward, place your forehead on your right knee, and hold your hands on your toes. Hold this position for 10 to 15 seconds.

**Step 5:** Inhale, release both hands and return to the position in step 1. Switch to the other side and do the same exercise. Do this 3 to 6 times on each of the left and right sides.





## Cobra Variant

### Basic effects

It can eliminate fatigue caused by lack of proper exercise as well as poor blood circulation. Replenishes and enhances the function of the spine and strengthens the elasticity of the spine. Enhances the function of the digestive system. It can make the jaw, neck, throat, chest, abdomen and legs to be exercised and strengthened. Nourishes the reproductive organs and helps regulate menstrual disorders in women and various sexual dysfunctions in women.

**Step 1:** Lie prone on the mat with your legs together, feet facing up, chin touching the floor, and both hands naturally straight, pressed against the outer thighs, palms facing up.

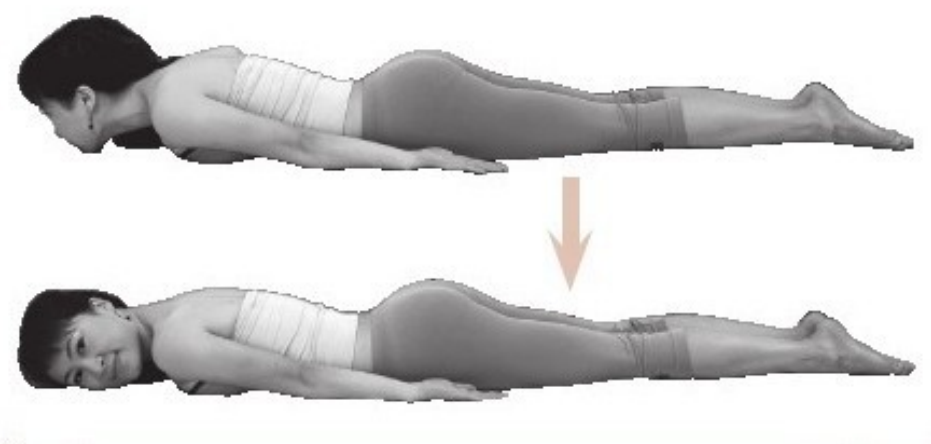
**Step 2:** Keeping the above posture unchanged, turn your head and press your right face to the ground.

**Step 3:** Position your head and raise it slowly, leaning back as far as possible, keeping your legs and arms still and pushing your back hard to lift your shoulders and chest as far back and up as possible.

**Step 4:** Move your hands to your chest, palms down, fingertips facing each other.

**Step 5:** Move your fingers to the front, push your arms up and over your hips, and continue to bend your back backwards with force.

**Step 6:** **With your** arms fully extended, lift your upper body to the maximum, tilt your head back and stretch your neck. Hold this position and breathe for 3 to 6 times. Repeat the exercise 3 times.







## Double Leg Back Stretch

### Basic effects

Rejuvenates quickly, soothes the spirit and fills one with vitality. Helps promote digestion and excretion, treating hemorrhoids and constipation. It improves blood circulation, massages the heart, strengthens the kidneys and reproductive organs, and enhances sexual control. Enhances flexibility of the waist and legs, eliminates excess fat in the waist and legs and waist and leg pains.

**Step 1:** Relax your body, sit on the mat, eyes level in front, waist and back straight, legs together and straight, arms relaxed and placed on both thighs, palms down.

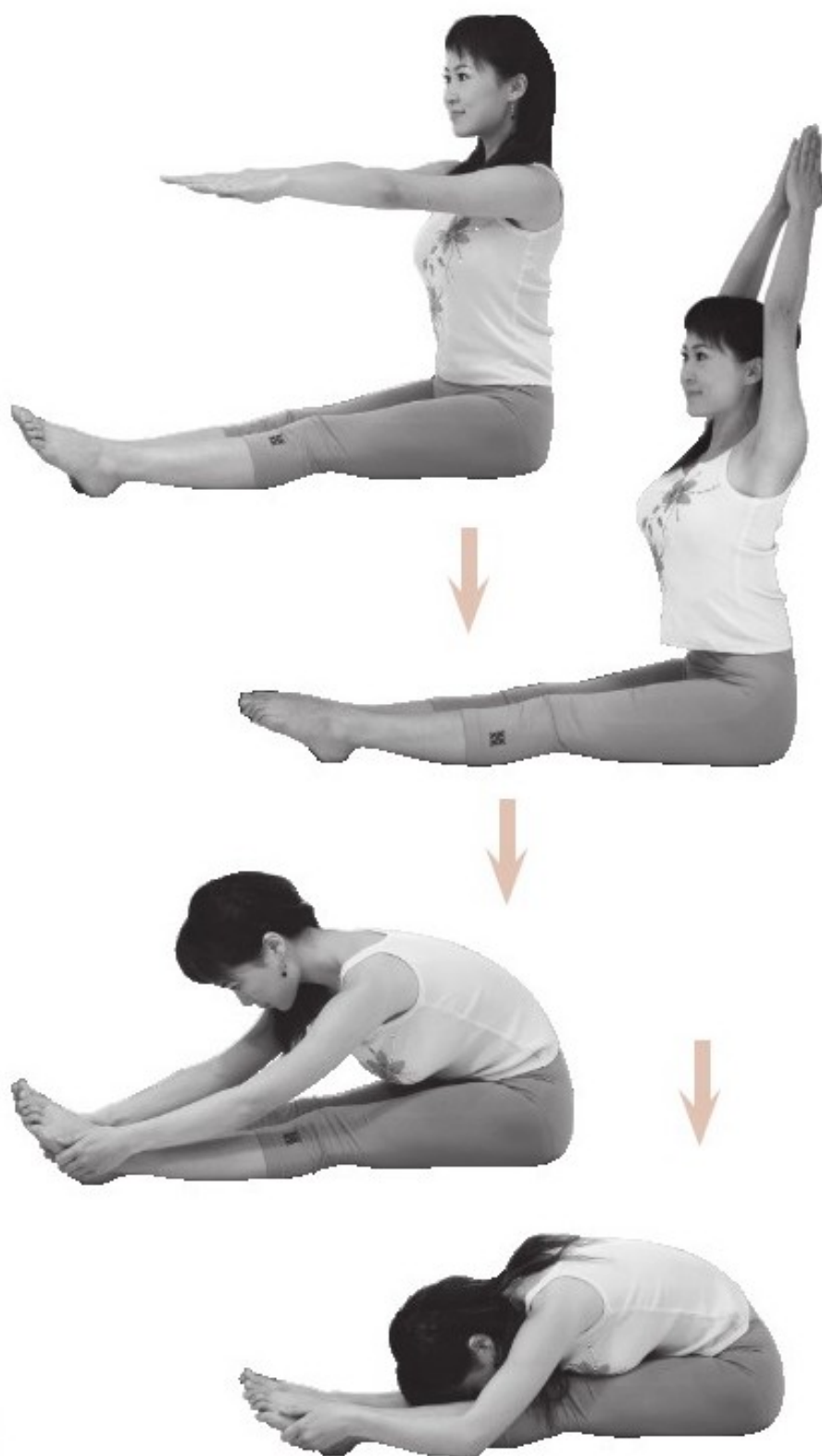
**Step 2:** Extend both arms forward, keeping them parallel to the ground.

**Step 3:** Inhale, straighten your waist and back, raise your arms above your head and fold your hands together to fully extend your spine.

**Step 4:** Exhale, lower your arms, grab your left and right feet with your left and right hands respectively, and inhale. Note that the spine should be kept as straight as possible when doing this action.

**Step 5:** Exhale, bend your elbows and try to bend both elbows outward and downward. Lean your upper body toward your legs, straighten your neck, hang your head, and slowly lower and move your upper body closer to your legs with the movement of both elbows. Breathe deeply, and with each exhalation, the upper body and arms continue downward until the face and chest and abdomen are pressed into the legs. Inhale, lift the upper body; exhale, withdraw the hands on the thighs, return to the starting position, relax and rest, and breathe 1 to 3 times. Repeat this pose 1 to 3 times.





## Scorpion Pose

### Basic effects

It makes the nervous system more stable, has a calming and calming effect on mood swings, eliminates physical and mental stress caused by nervous tension, and helps to correct the secretion disorders of the body's major glands. Relaxes the spine, replenishes and strengthens the spinal nerves. It makes fresh blood flow into the head and nourishes the brain and cerebellum, making people look rosy and energetic, and has the effect of beauty and hair loss prevention.

**Step 1:** Sit with your legs together, kneel on the ground, sit with your hips on both heels, eyes flat in front of you, both arms hanging naturally, both hands lightly on your thighs.

**Step 2:** Bend your arms in front of your chest and hold each other at the elbow, with both palms resting on the elbow joint.

**Step 3:** Bend forward, head slightly elevated, small arms open forward, hands crossed fingers interlocked, palms inward, elbows apart, hands and two small arms placed on the ground, supported on the ground.

**Step 4:** Lift your hips, head on the ground, back of your head firmly inside the interlocked palms, contract your abdominal muscles, push your hips back and stretch your spine. Breathe 1 to 3 times.

**Step 5:** Keeping your elbows and head propped on the ground, extend both knees, slowly straighten both legs, brace your toes on the ground, and lift your hips up to the highest point.

**Step 6:** With gentle pressure on your toes, push your hips directly above your head with your spine straight and perpendicular to the floor. Move both feet in small steps towards your chest, keeping your thighs close to your chest. Keeping your body balanced, slowly bend your knees and lift your feet off the ground, gradually lifting them up and bending your knees upside down. Do not lift your legs with too much force to avoid falling backwards.

**Step 7:** Open your knees, slowly stretch your legs upward, gradually straighten your legs so that your whole body is completely perpendicular to the ground, and breathe gently for 1 to 3 times.

**Step 8:** Continue to lean your legs down toward your head, so that your back is concave, followed by slowly releasing your hands and placing them in an "eight" shape in front of your face. The palms are flat on the ground, the two lower legs hang slightly behind the back, and the head is raised to maintain the balance of the body.

**Step 9:** Return to the inverted position, then slowly bend your knees and tuck your legs in. Place both legs on the ground.

**Step 10: Make** fists with both hands and place them overlapping on the floor, rest your forehead on the fists' eyes and take 6 to 10 deep breaths.









## Locust Style

### Basic effects

It can relieve bad moods such as tension, anxiety and depression and eliminate insomnia symptoms. Increases blood supply to the spinal region and nourishes the spinal nerves. Helps treat constipation, urinary pain and irregular menstruation. Strengthens the lower back and lumbar muscle groups and enhances lumbar flexibility.

**Step 1:** Lie on your back and place your chin on the floor to support your head, feet together, arms to your side and extend backwards naturally, palms up.

**Step 2:** Bring your legs together, lift your hips slightly, place your hands under your thighs, keep your chin position unchanged and breathe naturally and evenly.

**Step 3:** Push your waist, back and legs together, touch your chin to the ground but don't push too hard, lift your legs upwards as high as possible, while holding your thighs with both hands to balance them. Hold this state for 3 seconds.

**Step 4:** Slowly lower your legs and adjust your breathing. Raise your chin, then contract your lower back and back muscles hard to pull your upper body up. With your hands interlocked behind your back, stretch your arms back as far as you can to help lift your upper body.

**Step 5:** Keeping your head, upper body and arms in the same position, raise your legs again and make them as high as possible, keeping the neck, shoulders, arms, back and lumbar muscles tense, and hold the position as long as possible. Slowly flatten your body, return to the starting position, relax and adjust your breathing.



**Warm Tips**

**Beginners in the practice can reduce some difficulty, the height of the hands and feet can be slightly lower.**

## Extended spinal extension variation

### Basic effects

Helps to relieve depression, anxiety, frustration and agitation, clearing the mind and allowing for smooth breathing, thus eliminating fatigue. Fully stretches the spine so that the spinal nerves are replenished and strengthened. Strengthens both kidneys and other abdominal organs and enhances sexual function. Reduces pain in the lower abdomen and pelvic area of women during menstruation. Enhances blood circulation, strengthens the brain and nourishes the face.

**Step 1:** Take a basic standing position, feet together, five fingers together, both hands placed vertically on both sides of the thighs, palms against the thighs.

**Step 2:** Keep both legs upright without bending, bend over so that the upper body hangs down, first put the fingers of both hands on the ground next to both feet, then palms on the ground, eyes on the legs.



**Step 3:** Inhale, stretch your spine, lift your head upward, with both hips slightly forward and both legs as vertical as possible to the ground.

**Step 4:** Exhale and move your head down with your neck until your face is pressed against your legs, while bending both elbows slightly and breathing deeply. Hold this position and breathe gently for 3 to 6 times.

### **Warm Tips**

**Those who are not soft enough or physically uncomfortable at the waist do not have to force their faces to the legs when doing the movements in step 4, and can progress gradually.**

