

Some YOGA movements are at a basic level that anyone can do

Can you believe that these basic movements revolve around animals close to us in nature, everyday life like dogs, snakes, pigeons ... even like children?

It can be said that in today's developed society, YOGA is becoming more and more familiar and close to many people, especially our office people - who have little time to mobilize due to their particular characteristics. Before going deeper into this sport, we should have an overview of YOGA.

1. What is YOGA?

Certainly one thing we hear from YOGA is a lot, everywhere, mass media, advertising, media . but what is the nature of YOGA is not sure we all know. According to history books, YOGA is a method of body training (combining spirit and body), originating from India, and this method requires a strict, methodical and focused exercise regime. high. Other information you can search for, because it has a lot on the Internet today.

2. Basic YOGA postures and movements:

Wait, before you start working, what do you need? It is YOGA practice mats, people can refer to some samples of best selling yoga mats at META online supermarket:

Posture 01: Mountain - Standing of the mountain:

1. Stand up straight with 2 legs, loosen both shoulders, body weight will spread evenly through 2 feet, 2 hands on both sides.
2. Take a deep breath, slowly raise your hand, palms facing each other, and create your body into a straight line from under your feet to your fingertips.



Posture 02: Downward Dog - Dog bowed:

1. True to the name, the dog bowed. Try to imagine how the dog bowed his head like that, I did it, two hands with two hands touching the ground (or training mat), hands lower than the shoulders, knees lower than the hips (of course!)
2. Slowly push down your toes, then push your hips upwards, turning your body into an inverted V shape, gradually expanding your shoulders. At the same time, 2 legs spread wide with hips, then the knees gradually fell.
3. Hold that position for 3 breaths.



Posture 03: Warrior - Warrior:

1. Standing in the style of two feet about 1 meter apart, the right foot is facing forward, while the left foot is 90 degrees toward the right.
2. Place your hands on your hips, relax your shoulders, then lift your arms up to your shoulders, and your palms face down.
3. Bend your right knee into a 90-degree angle, so that the knee is aligned with the ankle, looking at your right hand, hold it in place for 1 minute.
4. Switch to the other side and repeat.



Position 04: Tree - Tree shape:

1. Stand up straight, two hands straight on your hips.
2. Pulling up the right leg and touching the left thigh, the weight of the body will be put on the left leg, the hip is straight forward.
3. When keeping balance, gradually lift your hands off your head, like a prayer posture. The palms facing each other, can touch 2 palms together or keep the distance, so that the arms are straight.
4. Hold the position for 30 seconds, then switch sides and repeat.



Posture 05: Bridge - Bridge:

1. Loosen, stretch the chest, thighs and spine bones.
2. Lying on the floor, practice mats, putting 2 hands on both sides, palms face down on the floor. Then, gently exhale, press the foot on the floor, gradually raise the hips up.
3. Keep your arms on the floor, try to lift your hips up until your thighs are parallel to the floor, sticking your chest up to your chin. Hold that position for 1 minute.
4. For this position to be easier, you should place a small pillow or cloth on the coccyx.



06: Triangle - Triangle:

1. It is easy to imagine, stretching 2 arms on both sides, then tilting people to the left.
2. Stand so that two feet are about 80 - 90 cm apart, the right foot forms a 90 degree angle, while the left foot tries to form a 45 degree angle.
3. Now to this difficult part, the left hand gradually pulls down until it touches the floor, or touches the left leg, remember to straighten the toes.
4. Look up at the ceiling, follow the right hand direction and maintain that position for 5 breaths.
5. Stand straight up, switch sides and continue practicing.



Posture 07: Seated Twist - Sitting around:

1. Straighten 2 shoulders, hips and back.
2. Let's start, sit on the floor or carpet, 2 legs straighten.
3. Cross your right leg over your left thigh, and of course, your left knee must also bend, facing up to the ceiling.
4. Try to twist your body to the right, as much as possible, move your abdominal muscles, and don't forget to fix your buttocks. Maintain this position for about 1 minute.
5. Switch sides and repeat movements.
6. Note that to practice this movement easily, put your left leg straight on the floor, placing both hands on your right thigh.



08 posture: Cobra - Cobra:

1. Since our bodies are not as flexible as snakes, we can only do this: lie on your stomach, face down with your hands, floor mats, stretch your legs, and put your foot on the floor.
2. This part is difficult: stretch the buttocks and push the hips downwards (feeling like you are twisting your buttocks).
3. 2 shoulders back down, away from the ears.
4. Slowly push the hand from the thumb to the floor, gradually lift up the chest (like a snake's posture upwards).
5. Then slowly loosen two shoulders, repeat the movement.



Posture 09: Pigeon - Pigeon:

This exercise mainly helps us to get firm, strong and beautiful buttocks

1. Start with the same posture as when you inhale, push against, your palms are placed upside down, straight below your shoulders.
2. Lowering your forearm, start gradually pulling your right leg up so that your big toe and instep touch the floor.
3. Raise the chest gradually, eyes looking down.
4. If your body belongs to the supple type, try to push the chest down to the floor, and stretch your arms forward.
5. Curve the knee down to the floor, then release it. Repeat 5 times, then switch sides and continue.



Position 10: Crow - Crow-shaped:

1. Doing the same thing as the dog's bowed posture, and trying to move until the knee touches the forearm (seems quite difficult).
2. Curve up 2 elbows, lift up your heel, rest your knees on the outside of your forearm.
3. Hold with the toes on the floor, gradually stretch the abdominal muscles, 2 legs gradually press into the forearm, Maintain that position with 5 - 10 breaths.



Position 11: Child - Child:

1. Try to sit comfortably on two soles.
2. Pulling the body forward, the forehead touches the floor.
3. Lower the chest to near the knee (so as to ensure comfort), stretch your arms forward.
4. Hold that position and breathe evenly



Above are some basic postures of YOGA - training methods to improve health, combining body and mind, very good for those who want to improve fitness, physique but have few conditions, Campaign time. ***Good luck!***

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