

Mid Wales Yoga Handout

Yoga Classes • 01982 552515 • First class is free • www.georgewatts.org
Yoga classes on Mondays 7PM @ Powys Dance Centre, LLandrindod Wells
Yoga classes on Thursdays 7PM @ LLanfrynach Village Hall, Nr Brecon

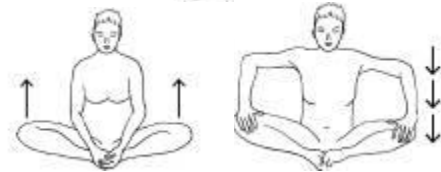
Ardha Titali Asana (Half Butterfly)

Excellent practice for loosening of hip and knee joints



Poorna Titali Asana (Full Butterfly)

Tension from inner thigh muscles is relieved. Removes tiredness from legs.



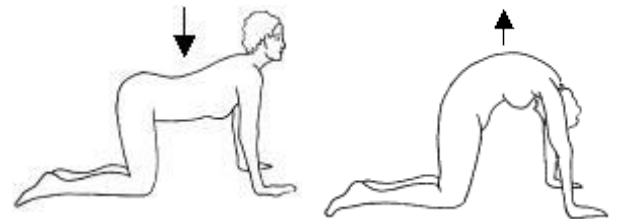
Supta Udarakarshan Asana (Sleeping Abdominal Stretch Pose)

Removes constipation, improves digestion. Relieves stiffness and strain of spine caused by prolonged sitting.



Marjari Asana (Cat Stretch Pose)

Improves flexibility of the neck, shoulders and spine.



Tadasan (Palm Tree Pose)

Helps develop physical and mental balance. Entire spine is stretched and loosened, helping to clear congestion of the spinal nerves. Also stretches rectos abdominal muscles keeping them nerves toned.



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Utthanasan (Squat and Rise Pose)

Strengthens muscles of middle back, uterus, thighs and ankles.



Kandharasan (Shoulder Pose)



Realigns the spine and relieves backache. It massages and stretches the colon and abdominal organs, improving digestion.

Matsya Kridasan (Flapping Fish Pose)



Stimulates digestion and removes constipation. Relaxes nerves of the legs. This posture is ideal for relaxing and sleeping. Also redistributes excess weight around waistline.

Meru Akarshanasan (Spinal Bending pose)



Relaxes the hamstring, inner thigh and abdominal muscles and stretches the muscles of the sides of the body rendering them stronger and flexible.