

FREE YOGA
— CHALLENGE —



H A B U I L D

HABUILD YOGA

H A N D B O O K



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INTRODUCTION

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Great health is the culmination of tiny good habits.

Our sessions are beginner friendly, with easy-to-do asanas and exercises.

Meditation sessions are conducted during the weekend.

It's not about being perfect, but staying consistent with your daily practice

The best part is, you can do it anywhere.



Surya Namaskar

Surya Namaskar, or Sun Salutation, is a series of yoga poses done in a sequence. It's like a flow that stretches and moves your body while you breathe in a certain way. People do it to feel energized and flexible. It's a way to say thank you to the sun for its energy and warmth. Doing Surya Namaskar regularly helps you feel balanced, strong, and calm.



Namaste

How to Perform:

1. Stand with your feet together and hands at your heart center in a prayer position.
2. Close your eyes and take a moment to center yourself and express gratitude.

Benefits:

- Promotes a sense of peace and mindfulness.
- Allows for a moment of reflection and connection.
- Can be a gesture of respect and greeting in yoga practice.



Hands Up (Hasta Uttanasana)

How to Perform:

- Start in prayer pose, inhale and raise your arms overhead.
- Stretch your body upward & gently push your waist forward.

Benefits:

- Stretches the spine and abdominal muscles.
- Improves posture and lung capacity.
- Energizes the body.



Hands Down (Hasta Padasana)

How to Perform:

1. From Hands Up, exhale and bend at your hips.
2. Bring your hands to the floor or reach for your feet, slight bend in the knee is ok.

Benefits:

- Stretches the hamstrings and calf muscles.
- Calms the mind and reduces stress.
- Improves digestion.



Equestrian Pose (Ashwa Sanchalanasana)

How to Perform:

1. From Hands Down, step your right foot back into a lunge position.
2. Keep your left knee bent at a 90-degree angle and your hands on the mat.

Benefits:

- Strengthens the legs and core.
- Improves balance and focus.
- Stretches the hip flexors.



Plank Pose (Dandasana)

How to Perform:

1. Keep your body in a straight line from head to heels.
2. Engage your core and hold the pose.

Benefits:

- Strengthens the core, arms, and shoulders.
- Improves posture and stability.
- Prepares the body for more advanced poses.



Eight-Limbed Salutation (Ashtanga Namaskar)

How to Perform:

1. This pose involves lowering your body to the ground with eight points of contact: your hands, chest, chin, knees, and toes.
2. It's a part of the Sun Salutation sequence.

Benefits:

- Builds upper body strength.
- Enhances body awareness and control.
- Helps prepare the body for more advanced poses.



Cobra Pose (Bhujangasana)

How to Perform:

1. Lie on your stomach with your hands under your shoulders.
2. Inhale, lift your chest and head up.

Benefits:

- Strengthens the back and spine.
- Improves posture and flexibility.
- Relieves mild backaches.



Downward-Facing Dog Pose (Adho Mukha Svanasana)

How to Perform:

1. Lift your hips upward, forming an inverted V shape.
2. Press your palms into the mat and lengthen your spine.
3. Press your heels into the mat as much as possible.

Benefits:

- Stretches the entire body, including the hamstrings, calves, and shoulders.
- Strengthens the arms and legs.
- Calms the mind and reduces stress.



Locust Pose (Shalabh Asana)

How to Perform:

1. Lie face down on your yoga mat with your fists under your groin.
2. Lift your legs up together & neck relaxed.

Benefits:

- Strengthens the lower back, buttocks, and legs.
- Improves posture and flexibility of the spine.
- Alleviates stress and mild sciatica.



Superman Pose (Viparit Shalabhasana)

How to Perform:

1. Lie face down on your yoga mat & keep your hands stretched forward.
2. Inhale and lift both your legs, chest, and arms up.

Benefits:

- Strengthens the muscles of the lower back, buttocks, and legs.
- Tones the abdominal organs and improves digestion.
- Enhances blood circulation and relieves stress.



Bow Pose (Dhanurasana)

How to Perform:

1. Lie on your stomach with your arms alongside your body.
2. Bend your knees and reach back to grasp your ankles.
3. Inhale, lift your chest, thighs, and shins off the mat while pulling your ankles.

Benefits:

- Stretches the entire front of the body, including the abdomen.
- Strengthens the back muscles.
- Improves posture and stimulates the digestive organs.



Crocodile Pose (Makarasana)

How to Perform:

1. Lie face down on your mat.
2. One of your legs closer to the chest.

Benefits:

- Relieves stress and promotes deep relaxation.
- Helps alleviate lower back pain.
- A restful pose for meditation and breathing exercises.



Boat Pose (Navkasana)

How to Perform:

1. Sit on your mat with your legs extended in front of you.
2. Lean back slightly and lift your legs off the ground while balancing on your sitting bones.
3. Extend your arms parallel to the ground.

Benefits:

- Strengthens the core muscles.
- Improves balance and posture.
- Stimulates the abdominal organs.



Raised Legs Pose (Uttan Padasana)

How to Perform:

1. Lie flat on your back with your arms under your glutes.
2. Raise both legs off the mat, keeping them straight.

Benefits:

- Strengthens the abdominal muscles.
- Improves digestion and helps alleviate constipation.
- Tones the leg muscles.



Half Plow Pose (Ardha Halasan)

How to Perform:

1. Lie flat on your back with your arms alongside your body.
2. Lift your legs off the mat, and raise them overhead.
3. Support your lower back with your hands.

Benefits:

- Stretches the spine and hamstrings.
- Calms the mind and reduces stress.
- Aids in improving digestion.



Happy Baby Pose

How to Perform:

1. Lie on your back and bend your knees into your chest.
2. Grab the outside edges of your feet with your hands.
3. Gently pull your knees toward the floor, opening them wider than your torso.



Benefits:

- Relieves lower back tension.
- Stretches the groin and inner thighs.
- Promotes a sense of relaxation and ease.



Butterfly Pose (Baddha Konasana)

How to Perform:

1. Sit on your mat with your legs extended.
2. Bend your knees and bring the soles of your feet together.
3. Hold your feet with your hands and gently press your knees toward the floor.

Benefits:

- Opens the hips and groins.
- Stimulates the abdominal organs and improves digestion.
- Can help relieve menstrual discomfort.



Wind-Relieving Pose (Pawanmuktasana)



How to Perform:

1. Lie flat on your back with legs together.
2. Lift legs, bending at knees.
3. Grasp below knees with hands.
4. Pull knees to head, lifting head to touch knees.
5. Hold briefly, breathing evenly.
6. Slowly straighten legs and lower head.

Benefits:

- Aids in relieving gas and bloating.
- Massages the abdominal organs.
- Helps improve digestion.



Bridge Pose (Setu Bandhasana)

How to Perform:

1. Lie flat on your back with your knees bent and feet hip-width apart.
2. Place your arms alongside your body, palms facing down.
3. Press through your feet and lift your hips off the mat keeping the shoulders down.

Benefits:

- Strengthens the back, glutes, and legs.
- Stretches the chest, neck, and spine.
- Improves posture and reduces backaches.



Reclining Pigeon Pose (Supta Kapotasana)



How to Perform:

1. Lie on your back with your knees bent and feet flat on the mat.
2. Cross your right ankle over your left knee, creating a figure-4 shape.
3. Interlace your fingers behind your left thigh and draw it towards your chest.

Benefits:

- Stretches the hips and glutes.
- Relieves tension in the lower back.
- Can help alleviate sciatica pain.



Lord of the Dance Pose (Natarajasana)

How to Perform:

1. Lie on your back & keep your right foot on your left knee.
2. Extend your hands 90 degrees to the body.
3. Look to the right & take your right knee to the left side.

Benefits:

- Improves balance and concentration.
- Stretches the shoulders, chest, thighs, and groin.
- Strengthens the ankles and legs.



Half Lord of the Fish Pose (Ardha Matsyendrasana / Vakrasana)

How to Perform:

1. Sit with your legs extended.
2. Bend your right knee and place your right foot outside your left thigh.
3. Bring your left foot beside your right hip.
4. Inhale, lift your left arm, and twist to the right.
5. Hook your left elbow outside your right knee.

Benefits:

- Increases spinal flexibility.
- Massages abdominal organs, aiding digestion.
- Relieves backaches and sciatica.



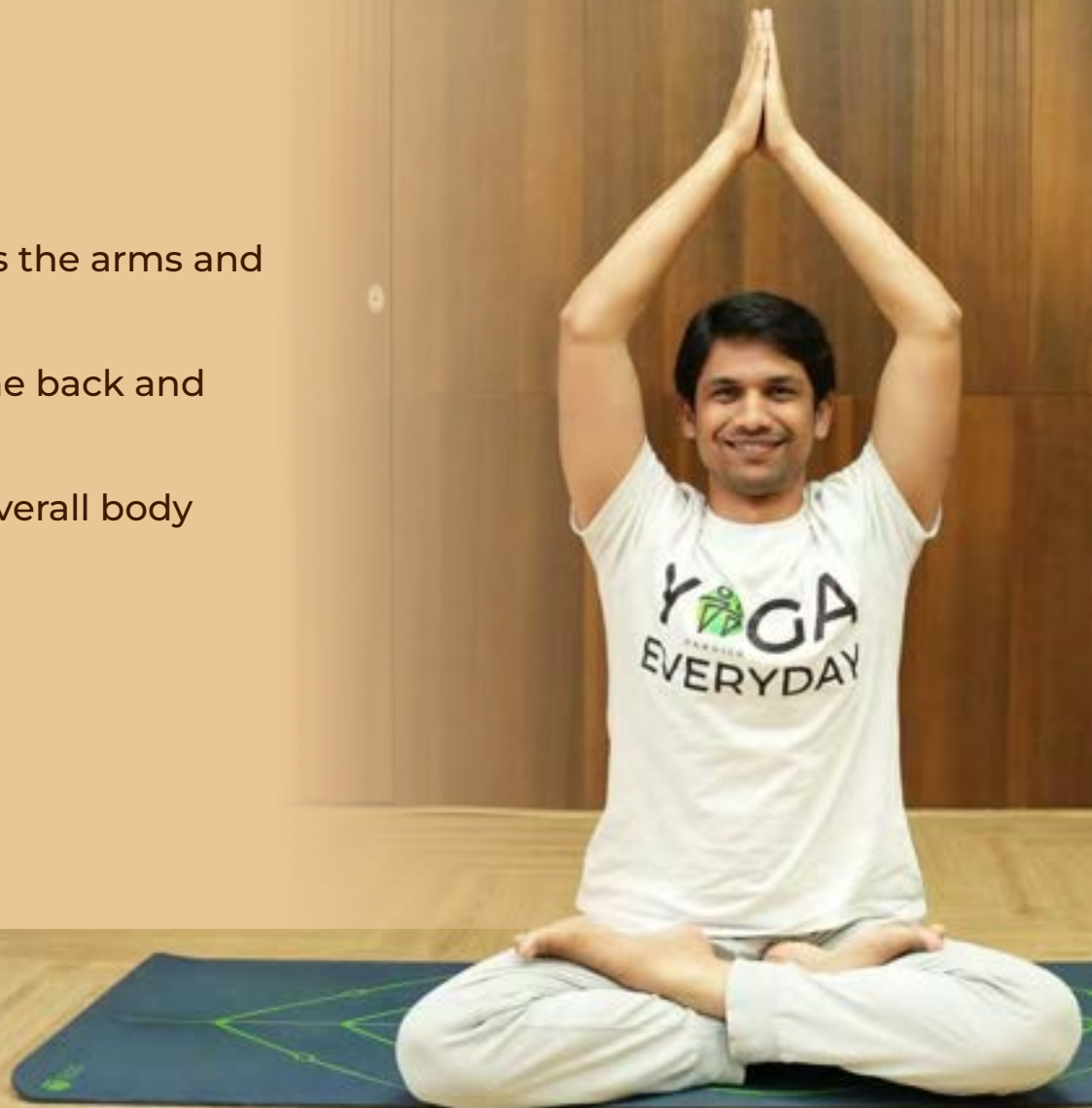
Mountain Pose (Parvatasana)

How to Perform:

1. Sit comfortably in Sukhasana.
2. Extend your arms straight in a Namaste position.
3. Lengthen your spine.

Benefits:

- Strengthens the arms and legs.
- Stretches the back and hamstrings.
- Enhances overall body awareness.



Yog Mudra

How to Perform:

1. Make a fist of your right hand.
2. Hold your right wrist with your left hand.
3. Bend forward as much as possible.

Benefits:

- Improves spinal flexibility.
- Enhances digestion and massages abdominal organs.
- Promotes relaxation and reduces stress.



Cat-Cow Pose (Marjariasana)

How to Perform:

1. Start in a tabletop position with your wrists under your shoulders and knees under your hips.
2. Inhale and arch your back, lifting your head and tailbone while looking up (Cow Pose).
3. Exhale and round your back, tuck your chin to your chest (Cat Pose).
4. Continue to flow between these two poses, synchronizing with your breath for a few cycles.

Benefits:

- Improves spinal flexibility and mobility.
- Strengthens the core muscles.
- Relieves tension in the back and neck.



Bear Pose

How to Perform:

1. Start in a tabletop position with your wrists under your shoulders and knees under your hips.
2. Inhale and lift your knees slightly off the ground.
3. Keep your toes tucked under.
4. Hover your knees just a few inches above the mat, engaging your core.

Benefits:

- Strengthens the core, shoulders, and wrists.
- Enhances balance and stability.
- Builds mental focus and concentration.



Malasana

How to Perform:

1. Stand with your feet slightly wider than hip-width apart.
2. Squat down, bringing your heels to the mat.
3. Press your palms together at your heart center.
4. Use your elbows to gently push your knees outward.
5. Keep your chest lifted and your spine long.

Benefits:

- Open the hips and groin.
- Strengthens the lower back and ankles.
- Aids in digestion and elimination.



Seated Forward Bend (Paschimottanasana)

How to Perform:

1. Sit on your mat with your legs extended in front of you.
2. Inhale, lengthen your spine and reach your arms up.
3. Exhale, hinge at your hips and reach forward to grab your feet, ankles, or shins.

Benefits:

- Stretches the hamstrings and lower back.
- Calms the mind and reduces stress.
- Improves digestion and massages the abdominal organs.



Head-to-Knee Forward Bend (Janu Shirshasana)

How to Perform:

1. Sit with your legs extended in front of you.
2. Bend your right knee and place the sole of your right foot against your left inner thigh.
3. Inhale, lengthen your spine, and reach your arms up.
4. Exhale, hinge at your hips, and reach forward toward your left foot.
5. Hold your left foot, ankle, or shin with your hands.

Benefits:

- Stretches the hamstrings, groins, and lower back.
- Calms the mind and reduces anxiety.
- Improves digestion and massages abdominal organs.



Chair Pose (Utkatasana)

How to Perform:

1. Stand tall with your feet together and arms by your sides.
2. Inhale and raise your arms overhead.
3. Exhale, bend your knees, and lower your hips as if sitting in a chair.
4. Keep your weight in your heels and your chest lifted.
5. Inhale and straighten your legs, returning to a standing position.

Benefits:

- Strengthens the thighs, calves, and glutes.
- Tones the core muscles.
- Improves posture and balance.



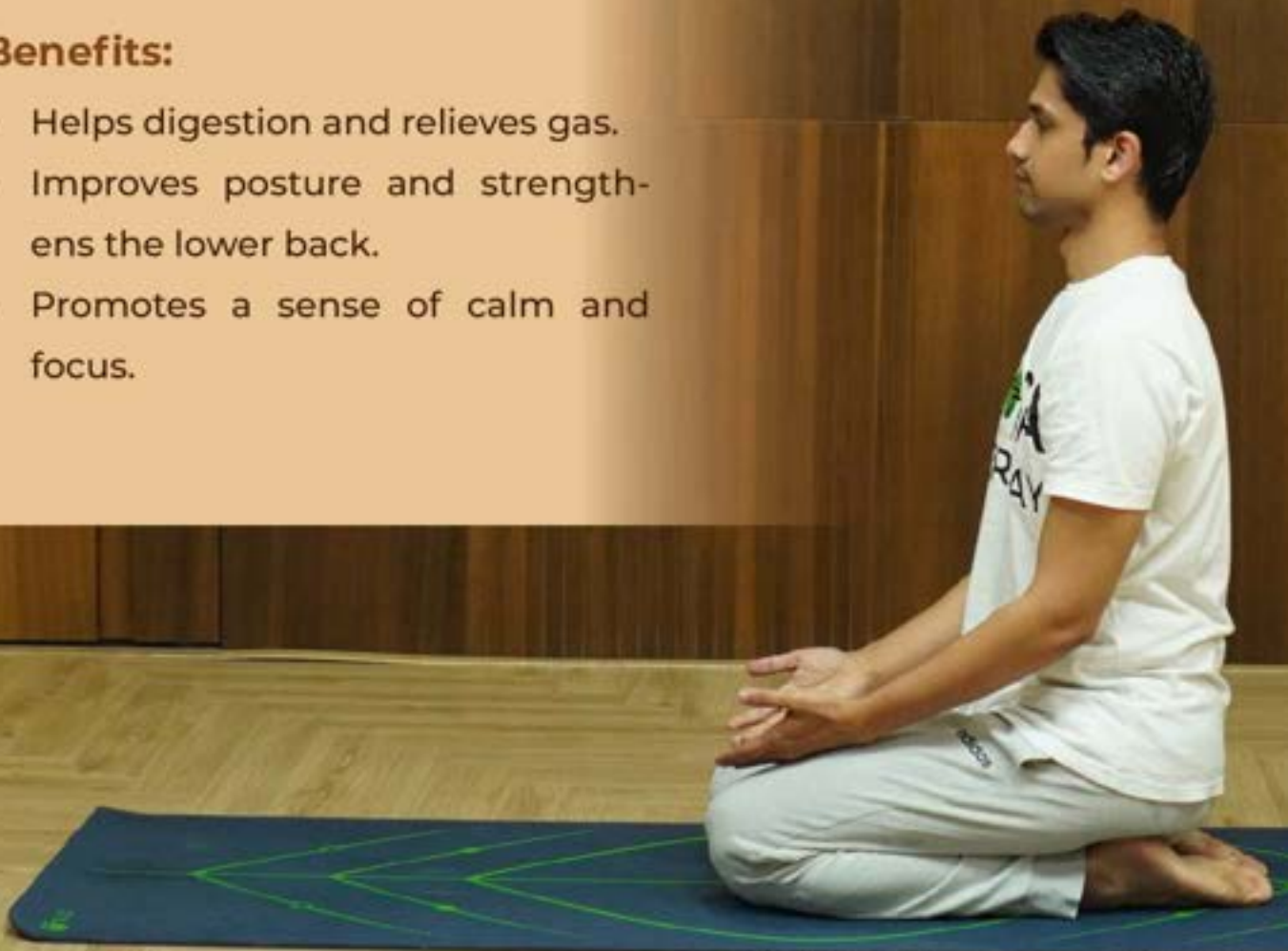
Thunderbolt Pose (Vajrasana)

How to Perform:

1. Kneel on your mat with your knees together and toes pointing backward.
2. Sit on your heels, keeping your back straight and hands on your thighs.
3. To release, lean forward and come out of the pose.

Benefits:

- Helps digestion and relieves gas.
- Improves posture and strengthens the lower back.
- Promotes a sense of calm and focus.



Mountain Pose (Tadasana)

How to Perform:

1. Stand with your feet together and arms by your sides.
2. Ground your feet into the mat, engage your thighs, and lengthen your tailbone.
3. Lift your chest and relax your shoulders away from your ears.

Benefits:

- Improves posture and body awareness.
- Strengthens the legs and core.
- Calms the mind and reduces stress.



Tree Pose (Vrikshasana)

How to Perform:

1. Stand tall with your feet together and arms by your sides.
2. Shift your weight onto your right foot.
3. Bend your left knee and place the sole of your left foot on your inner right thigh.
4. Bring your hands to your heart in a prayer position or extend your arms overhead.

Benefits:

- Improves balance and concentration.
- Strengthens the legs and ankles.
- Stretches the groins and inner thighs.



Cow Face Pose (Gomukhasana)

How to Perform:

1. Sit with your legs extended in front of you.
2. Bend your right knee and place your right foot under your left hip.
3. Bend your left knee and stack your left thigh over your right thigh.
4. Bring your left arm over your left shoulder and your right arm behind your back.

Benefits:

- Stretches the shoulders and chest.
- Opens the hips and groin.
- Improves posture and spine flexibility.



Legs Up the Wall Pose (Viparita Karani)

How to Perform:

1. Sit close to a wall with your side body touching it.
2. Swing your legs up the wall while lying on your back.
3. Keep your legs straight or with a slight bend.
4. Relax your arms by your sides.

Benefits:

- Relieves stress and fatigue.
- Promotes relaxation and better sleep.
- Helps with improved circulation in the legs.



Triangle Pose (Trikonasana)

How to Perform:

1. Stand with your feet wide apart, toes pointing forward.
2. Extend your arms parallel to the ground.
3. Turn your right foot out 90 degrees and your left foot in slightly.
4. Hinge at your hips to reach your right hand down to your shin, ankle, or the floor.

Benefits:

- Strengthens the core muscles.
- Improves coordination and balance.
- Stretches the hip flexors.



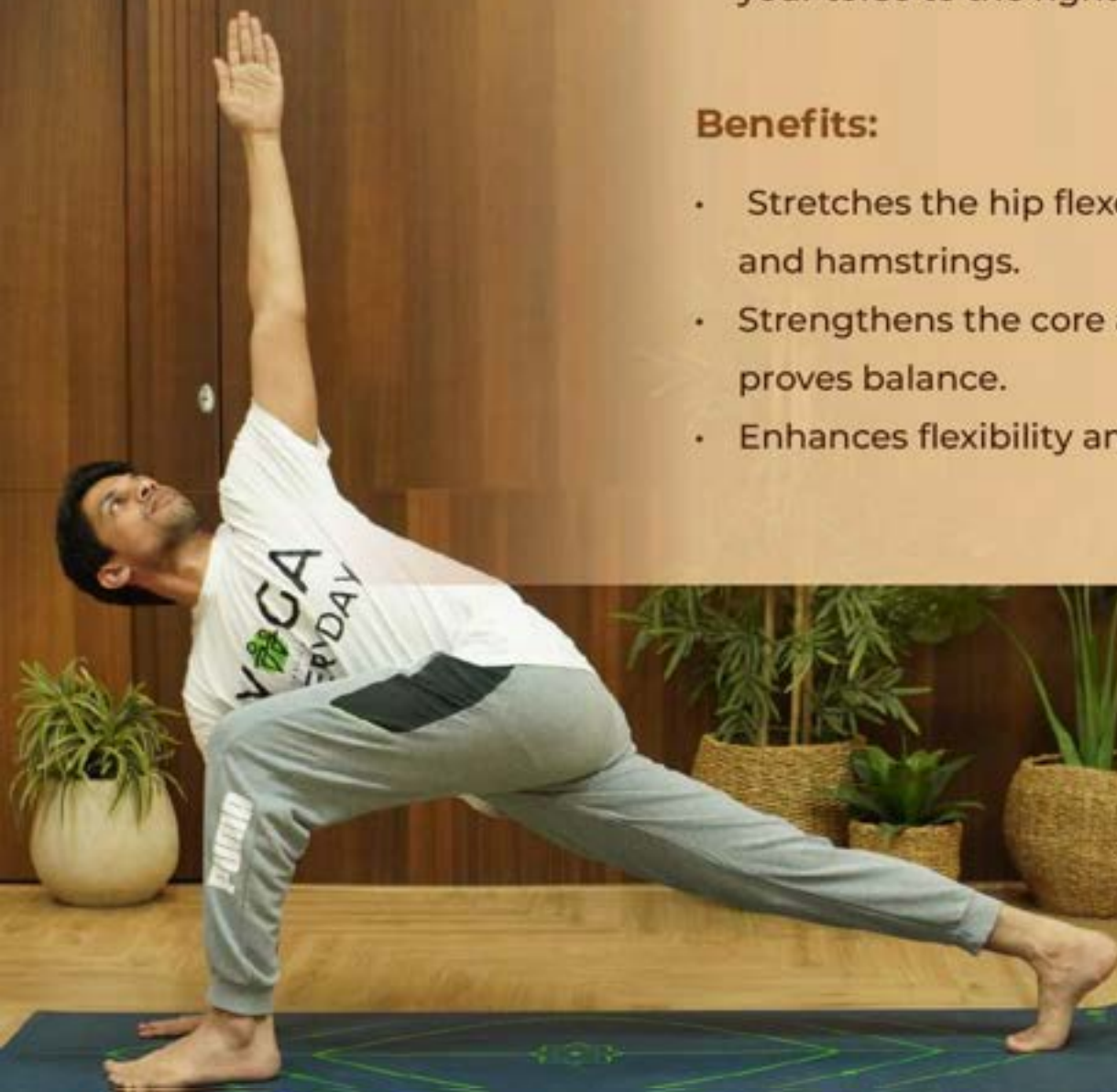
World's Greatest Stretch

How to Perform:

1. Begin in a high plank position.
2. Step your right foot forward and place it outside your right hand.
3. Drop your left knee to the ground.
4. Reach your left arm up, twisting your torso to the right.

Benefits:

- Stretches the hip flexors, groin, and hamstrings.
- Strengthens the core and improves balance.
- Enhances flexibility and mobility.



Thread the Needle Pose (Urdhva Mukha Pasasana)

How to Perform:

1. Start in a tabletop position with your wrists under your shoulders and knees under your hips.
2. Inhale, reach your right arm under your left arm, threading it through.
3. Lower your right shoulder and temple to the mat.
4. Extend your left arm overhead.

Benefits:

- Open the shoulders and upper back.
- Stretches the chest and deltoids.
- Relieves tension in the neck and upper back.



Scorpion Twist Pose (Supta Parivrtta Vrschikasana)

How to Perform:

1. Lie down on the floor with face down.
2. Extend your arms 90 degrees to the body.
3. Take your right foot to the left side towards the head.

Benefits:

- Strengthens the core, shoulders, and arms.
- Improves balance and stability.
- Stretches the spine and legs.



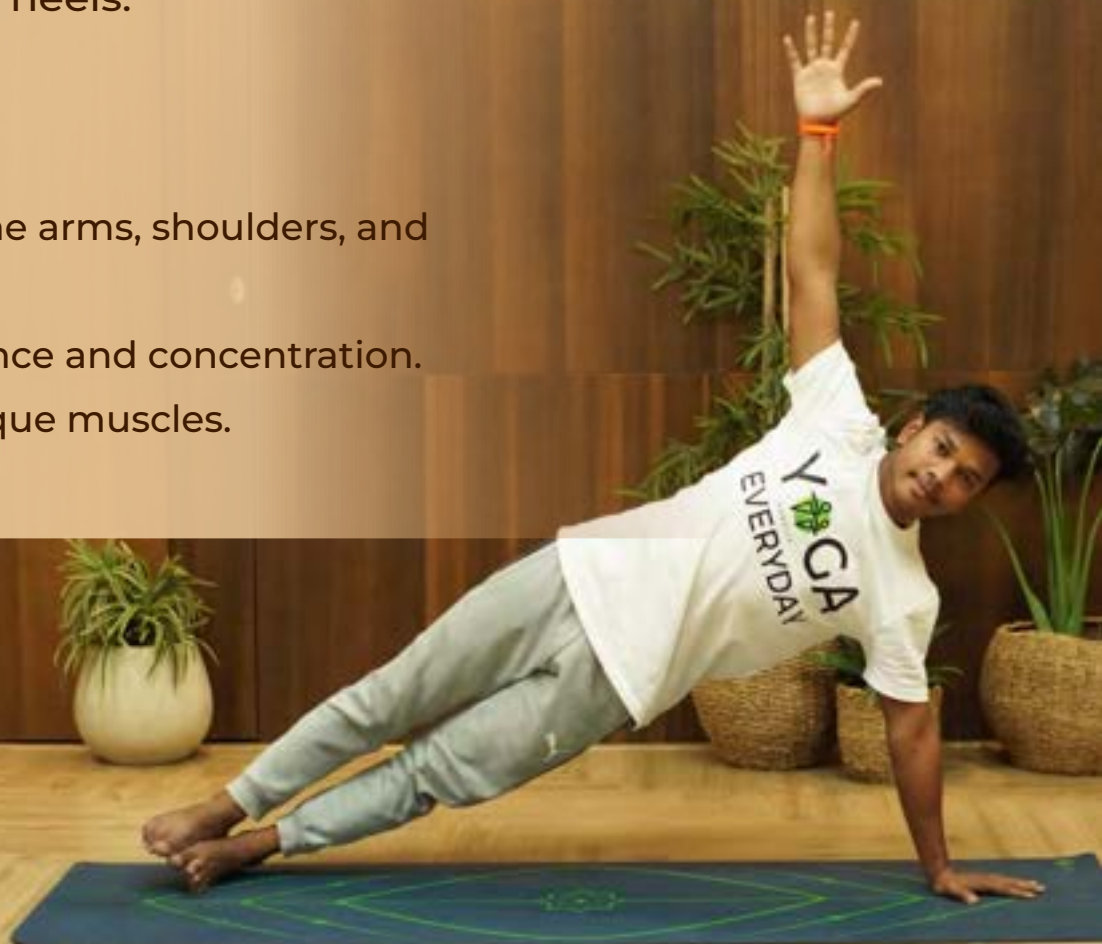
Side Plank Pose

How to Perform:

1. Start in a plank position.
2. Shift your weight onto your right hand and rotate your body to the left.
3. Stack your left foot on top of your right foot.
4. Lift your left arm toward the ceiling, creating a straight line from head to heels.

Benefits:

- Strengthens the arms, shoulders, and core.
- Improves balance and concentration.
- Tones the oblique muscles.



Camel Pose (Ustrasana)



How to Perform:

1. Kneel on your mat with your knees hip-width apart.
2. Place your hands on your lower back for support.
3. Inhale, arch your back, and push your hips forward.
4. Reach your hands back, one at a time, to grab your heels.

Benefits:

- Stretches the front of the body, including the chest and abdomen.
- Improves posture and flexibility of the spine.
- Energizes and opens the heart chakra.

Dead Bug Pose

How to Perform:

1. Lie flat on your back with your arms extended toward the ceiling.
2. Lift your legs so your knees are directly above your hips, and your shins are parallel to the ground.
3. Lower your right arm and left leg toward the ground, hovering a few inches above.

Benefits:

- Strengthens the core muscles.
- Improves coordination and balance.
- Stretches the hip flexors.



Waist Rotating Pose (Katichakrasana)

How to Perform:

1. Stand with your feet hip-width apart.
2. Extend your arms out to the sides at shoulder height.
3. Inhale and twist your torso to the right.
4. Exhale and return to the center, then twist to the left.

Benefits:

- Increases spinal flexibility.
- Tones the waist and abdominal muscles.
- Enhances digestion and detoxification.



Goddess Pose / Sumo Squat (Utkata Konasana)

How to Perform:

1. Stand with your feet wider than hip-width apart, toes turned out slightly.
2. Inhale, bend your knees, and lower your hips into a squat position.
3. Keep your spine upright, chest open, and arms extended out to the sides.

Benefits:

- Strengthens the legs, glutes, and core.
- Opens the hips and groin.
- Improves posture and balance.



Warrior Poses

Veerabhadrasana 1

How to Get into the Pose:

1. Begin in a lunge position with your right foot forward.
2. Inhale, lift your arms overhead, and gaze up.
3. Exhale and return to the starting position, then switch sides.



Veerabhadrasana 2

How to Get into the Pose:

1. Start in a wide-legged stance with your right foot facing forward and left foot turned out.
2. Extend your arms parallel to the ground.
3. Bend your left leg at the knee.



Veerabhadrasana 3

How to Get into the Pose:

1. Begin in Warrior 1 with your right foot forward.
2. Inhale, shift your weight onto your right leg, and lift your left leg behind you.
3. Keep your body in a straight line from head to heel.

Benefits:

- Warrior 1 and 2 strengthen the legs and improve flexibility.
- Warrior 3 enhances balance and tones the core.
- All three poses promote mental focus and concentration.



Side Bend in Tadasana (Tiryaka Tadasana)



How to Get into the Pose:

1. Stand with your feet hip-width apart, arms by your sides.
2. Reach your arms overhead.
3. Lean to the right, and hold the pose for a few breaths.
4. Return to the center and lean to the left.

Benefits:

- Stretches the side body and spine.
- Strengthens the core muscles.
- Improves lateral flexibility and posture.

90-90 Seated Variation



How to perform:

1. Sit on the floor with your legs bent at 90-degree angles in front of you.
2. Lean your torso back slightly and engage your core.
3. Lift your feet a few inches off the ground, balancing on your sit bones.

Benefits:

- Strengthens the core and hip flexors.
- Improves balance and stability.
- Engages the abdominal muscles.



Push Ups & Variations

Benefits:

- Strengthens the chest, shoulders, triceps, and core.
- Improves upper body strength and endurance.
- Enhances overall muscular fitness.



Wall Sit

How to perform:

1. Stand with your back against a wall and your feet hip-width apart.
2. Slide down the wall until your thighs are parallel to the ground.
3. Keep your back against the wall and your knees at a 90-degree angle.

Benefits:

- Strengthens the quadriceps, hamstrings, and glutes.
- Enhances leg endurance and muscular stability.
- Improves balance and flexibility.



Child's Pose (Balasana)



How to perform:

1. Kneel on the floor with your big toes touching and knees apart.
2. Sit back on your heels and extend your arms forward, bringing your forehead to the ground.
3. Relax in this resting pose with your arms extended or alongside your body.

Benefits:

- Relaxes the back, neck, and shoulders.
- Stretches the hips, thighs, and ankles.
- Promotes a sense of calm and relaxation.



Corpse Pose (Shavasana)

How to perform:

1. Lie flat on your back with your legs extended and arms by your sides.
2. Close your eyes and let go of all muscular tension.
3. Focus on your breath and relax for a few minutes.

Benefits:

- Reduces stress and anxiety.
- Restores energy and promotes mental relaxation.
- Allows the body to recover after physical activity.



Calf Raises

How to perform:

1. Stand with your feet hip-width apart.
2. Slowly raise your heels as high as you can while keeping the balls of your feet on the ground.
3. Hold the raised position for a moment.
4. Lower your heels back down.

Benefits:

- Strengthens the calf muscles.
- Helps improve ankle stability.
- Enhances calf muscle definition.



Warm-Ups

Jumping Jacks

1. Stand with your feet together and arms at your sides.
2. Jump your feet apart while simultaneously raising your arms overhead.
3. Jump back to the starting position with feet together and arms at your sides.

Benefits:

- Enhances muscular strength and power.
- Improves cardiovascular endurance.



Mountain Climbers



1. Start in a plank position with your wrists under your shoulders.
2. Alternate bringing your knees toward your chest in a running motion.
3. Keep your core engaged and maintain a steady pace.

Benefits:

- Elevates heart rate and increases circulation.
- Prepares the body for more intense physical activity.
- Enhances joint mobility and flexibility.



Nerve Flossing Neck Stretch



How to perform:

1. Sit or stand with your spine straight.
2. Extend your right arm out to the side, palm facing forward.
3. Tilt your head to the left and gaze down.
4. Slowly bring your left ear toward your left shoulder while simultaneously flexing your wrist, pointing your fingers toward the ground.

Benefits:

- Helps improve nerve mobility and reduce tension.
- Provides relief from neck and shoulder discomfort.
- Enhances flexibility in the neck and upper back.



Neck Exercises

(6 exercises)

Here Are Six Simple Neck Exercises:



Benefits:

- Relieves neck tension and stiffness.
- Improves neck mobility and flexibility.
- Reduces the risk of neck pain and discomfort.

Eye Exercises

Here Are Some Beneficial Eye Exercises:



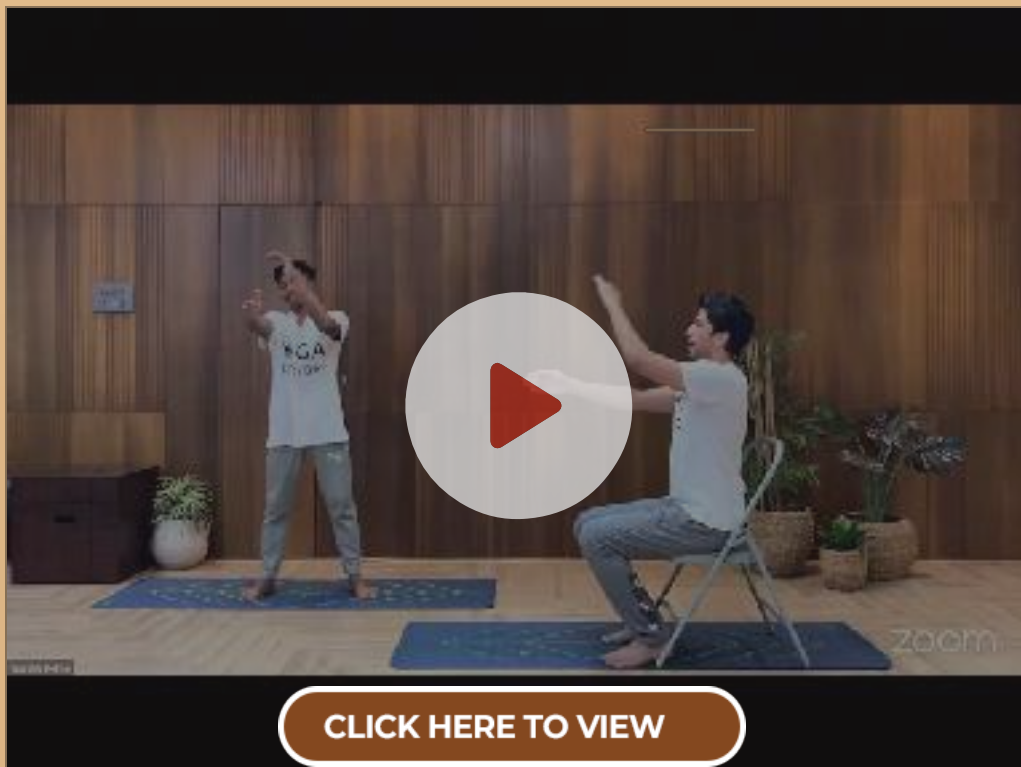
Benefits:

- Relieves eye strain and fatigue.
- Strengthens eye muscles and improves focus.
- Promotes better eye health.

Body Tapping

- Body tapping is a technique that involves gently tapping various parts of the body with your hands to stimulate circulation, awaken the senses, and promote relaxation.

Watch this video:



Benefits:

- Improves blood circulation.
- Enhances energy and alertness.
- Relieves muscle tension and stress.

Follow Along with Saurabh

Click on the image below to play video:



For more videos



youtube.com/@saurabhbothra



NOT RECOMMENDED

Injuries & Surgeries: Avoid poses with recent injuries or post-surgeries.

Health Conditions: Be cautious with high/low blood pressure, vertigo, migraines, and chronic diseases.

Cardiovascular & Spinal Health: Not recommended for weak hearts, recent spinal issues, or during menstruation.

Balance & Vertigo: Skip poses challenging balance or worsening vertigo.

Pregnancy & Discomfort: Avoid certain poses during pregnancy or if they cause discomfort.

Exercise Modifications: Modify exercises for limitations.

Avoid Aggressive Approaches: Skip intense exercises to prevent discomfort.

Specific Medical Concerns: Be cautious with detached retinas, ulcers, or specific conditions.

Consult Professionals: Seek guidance from instructors or healthcare providers.

Listen to Your Body: Avoid pushing beyond comfort limits during practice.

FREE YOGA
— CHALLENGE —



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SAURABH BOTHRA

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