

FREE YOGA | 14-Day Online

DAILY ASANAS SEQUENCE



ABOUT HABUILD



Habuild = Habit + Building.

We make health **simple, consistent and joyful** for you!

— Our Focus —



Yoga



Diet



Sleep

Our classes

Yoga Everyday and Dance & Strength

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SHALABHASANA (LOCUST POSE)

01

Keep chin or
Forehead on the floor
while doing asana

03

Lift your legs
up together &
neck relaxed.

02

Your fists should be
under your groin.

Benefits:



Strengthens back, glutes, shoulders.



Improves posture and spinal mobility.



Opens chest, tones abdomen.

BHUJANGASANA (COBRA POSE)

01

Lie on your stomach.

03

Inhale, lift your chest and head up.

02

Put your hands under your shoulders.

Benefits:



Strengthens the back and spine.



Improves posture and flexibility.



Relieves mild backaches.

VIPARIT SHALABHASANA

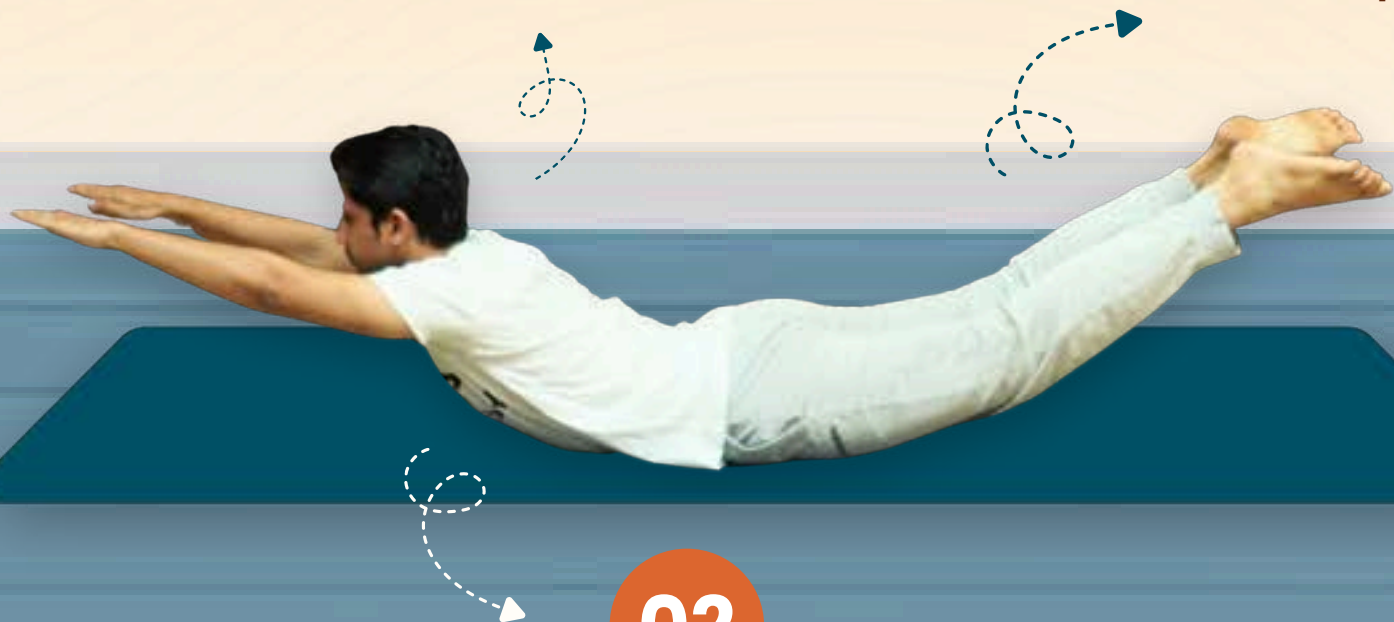
(SUPERMAN POSE)

01

Lie face down on your
yoga mat

03

Inhale and lift both
your legs, chest,
and arms up.



02

Stretch your hands
forward.

Benefits:



Strengthens back, hips, and legs.



Improves gut health and tones core.



Boosts circulation and reduces stress.

DHANURASANA (BOW POSE)

01

Lie on your stomach.

02

Bend your knees,
and hold ankles.



03

Inhale, lift chest and legs
while pushing feet away from
the body.

Benefits:



Stretches the entire front of the body, including abdomen



Strengthens the back muscles.



Improves posture and stimulates the digestive organs.

MAKARASANA (CROCODILE POSE)

01

Lie face down on
your mat.

02

Keep your legs
closer to the chest.



Benefits:



Relaxes lower back, shoulders and spine.



Calms nervous system.



Reduces stress and anxiety

NAUKASANA (BOAT POSE)

01

Sit with legs straight.

02

Lift legs, lean back slightly.



04

Keep neck relaxed/neutral .

03

Extend arms forward,
hold the balance.

Benefits:



Strengthens the core muscles.



Improves balance and posture.



Stimulates the abdominal organs.

ARDHA HALASANA (HALF PLOUGH POSE)

01

Lie flat with arms by your sides.

02

Lift legs and bring them overhead.

03

Support your lower back with your hands.

Benefits:



Stretches the spine and hamstrings.



Calms the mind and reduces stress.



Aids in improving digestion.

TADASANA

(STANDING MOUNTAIN POSE)

04

Look forward, breathe steadily, and stand tall like a mountain.

02

Raise hands overhead.

01

Stand Feet hip-width apart, weight evenly distributed.

03

Stretch spine and stand on your feet / toes



Benefits:



Improves posture and spinal alignment.



Strengthens leg muscles.



Enhances focus, concentration, and awareness.

PAWAN MUKTASANA (WIND-RELIEVING POSE)

01

Lie on your back, bend both knees and hug them to your chest.

02

Relax shoulders or lift head to touch knees.

03

Hold and breathe normally.

04

For one leg at a time, switch sides with each deep breath.

Benefits:



Aids in relieving gas and bloating.



Massages the abdominal organs.



Helps improve digestion.

SUPTA KAPOTASANA

(RECLINING PIGEON POSE)

01

Lie flat on the Back, knees bent, feet on floor.

02

Cross right ankle over left knee (Figure 4 shape).

03

Clasp left thigh & pull gently towards chest.

05

Release, and repeat the same on the other side.

04

Keep shoulders/ head down, breathe deeply.

Benefits:



Deep Hip Opener, Improves flexibility.



Stretches glutes.



Relaxes lower back.



Relaxes tension and stress.

NATARAJASANA

(LORD OF THE DANCE POSE)

01

Lie flat on back

05

Turn your head to look at your right hand

06

Release and repeat the same on the other side.

02

Extend arms to a T position

03

Bend right knee. Place your right foot on the left knee

04

Twist to the left side trying to touch the right knee to the floor on your left.



Benefits:



Releases back tension.



Improves spinal and leg flexibility.



Calms mind.

SHAVASANA (CORPSE POSE)

03

Release breath control,
remain completely still
for 3-7 minutes

01

Lie down: Back flat, feet
mat-width apart, toes out.

02

Arms by sides, palms up,
eyes closed.



Benefits:



Reduces stress / BP



Integrates practice benefits



Calms nervous system



Releases anxiety and fatigue

ARDHA MATSYENDRASANA (HALF LORD OF THE FISH POSE)

05

Look over left shoulder.

01

Sit with legs stretched out.

02

Bend right knee, heel near left hip (outside)

03

Bend left knee, cross left foot over right knee and place it next to it

04

Twist and place left hand behind you.

Benefits:



Increases spinal flexibility



Aids digestion



Relieves back tension and stiffness

PARVATASANA

(SEATED MOUNTAIN POSE)

01

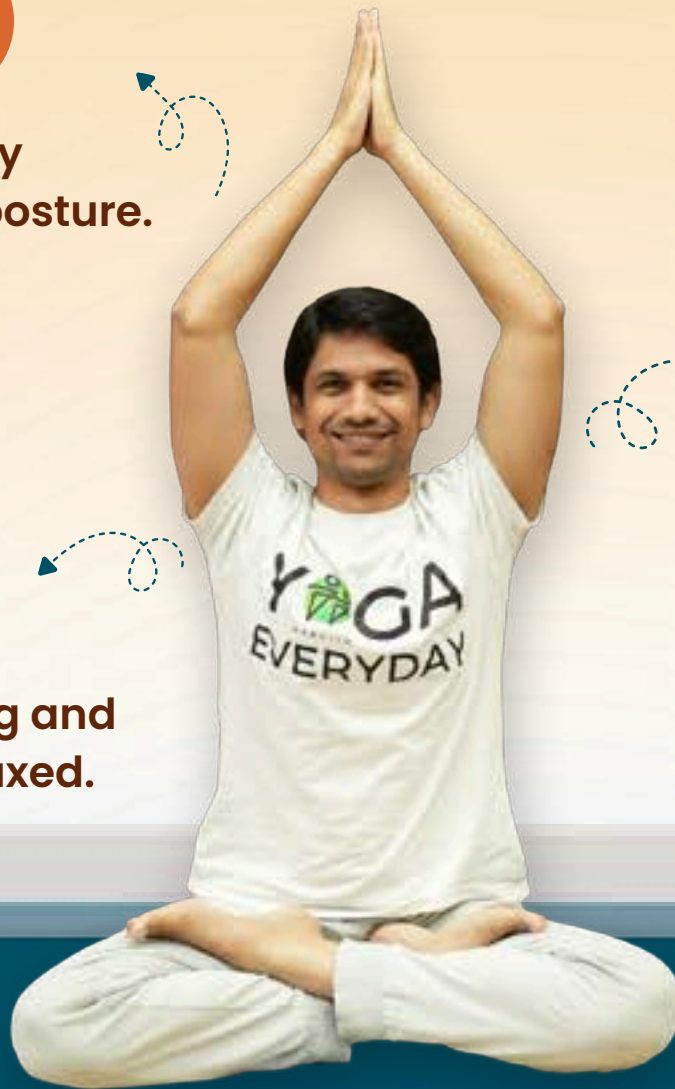
Sit in any comfortable posture.

02

Inhale and stretch arms overhead, in Namaste position

03

Keep spine long and shoulders relaxed.



Benefits:



Lengthens the spine



Improves posture and lung capacity.



Relieves shoulder and upper-back stiffness

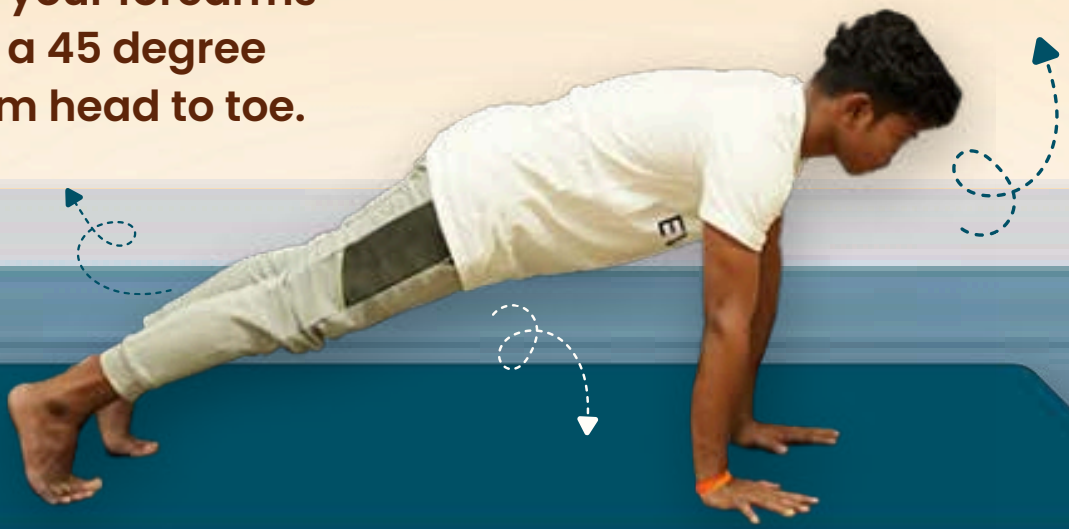
DANDASANA (PLANK POSE)

01

Start in a forearm plank position with elbows directly under your shoulders.

03

Press into your forearms to form a 45 degree angle from head to toe.



02

Engage your core, keep your back flat, and hold the position

Benefits:



Strengthens back, core, arms.



Improves posture and stamina.



Helps burn belly fat.

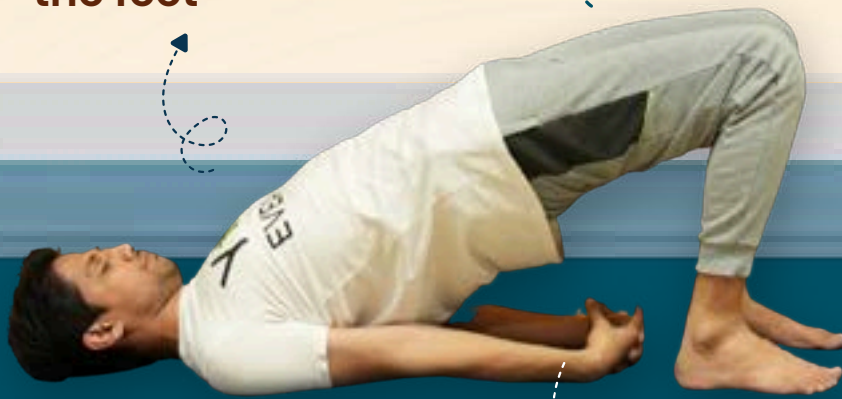
SETUBANDHASANA (BRIDGE POSE)

03

Keep hands beside the body, fingers pointing the feet

01

Lie on your back, knees bent, feet hip-width.



02

Inhale and lift up, lower back and upper back while pressing feet into the mat.

Benefits:



Strengthens glutes and back.



Promotes skin and hair health.



Improves digestion.



Reduces lower-back stiffness.

URDHVA MUKHA SVANASANA (UPWARD-FACING DOG POSE)

01

Lie on stomach,
place palms
beside ribs.

02

Press into hands, lift
chest, thighs and knees
off the floor.

04

Roll shoulders back and
look forward gently.

03

Balance your body
on palms and toes.

Benefits:



Stretches the chest and abdominals.



Increases spinal flexibility



Strengthens arms and wrists.

VAJRASANA

(THUNDERBOLT POSE)

01

Kneel and sit on your heels (with toes together and heels apart)

02

Keep spine tall, shoulders relaxed.

03

Hands rest on thighs.



Benefits:



Aids digestion, acidity and gas problems.



Improves posture.



Calms the mind.

HASTA UTTANASANA (RAISED ARMS POSE)

01

Start in Prayer pose.



02

Inhale and raise your arms overhead.



03

Gently push your waist forward.

Benefits:



Improves spinal flexibility.



Improves posture and lung capacity.



Energises the body.

HASTA PADASANA (HAND-TO-FOOT POSE)

01

Stand in Tadasana.



02

Exhale, hinge from hips, fold forward.



03

Bring hands to floor, block, or wrap around feet

Benefits:



Stretches hamstrings/calves/back.



Improves flexibility.



Increases blood supply to brain region.

ASHWA SANCHALANASANA (EQUESTRIAN POSE)

01

Stand straight.

02

Step one foot far back;
keeping your knee off
the floor.

03

Align front knee
directly over ankle.

04

Sink hips down,
lift chest.

Benefits:



Improves posture and balance.



Strengthens legs.



Aids digestion and metabolism.

VRIKSHASANA

(TREE POSE)

01

Stand straight,
weight even on
both feet.

02

Shift weight to one
leg.

03

Bring sole of the other
foot to inner ankle,
calf, or inner thigh
(avoid the knee).

04

Hands at heart
center, or extended
overhead



Benefits:



Improves balance and concentration.



Strengthens legs, ankles and core.



Enhances focus and mental clarity.

BALASANA

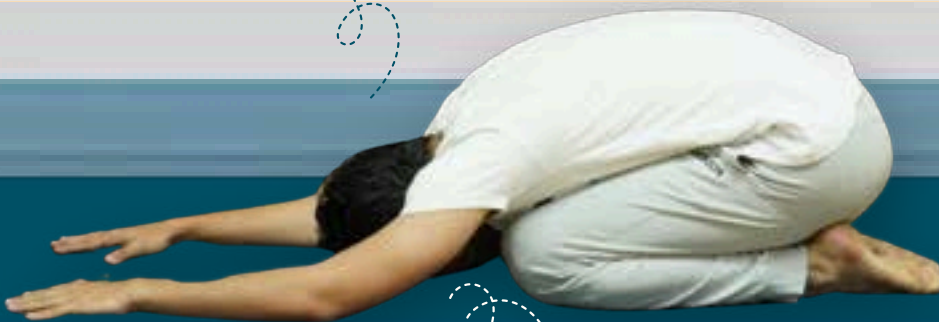
(CHILD'S POSE)

01

Kneel on mat, big toes touching, knees wide.

02

Exhale, fold body forward.



03

Rest forehead on mat, arms extended or by sides.

Benefits:



Calms nervous system.



Gently stretches back/hips/ankles.



Relieves stress / tension / fatigue.

ASHTANG NAMASAKARA (EIGHT-LIMBED SALUTATION)

01

Begin with body parallel to the floor in Dandasana (Plank Pose)

02

Inhale, exhaling bend your elbows, touch your chin, chest, knees, feet touching the floor



03

Keep your back and core muscles engaged while in the pose

Benefits:



Strengthens arms and shoulders.



Improves flexibility and posture.



Strengthens the spine and core.

ADHO MUKHA SVANASANA (DOWNWARD-FACING DOG POSE)

01

Start on your fours

02

Hands and feet
shoulder-width apart



03

Lift hips, pressing palms
and feet on the floor.
Forming an inverted "V"

04

Keep neck relaxed and
breathe normally while
being in the pose

Benefits:



Strengthens arms and shoulders.



Stretches hamstrings & calves.



Improves blood circulation.

MARJARIASANA (CAT-COW POSE)

01

Start on all fours



03

Exhale — round the spine,
tucking chin to the chest
(Cat)



02

Inhale — arch the back,
looking up (Cow)



04

Move slowly with
breath



Benefits:



Stretches spine.



Relieves back stiffness.



Eases menstrual discomfort.

ANANDA BALASANA (HAPPY BABY POSE)

01

Lie on your back.

02

Bring knees closer to chest
and grab toes or the soles

03

Gently open
knees wide

04

Keep back and head
relaxed on the mat

Benefits:



Opens hips and inner thighs.



Releases lower back.



Calms the nervous system.

#HarGharYoga

FREE YOGA



14-DAY ONLINE

FREE YOGA



- Go to www.habit.yoga.
- Enter your name and Whatsapp number.
- You will get the link to join the Whatsapp group.
- Join the group & get all the updates there.

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