

# Hot Yoga Benefits

## The postures

### Standing Deep Breathing

- Expands the lungs to their full capacity
- Increases circulation to the whole body
- Counteracts emphysema, asthma, and other breathing problems
- Helps regulate blood pressure
- Exercises the nervous, respiratory and circulatory systems

### Half Moon/Hands to Feet Pose

- Revitalizes liver, spleen, pancreas and kidneys
- Corrects bad posture
- Helps to alleviate lower back pain, bronchial distress, scoliotic deformities, tennis elbow, frozen shoulder
- Improves circulation in the legs and to the brain
- Increases the flexibility of the spine, sciatic nerves, most of the tendons and ligaments of the legs
- Strengthens and firms the abdomen, hips, thighs and buttocks

### Awkward Pose

- Increases circulation in the knee, toe and ankle joints
- Relieves rheumatism, arthritis and gout in the legs
- Helps to cure slipped disc and lumbago in the lower spine
- Increases hip joint flexibility
- Strengthens and firms upper arms and all muscles of thighs, calves and hips

### Eagle Pose

- Relieves tension in neck and shoulders
- Improves sexual vitality and control
- Improves flexibility of all 12 major joints of the body
- Strengthens and firms legs, arms, and abdomen

## Standing Head to Knee Pose

- Develops concentration, determination and patience
- Increases pancreatic functions
- Helps balance blood sugar levels
- Improves flexibility of sciatic nerve
- Strengthens and firms abdomen, thighs, legs, upper body and arms

## Standing Bow Pulling Pose

- Flushes out kidneys helping to eliminate toxins
- Increases the size and elasticity of the rib cage and lungs
- Helps correct high blood pressure
- Helps tennis elbow and frozen shoulder
- Improves the flexibility and strength of the lower spine and most of the body's muscles
- Improves flexibility of sciatic nerve
- Strengthens and firms abdominal wall, upper thighs, upper arms, hips, and buttocks

## Balancing Stick Pose

- Strengthens the heart muscle and improves circulation
- Increases lung capacity
- Helps tennis elbow and varicose veins
- Increases the flexibility of the spine, hip, and shoulder joints
- Strengthens and firms arms, hips, buttocks and upper thighs

## Standing Separate Leg Stretching Pose

- Helps functioning of the abdominal organs
- Brings blood to the brain
- Stretches and strengthens the sciatic nerves and tendons of the legs
- Increases flexibility of the pelvis, ankles, hip joints and last 5 vertebrae of spine
- Improves the muscle tone and flexibility of thighs and calves

## Triangle Pose

- Improves every muscle, joint, tendon and internal organ
- Revitalizes nerves, veins, and tissues
- Improves crooked spines
- Helps correct frozen shoulder and tennis elbow
- Increases strength and flexibility of the hip joint and of the muscles of the side of the torso
- Strengthens and firms arms, upper thighs, waistline and hips

## Standing Separate Leg Head to Knee Pose

- Increases blood circulation to legs and brain (helping with some types of headaches)
- Massages internal organs
- Helps with diabetes and hyperacidity
- Helps relieve constipation, dyspepsia, and hemorrhoids
- Improves flexibility of the spine, shoulders, hips, sciatic nerve
- Strengthens and firms abdomen, waistline, hips, buttocks, upper thighs

## Tree Pose

- Improves posture and balance
- Improves circulatory disorders
- Relieves tension in neck and shoulders
- Increases flexibility of ankles, knees, and hip joints
- Strengthens internal oblique muscles to prevent hernia

## Toe Stand Pose

- Develops psychological and mental powers, especially patience
- Helps to cure gout and rheumatism of the knees, ankles and feet
- Helps with hemorrhoid problems
- Strengthens stomach muscles, weak joints, and feet (which have 1/4 of all the bones in the body)

## Dead Body Pose

- Returns circulation to normal
- Improves concentration
- Helps reduce hypertension, nervousness, anxiety, and irritability

## Wind Removing Pose

- Massages the colon
- Helps and prevents constipation and irritable bowel syndrome
- Stimulates the liver, small and large intestine, and spleen
- Improves flexibility of the hip joints and relieves lower back pain
- Firms the abdomen, thighs and hips

## Sit-up

- Strengthens and firms the abdomen
- Increases flexibility of the spine, hamstrings, and sciatic nerve

## Cobra Series

- Relieves back pain
- Increases spinal strength and flexibility
- Improves functioning of the large and small intestines, liver, kidney and spleen
- Improves pigeon chest by opening rib cage, permitting maximum expansion of the lungs increasing oxygen intake
- Improves digestion
- Helps relieve lumbago, rheumatism and arthritis of the spine
- Helps to cure gout, slipped disc, sciatica, tennis elbow
- Helps relieve menstrual problems
- Strengthens the immune system and revitalizes the thyroid
- Improves flexibility of hip and shoulder joint
- Strengthens and firms abdomen, hips, legs, buttocks and arms

## Fixed Firm Pose

- Helps to cure sciatica, gout and rheumatism in the legs
- Helps to prevent hernia
- Strengthens and improves flexibility of lower spine, knees, and ankles
- Firms thighs, calf muscles and strengthens the abdomen

## Half Tortoise Pose

- Provides maximum relaxation
- Stretches lower part of the lungs increasing blood circulation to the brain
- Good for diabetes and anemia
- Massages heart, lungs, and coronary arteries
- Increases flexibility of the hip and shoulder joints
- Firms abdomen and thighs

## Camel Pose

- Stretches abdominal organs and cures constipation
- Stretches the throat, thyroid gland and parathyroid
- Stimulates the nervous system
- Opens rib cage to allow for maximum expansion of the lungs
- Maximum compression of spine improving flexibility of the neck and spine
- Firms the abdomen and slims the waistline

## Rabbit Pose

- Maximum stretch of the spine allowing nervous system to receive proper nutrition
- Maintains mobility and elasticity of spine
- Nurtures the nervous system, helps with depression
- Improves digestion
- Helps cure sinus problems, colds and chronic tonsillitis
- Strengthens and firms abdomen and back muscles

## Head to Knee with Stretching Pose

- Helps balance blood sugar levels
- Improves kidney function
- Improves digestion
- Improves the flexibility of sciatic nerves, ankles and hip joints
- Strengthens and firms abdomen and arms

## Spine Twisting Pose

- Increases circulation and nutrition to spinal nerves, veins, and tissues
- Improves spinal elasticity and flexibility
- Helps cure lumbago and rheumatism of the spine
- Improves digestion
- Firms abdomen, thighs and buttocks

## Blowing in Firm

- Increases circulation
- Removes toxins
- Strengthens all abdominal organs
- Trims the waist line