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12 BASIC Yoga Poses For Beginners

Explore Free Yoga Guides, Poses & Wellness Tips



The background of the entire image is a light gray, featuring several semi-transparent, overlapping images of a woman in a gray sports bra and white leggings performing various yoga asanas. These include a standing pose with arms raised, a seated pose, a low lunge, a side plank, and a reclining pose. The central text is framed by a dark blue border with rounded corners.

TADASANA

(Mountain Pose)



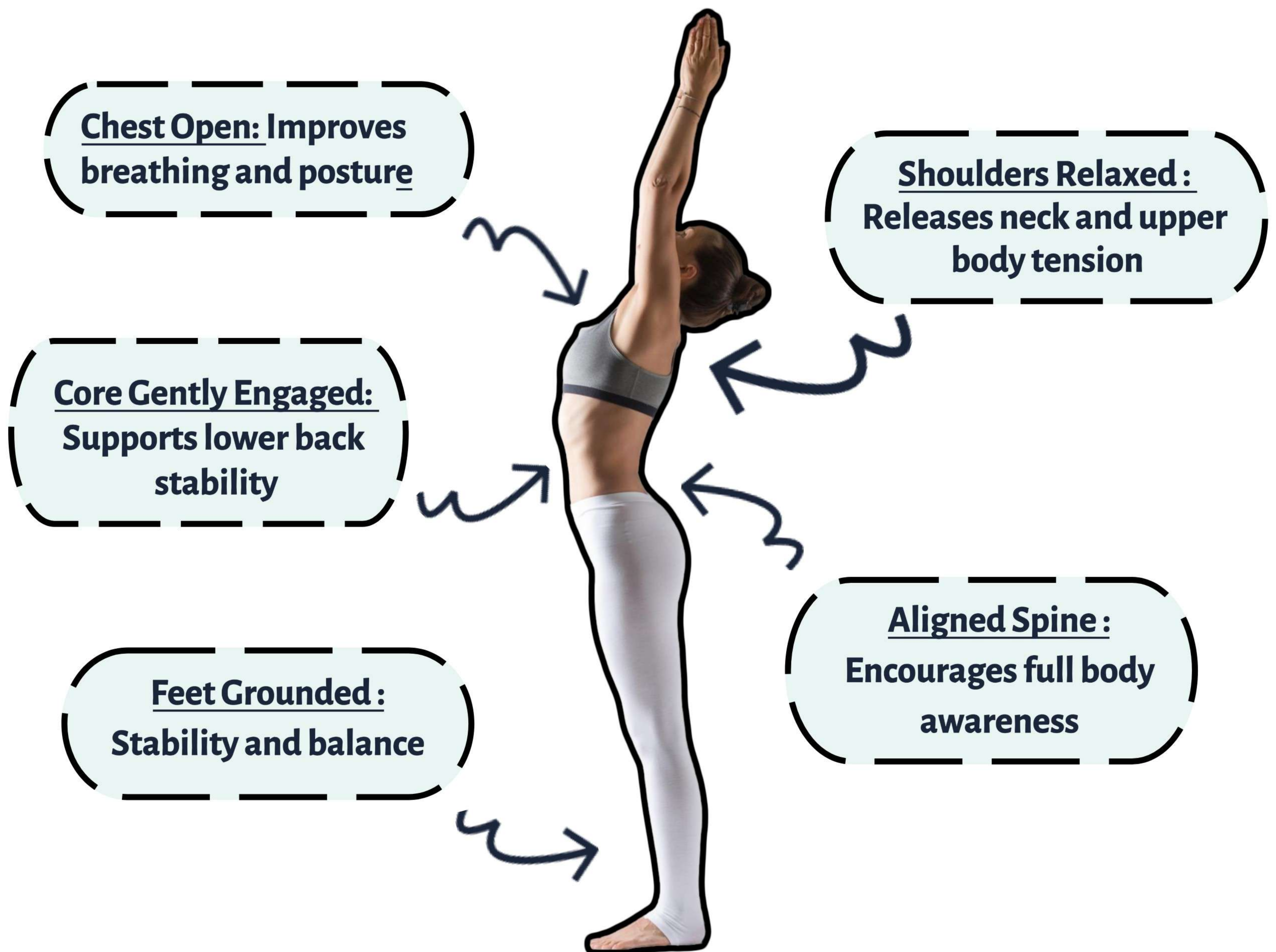
YOGA
AT
HOME

"TADA" MEANS MOUNTAIN. "
ASANA" MEANS POSTURE.

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TADASANA

(Mountain Pose)



STEP-BY-STEP ALIGNMENT

- 1. Stand tall with feet together or hip-width apart**
- 2. Distribute weight evenly on both feet**
- 3. Engage thighs, lift kneecaps**
- 4. Tuck pelvis slightly, engage core**
- 5. Roll shoulders back and down**
- 6. Arms relaxed at sides, palms forward**
- 7. Chin parallel to the floor, gaze ahead**
- 8. Breathe deeply and hold for 5–10 breaths**

TADASANA

(Mountain Pose)

BENEFITS

- Improves posture and alignment
- Increases body awareness
- Strengthens thighs, knees, and ankles
- Boosts energy and focus

Duration

- Hold: 30 seconds – 1 minute
- Repeat: 1–2 times, especially at the start of practice



WHY THIS POSE IS HELPFUL

- Helps you stand tall and straight
- Builds a strong foundation for other poses
- Encourages calm breathing and focus
- Creates full-body alignment

PAIN RELIEF

- Corrects posture and supports spine
- Releases tightness in the upper body
- Improves blood flow and muscular endurance



ADHO MUKHA SVANASANA

(Downward Facing Dog)

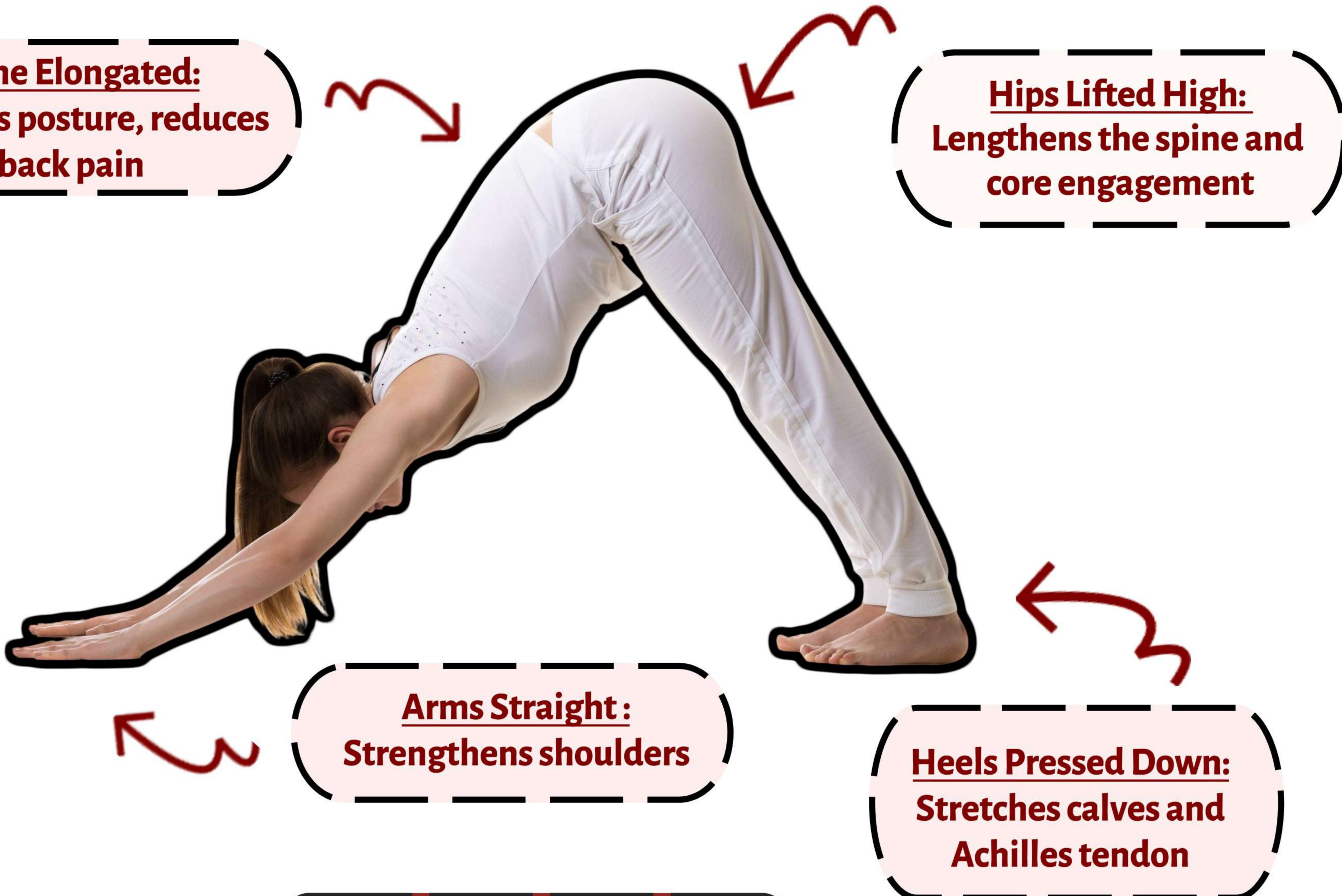
YOGA
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HOME

ADHO" MEANS DOWNWARD,
"MUKHA" MEANS FACE, AND "
SVANA" MEANS DOG.

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ADHO MUKHA SVANASANA

(Downward Facing Dog)



STEP-BY-STEP ALIGNMENT

- 1.Start on hands and knees**
- 2.Tuck toes, lift hips up and back**
- 3.Form a “V” shape with body**
- 4.Keep arms straight, spine long**
- 5.Heels toward the mat**
- 6.Relax neck, gaze back**
- 7.Hold 5 breaths, then release**

ADHO MUKHA SVANASANA

(Downward Facing Dog)

BENEFITS

- Stretches entire back body
- Strengthens arms and shoulders
- Improves circulation
- Relieves mild back pain
- Reduces stress and fatigue
- Helps with digestion

Duration

- Hold: 30 seconds – 1 minute per side
- Repeat: 1–2 rounds each side



WHY THIS POSE IS HELPFUL

- Enhances balance and full-body coordination
- Stretches legs, hips, and side waist deeply
- Opens chest and shoulders for better posture
- Strengthens legs, core, and back

PAIN RELIEF

- Lower back tightness
- Hip and groin stiffness
- Sciatica discomfort
- Mild digestion issues



VIRABHADR ASANA I

(Warrior I)

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"VIRABHADRA" = A MYTHICAL
WARRIOR; "ASANA" =
POSTURE.

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VIRABHADRASANA I

(Warrior I)

Gaze Up or Forward:
Improves focus & posture

Arms Overhead, Palms Facing: Opens chest

Front Knee Bent (90°):
Builds leg strength

Back Leg Straight & Strong: Improves balance

Square Hips Forward:
Aligns pelvis

Feet Firm on Ground:
Grounds and energizes



STEP-BY-STEP ALIGNMENT

1. Start in Mountain Pose at top of mat
2. Step back 3-4 feet with left foot, keeping hips square forward
3. Bend right knee to 90° (knee over ankle)
4. Press outer edge of back foot down at 45° angle
5. Reach arms overhead, palms facing or touching
6. Lift chest while keeping shoulders relaxed
7. Hold for 5 breaths, then switch sides

VIRABHADRASANA I

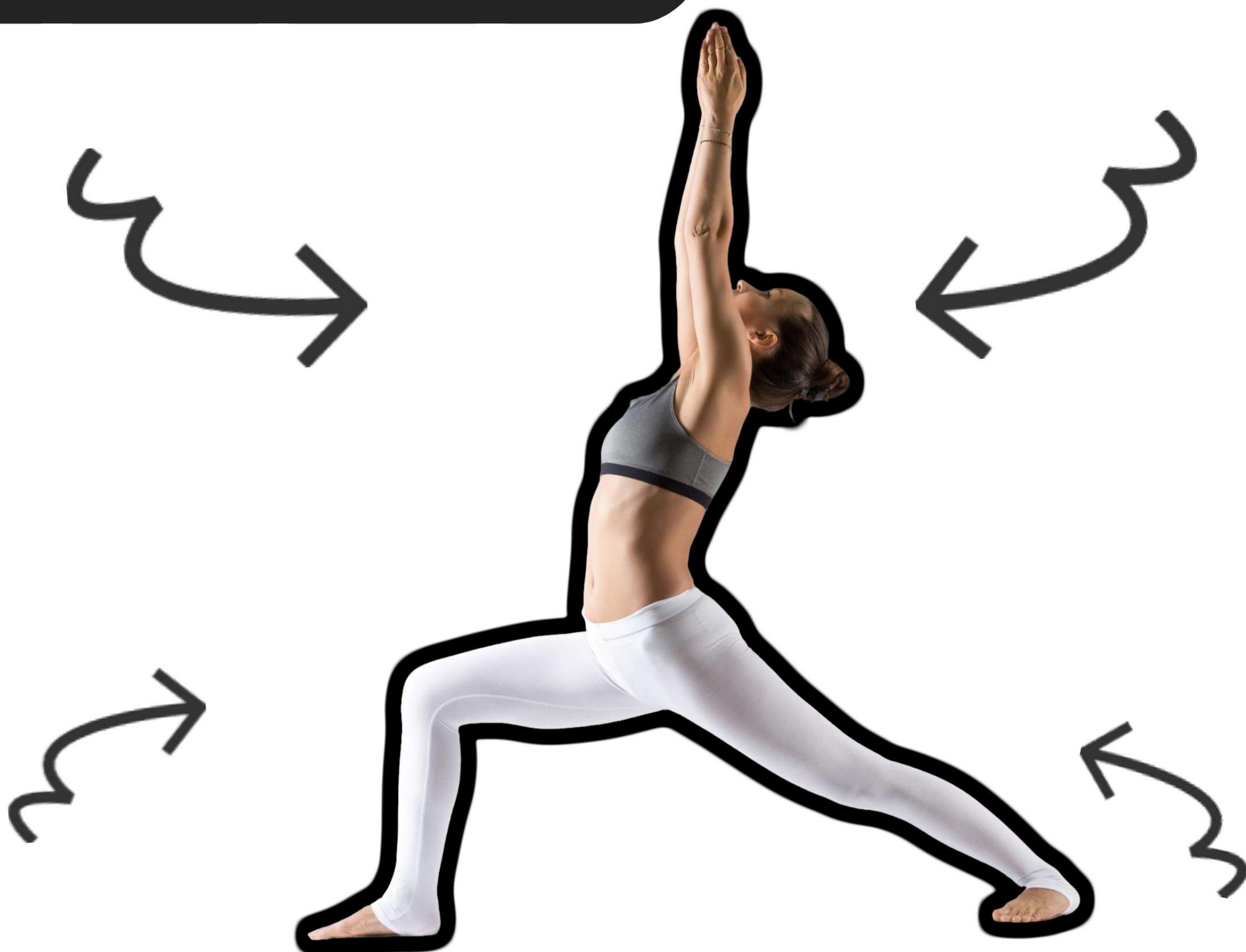
(Warrior I)

(BENEFITS)

- Strengthens legs, ankles and core
- Opens hips and chest
- Improves balance and focus
- Builds stamina and endurance

Duration

- Hold: 20–30 seconds per side
- Repeat: 2–3 times



WHY THIS POSE IS HELPFUL

- Energizes the full body.
- Strengthens posture and endurance.
- Prepares body for deeper backbends and standing poses.

PAIN RELIEF

- Eases lower back stiffness
- Strengthens knees and ankle joints.
- Reduces tightness in hips and shoulders.

A decorative border surrounds the central text, featuring various yoga poses in grayscale. On the left, a person is in a standing pose with one leg raised and arms extended. On the right, a person is in a side plank pose. At the bottom left, a person is in a supine pose with arms extended. At the bottom right, a person is in a low lunge pose. The border is a dark blue color with a white inner frame.

VIRABHADR ASANA II

(Warrior II)



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"VIRABHADRA" = MYTHICAL
WARRIOR; "ASANA" =
POSTURE.

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VIRABHADRASANA II

(Warrior II)

Arms Parallel to Ground: Strengthens shoulders

Gaze Over Front Hand: Improves concentration

Back Leg Straight & Firm: Stabilizes body

Hips Open to Side: Enhances flexibility

Front Knee Over Ankle: Protects joints

Feet Firm on Ground: Grounds and energizes



STEP-BY-STEP ALIGNMENT

1. Start in Mountain Pose at top of mat
2. Step back 3-4 feet with left foot, aligning heels
3. Turn back foot parallel to mat edge (90 angle)
4. Bend front knee to 90° (knee over ankle)
5. Extend arms at shoulder height:
 - Front palm faces forward
 - Back palm faces back
6. Gaze over front middle finger
7. Hold for 5-8 breaths, then switch sides

VIRABHADRASANA II

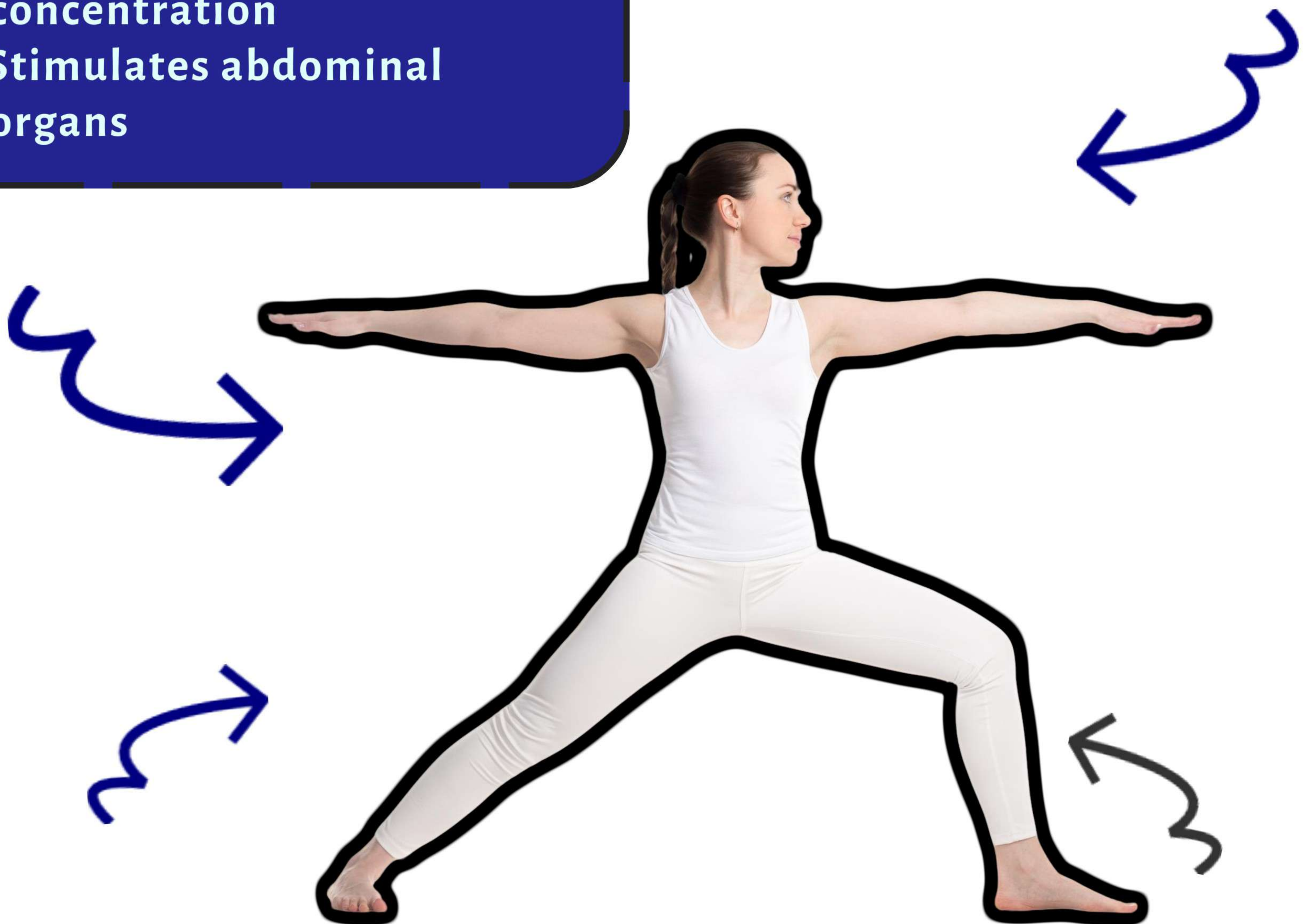
(Warrior II)

BENEFITS

- Strengthens legs, ankles, and arms
- Opens hips and shoulders
- Improves balance and concentration
- Stimulates abdominal organs

Duration

- Hold: 20–30 seconds per side
- Repeat: 2–3 times



WHY THIS POSE IS HELPFUL

- Builds strong lower body and toned arms
- Develops mental resilience and mindfulness
- Great for improving posture and joint flexibility

PAIN RELIEF

- Eases back tension
- Strengthens knees, ankles, and hip joints
- Improves shoulder flexibility

BALASANA

(Child's Pose)



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"BALA" MEANS CHILD. "ASANA"
MEANS POSTURE.

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BALASANA

Child's Pose

Natural Spine Curve:
Eases back stiffness

Relaxed Shoulders:
Releases upper body tension

Relaxed Feet:
Gentle ankle stretch

Extended Arms:
Stretches spine & back



Hips to Heels:
Opens hips, relaxes lower back

Soft Belly on Thighs:
Massages internal organs

Forehead on Ground:
Calms mind, eases stress

STEP-BY-STEP ALIGNMENT

1. Start on Hands and Knees

- Begin in a tabletop position (hands under shoulders, knees under hips).

2. Sit Your Hips Back

- Slowly lower your hips back toward your heels.
- Allow your hips to sink deeply toward the floor.

3. Extend Your Arms Forward

- Stretch your arms forward on the mat.
- Spread your fingers wide and press your palms into the mat.

4. Lower Your Forehead to the Floor

- Rest your forehead gently on the mat.
- Relax your neck, jaw, and shoulders.

BALASANA

Child's Pose

BENEFITS

- Stretches hips, thighs, and ankles
- Gently relieves back and neck pain
- Calms the brain, helps relieve stress and fatigue
- Encourages relaxation and emotional release

Duration Guide

- Hold for: 30 seconds to 2 minutes
- Repeat: As needed during a yoga session or as a resting pose



WHY THIS POSE IS HELPFUL

- Promotes deep relaxation and mental clarity
- Supports digestion and reduces bloating
- Provides gentle stretch without straining joints

PAIN RELIEF

- Lower back pain
- Neck stiffness
- Menstrual cramps
- Emotional exhaustion

VRIKSHASANA

(Tree Pose)



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"VRIKSHA" = TREE; "ASANA" = POSTURE.

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VRIKSHASANA

(Tree Pose)

Foot Pressed to Inner Thigh/
Calf: Builds balance

Standing Leg Strong &
Active: Grounding force

Palms Together (Namaste)
or Raised: Opens heart
center

Hips Square Forward:
Promotes alignment

STEP-BY-STEP ALIGNMENT

1. Start in Mountain Pose (feet rooted, arms at sides)
2. Shift weight to left foot, bend right knee
3. Place right foot on:
 - Inner left ankle (beginner)
 - Inner calf (intermediate) – Avoid knee!
 - Inner thigh (advanced)
4. Bring hands to:
 - Prayer position at heart
 - Overhead like branches
5. Focus gaze on one unmoving point
6. Hold 5 breaths, then switch sides

VRIKSHASANA

(Tree Pose)

BENEFITS

- Improves balance and stability
- Strengthens thighs, calves, and spine
- Enhances concentration and body awareness
- Opens hips and chest gently

Duration

- Hold: 30–60 seconds per side
- Repeat: 2 times each leg

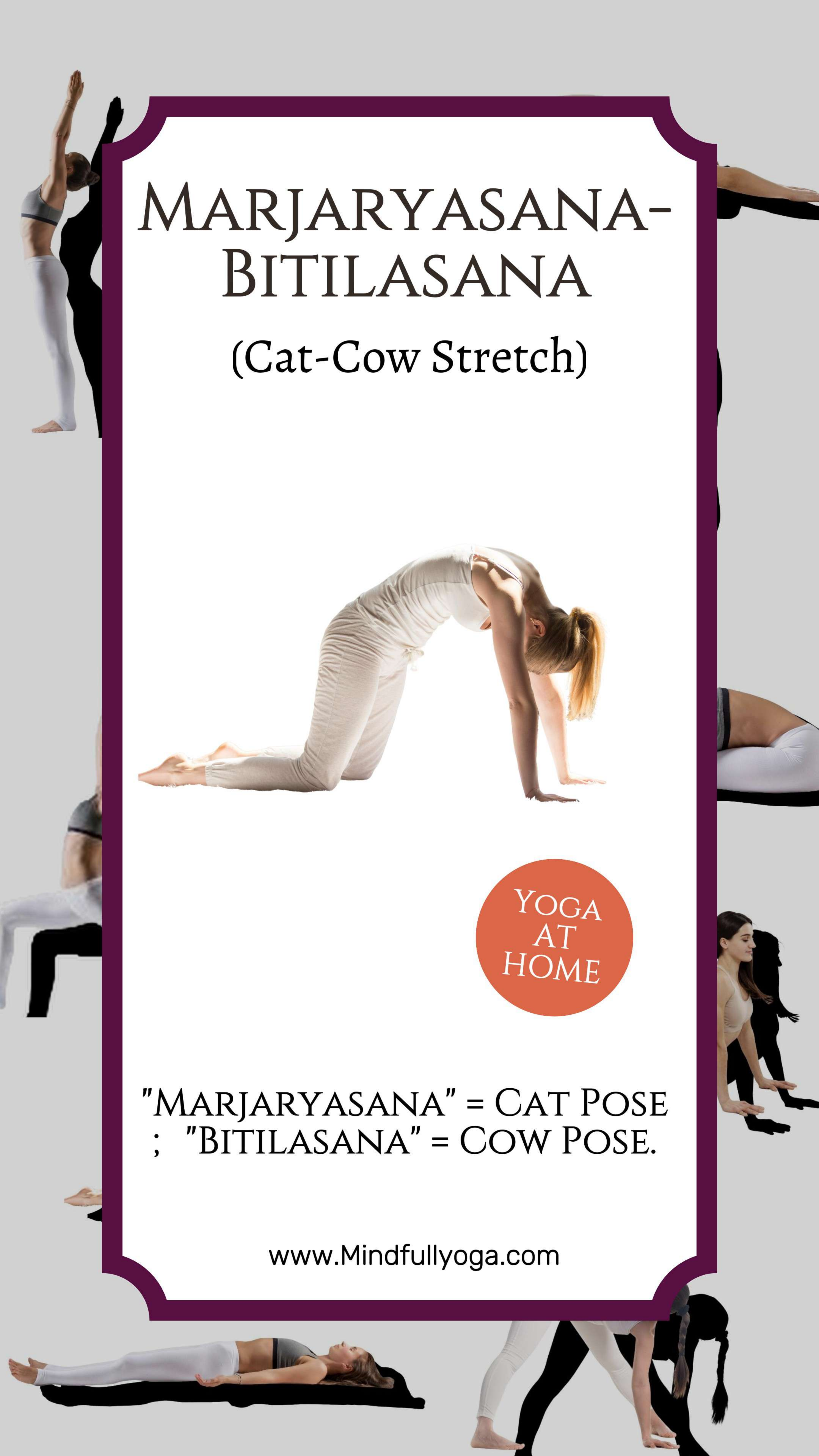


WHY THIS POSE IS HELPFUL

- Cultivates mental focus and calm
- Tones lower body and strengthens core
- Builds postural awareness and patience

PAIN RELIEF

- Helps with lower back discomfort
- Strengthens knee stability
- Supports hip flexibility and spinal alignment

The background of the entire page is a light gray. It is decorated with several yoga poses. On the left side, there is a vertical strip showing a person in a standing pose with one leg raised and arms extended upwards. Below that, another person is shown in a seated or low lunge pose. At the bottom left, a person is lying on their back in a supine pose. On the right side, there is a vertical strip showing a person in a standing pose with one leg raised and arms extended outwards. Below that, another person is shown in a seated or low lunge pose. At the bottom right, a person is shown in a standing pose with one leg raised and arms extended outwards. The central text is enclosed in a white rectangular box with a dark purple border and rounded corners.

MARJARYASANA- BITILASANA

(Cat-Cow Stretch)



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"MARJARYASANA" = CAT POSE
; "BITILASANA" = COW POSE.

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MARJARYASANA- BITILASANA

(Cat-Cow Stretch)

Shoulders Away from Ears:
Opens upper back

Neck Long and Relaxed:
Releases tension

Spine Arching (Cow) /
Rounding (Cat): Improves
flexibility



STEP-BY-STEP ALIGNMENT

1. Start on hands and knees (tabletop position):

Hands under shoulders

Knees under hips

2. Cow Pose (Inhale):

- Drop belly toward floor
- Lift chin and tailbone up
- Arch back gently

3. Cat Pose (Exhale):

- Round spine toward ceiling
- Tuck chin to chest

Engage core

4. Flow smoothly for 5-10 breaths

MARJARYASANA – BITILASANA

(Cat-Cow Stretch)

BENEFITS

- Increases spinal flexibility
- Relieves back/neck tension
- Massages digestive organs
- Improves posture and body awareness

Duration

- Hold: 5–7 breaths in each position
- Repeat: 5–10 cycles



WHY THIS POSE IS HELPFUL

- Prepares the spine for deeper movements
- Awakens the body gently, easing stiffness
- Connects breath with movement, calming the mind

PAIN RELIEF

- Eases lower back tension
- Alleviates neck stiffness
- Reduces stress-related shoulder tightness



PASCHIMOTTAN ASANA

(Seated Forward Bend)



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"PASCHIMA" = WEST/BACK OF
BODY; "UTTANA" = INTENSE
STRETCH; "ASANA" =
POSTURE.

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PASCHIMOTTANASANA

(Seated Forward Bend)

Forehead Moving Toward
Knees: Deepens stretch

Neck Long and Relaxed:
Releases tension



Feet Flexed: Activates leg muscles

Arms Reaching Forward:
Lengthens spine

STEP-BY-STEP ALIGNMENT

1. Sit with legs extended straight (feet flexed)
2. Ground sitting bones firmly into mat
3. Inhale arms up, lengthen spine
4. Exhale fold forward from hips (not waist):
 - Reach for feet/shins/ankles
 - Keep back straight (don't round!)
5. Relax head and shoulders
6. Hold 30 seconds to 3 minutes

PASCHIMOTTANASANA

(Seated Forward Bend)

BENEFITS

- Deeply stretches hamstrings & spine
- Calms the mind and relieves stress
- Stimulates digestive organs
- Helps relieve mild back pain

Duration

- Hold: 30 seconds to 1 minute
- Repeat: 1–2 times, breathing deeply



WHY THIS POSE IS HELPFUL

- Promotes a sense of calm and introspection
- Prepares the body for meditation and relaxation
- Gently opens the entire back body

PAIN RELIEF

- Eases lower back tightness
- Stretches sore hamstrings
- Relieves mild sciatica discomfort



SETU BANDHASANA (Bridge Pose)



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"SETU" = BRIDGE, "BANDHA" =
LOCK/BIND, "ASANA" =
POSTURE.

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SETU BANDHASANA

(Bridge Pose)

Hips Lifted:
Builds core + back strength

Neck Relaxed:
Prevents strain and supports spinal alignment

Forehead Moving Toward Knees:
Deepens stretch

Knees Over Ankles:
Maintains joint safety

Shoulders Rolled Under:
Opens chest, supports posture

STEP-BY-STEP ALIGNMENT

- 1.Lie on back with knees bent, feet hip-width apart
- 2.Place arms alongside body, palms down
- 3.Press feet down to lift hips (keep knees over ankles)
- 4.Lift chest toward chin
- 5.Hold for 5-8 breaths, then slowly lower

SETU BANDHASANA

(Bridge Pose)

BENEFITS

- Strengthens glutes and hamstrings
- Opens chest and shoulders
- Relieves mild back pain
- Calms the mind and reduces stress

Duration

- Hold: 30 seconds to 1 minute
- Repeat: 2–3 times with rest in between

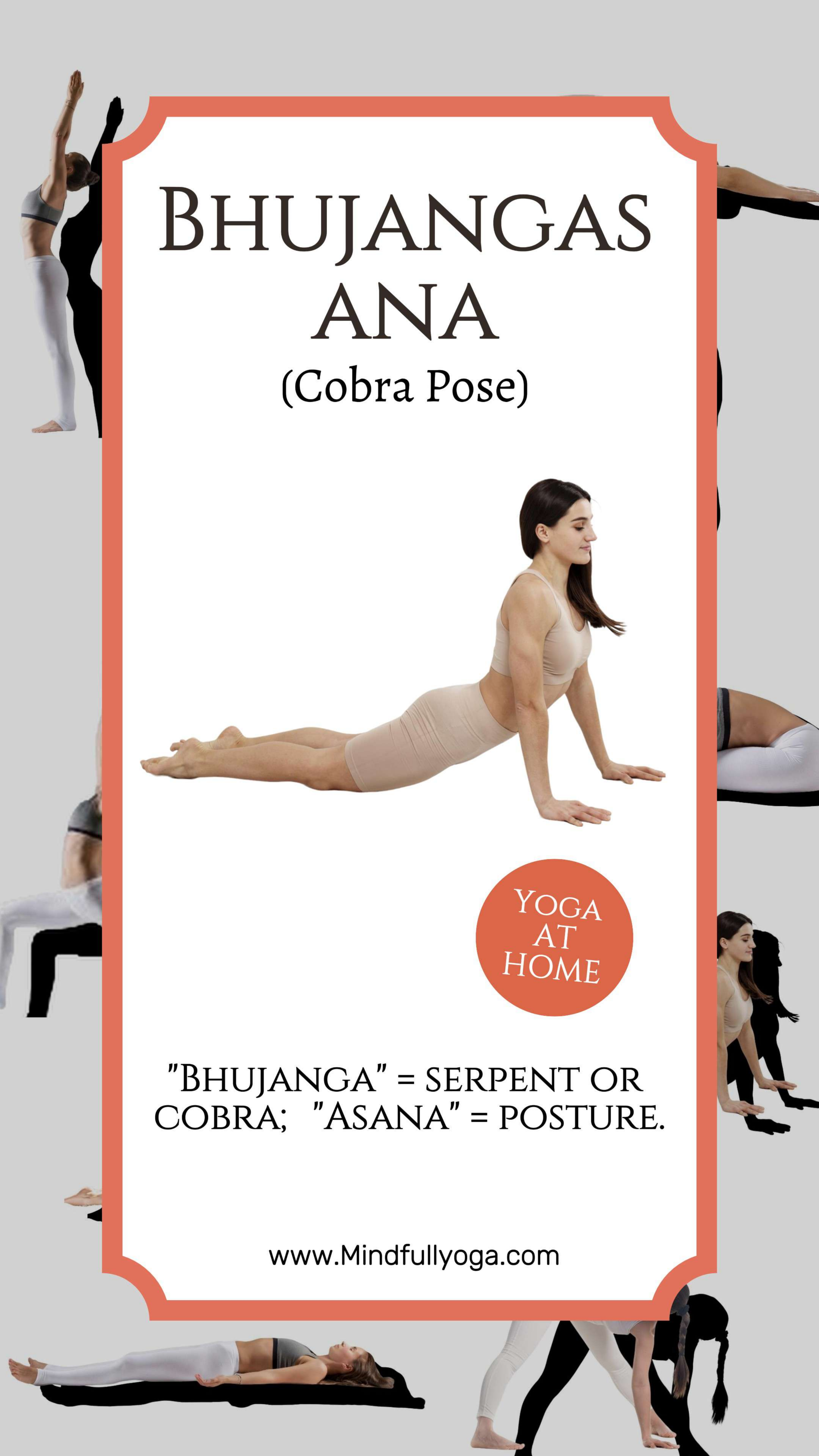


WHY THIS POSE IS HELPFUL

- Reverses prolonged sitting effects
- Activates core and legs
- Improves circulation and flexibility in the spine

PAIN RELIEF

- Eases lower back discomfort
- Alleviates mild headaches
- Reduces menstrual discomfort

A decorative border surrounds the central text, featuring various yoga poses in grayscale. On the left, a person is in a standing pose with one leg raised. On the right, a person is in a side plank. At the bottom left, a person is in a supine pose. At the bottom right, a person is in a low lunge. The central image shows a woman in a light-colored yoga outfit performing Bhujangasana (Cobra Pose) on a white background.

BHUJANGAS ANA (Cobra Pose)



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"BHUJANGA" = SERPENT OR
COBRA; "ASANA" = POSTURE.

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BHUJANGASANA

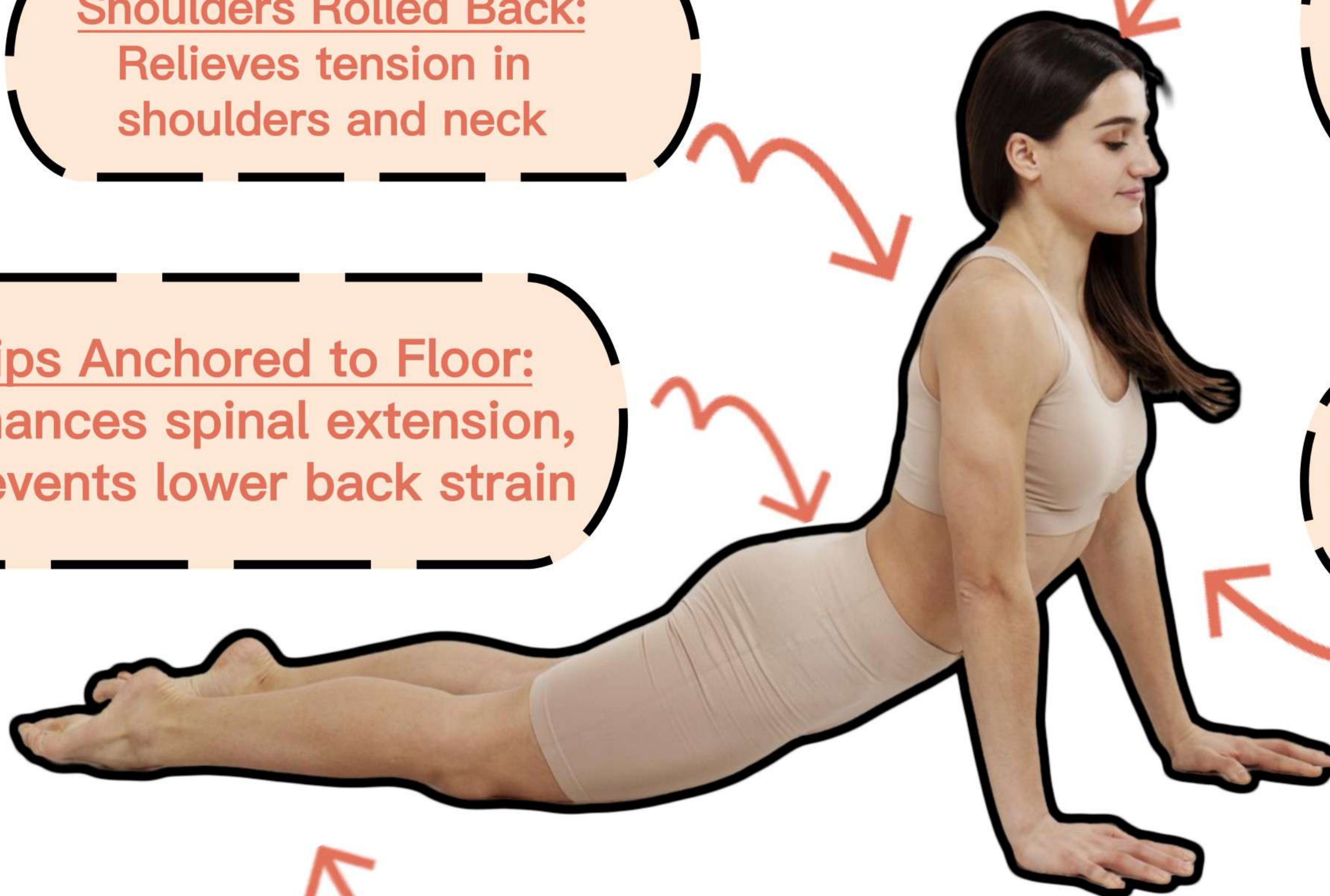
(Cobra Pose)

Shoulders Rolled Back:
Relieves tension in
shoulders and neck

Head Lifted:
Lengthens the neck,
opens the throat chakra,
improves posture

Hips Anchored to Floor:
Enhances spinal extension,
prevents lower back strain

Elbows Close to Body:
Protects shoulders and
builds tricep strength



Legs Extended & Pressed Down:
Activates lower body, supports
spine alignment

STEP-BY-STEP ALIGNMENT

- 1.Lie on belly, legs extended (tops of feet down)
- 2.Place hands under shoulders, elbows hugged in
- 3.Press pubic bone gently into mat
- 4.Inhale to lift chest (keep hips grounded)
- 5.Keep:
 - Shoulders away from ears
 - 10-20% weight in hands
 - Gaze forward or slightly up
- 6.Hold 15-30 seconds, then exhale down

BHUJANGASANA

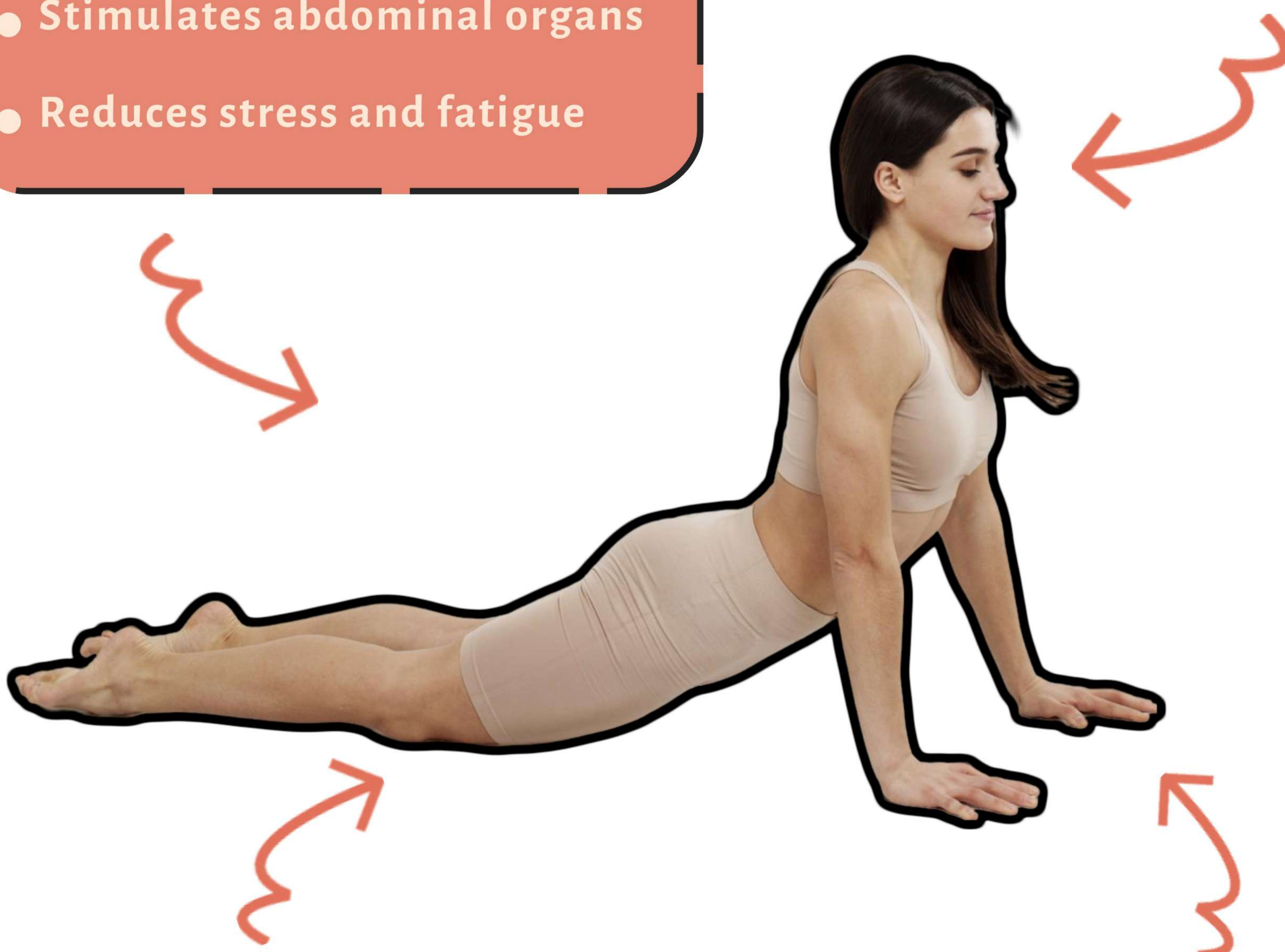
(Cobra Pose)

BENEFITS

- Strengthens spine and arms
- Opens chest and shoulders
- Stimulates abdominal organs
- Reduces stress and fatigue

Duration

- Hold for 15–30 seconds
- Repeat 2–3 times



WHY THIS POSE IS HELPFUL

- Strengthens the spine and back muscles
- Opens the chest and lungs
- Improves posture and flexibility
- Stimulates abdominal organs

PAIN RELIEF

- Lower back pain
- Sluggish digestion
- Mild depression and fatigue

A decorative border surrounds the central text area, featuring various yoga poses in grayscale. On the left, a person is in a standing pose with one leg raised and arms extended. On the right, a person is in a side plank pose. At the bottom left, a person is in a supine pose with arms extended. At the bottom right, a person is in a low lunge pose. The central image shows a woman in a white tank top and leggings performing the Trikonasana pose, with her right arm reaching down to her right foot and her left arm extended upwards.

TRIKONASANA

(Triangle Pose)

YOGA
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"TRIKONA" = TRIANGLE, "
ASANA" = POSTURE.

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TRIKONASANA

(Triangle Pose)

Top Arm Reaches Up:
Improves Posture & Balance

Torso Elongated: Stretches
Side Body & Spine

Back Foot Grounded:
Enhances Base &
Alignment

Front Arm Extended:
Opens Chest & Shoulder

Front Leg Straight: Strengthens
Hamstrings & Knee Stability

STEP-BY-STEP ALIGNMENT

1. Stand wide (3-4 feet apart), arms at shoulder height
2. Turn right foot 90° out, left foot slightly in
3. Reach right hand forward, then hinge at hip:
 - Lower right hand to shin/ankle/block
 - Left arm reaches straight up
4. Align body like sandwich between two walls:
 - Hips and chest open to side
 - Both shoulders stacked
5. Hold 5-8 breaths, then switch sides

TRIKONASANA

(Triangle Pose)

BENEFITS

- Strengthens legs, knees, and ankles
- Increases flexibility in hips and hamstrings
- Stretches spine, shoulders, chest
- Boosts balance and stability
- Stimulates abdominal organs

Duration

- Hold for 30 seconds – 1 minute per side seconds.
- Repeat 1–2 rounds each side.



WHY THIS POSE IS HELPFUL

- Stretches legs, hips, and side waist deeply
- Opens chest and shoulders for better posture
- Strengthens legs, core, and back
- Stimulates digestion and relieves stress

PAIN RELIEF

- Lower back tightness
- Hip and groin stiffness
- Sciatica discomfort
- Mild digestion issues

SAVASANA

(Corpse Pose)



YOGA
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"SAVA" = CORPSE, "ASANA" =
POSTURE.

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SAVASANA

(Corpse Pose)

Whole body still:
Facilitates full relaxation

Soft, natural breath:
Deepens calm

Neck aligned & jaw relaxed: Releases tension



Feet fall outward naturally: Relieves lower body tension

Arms relaxed beside the body: Promotes circulation

Eyes gently closed:
Encourages internal focus

STEP-BY-STEP ALIGNMENT

1. Lie flat on back, legs slightly apart
2. Rest arms 45° from body, palms up
3. Close eyes and relax all muscles:
 - Release jaw tension
 - Soften shoulders into mat
 - Let feet fall outward
4. Breathe naturally for 5-15 minutes

SAVASANA

(Corpse Pose)

BENEFITS

- Calms the mind and nervous system
- Reduces stress, anxiety, and fatigue
- Helps lower blood pressure
- Enhances body awareness and mindfulness
- Aids in deep rest and recovery after practice

Duration

- Hold for 5–10 minutes (or longer post-practice)
- Practice at the end of every yoga session



WHY THIS POSE IS HELPFUL

- Calms the nervous system
- Enhances mindfulness and breath awareness
- Reduces fatigue and restores energy
- Supports better sleep

PAIN RELIEF

- Headaches, insomnia, and mild depression
- Muscle fatigue and overstimulation