


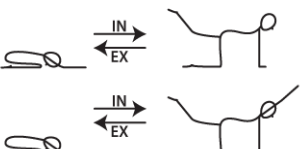



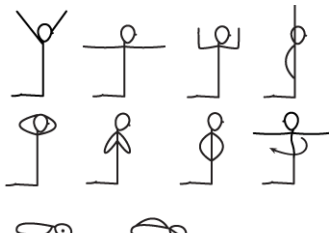




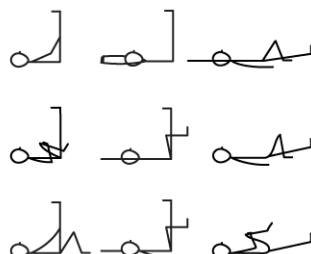
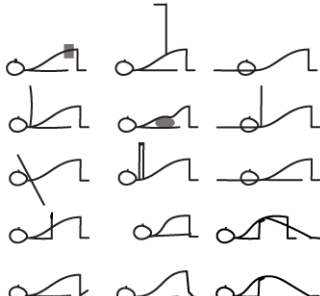

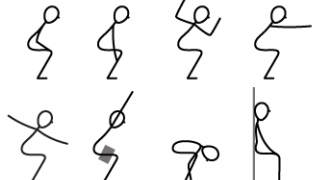


# 20 SUPERPOSES THAT CARRY MAXIMUM BENEFITS WITH MINIMUM RISKS

The term *superfood* is usually used to describe nutrient-rich food that is especially beneficial for our health and well-being. Certain yoga poses can be described as “*superposes*” because they also carry incredible “nutritional value” for our bodies. This is a list of “superposes” that are benefit-dense, accessible to most students and offer multiple options. They are arranged in five groups of four and represent a gradual progression from most foundational toward more challenging.

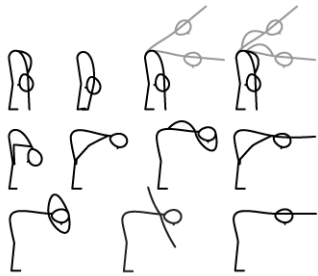
MAGIC THREE POSES			
 <p><b>APANASANA</b></p> <p>Wind-release pose is great for warming up the lower back and hips, as well as introducing progressive abdominal contraction and breath-movement connection. It is great for evaluating the trajectory of movement in the hips.</p> 	 <p><b>CHAKRAVAKASANA</b></p> <p>This pose helps to articulate the spine, move almost every joint in the body in a non-invasive way, and to alternately contract and stretch the upper back, lower back and neck to increase circulation and relieve tension.</p> 	 <p><b>BHUJANGASANA</b></p> <p>Cobra pose works great for strengthening the upper and lower back and stabilizing the sacrum. It can also be used to work with the neck, shoulders, hips, knees and ankles, depending on the pose adaptation.</p> 	 <p><b>VAJRASANA</b></p> <p>This pose works great to mobilize the spine, hips and shoulders, and to alternately contract and stretch the upper back, lower back and neck to increase circulation and relieve tension.</p> 
 <p><b>VIRABHADRASANA 1</b></p> <p>Warrior 1 pose is great for strengthening the back, core and legs while stretching the hip flexors and calves. Different arm adaptations target specific areas of the upper/middle back, neck and shoulders.</p>	 <p><b>URDHVA PRASARITA PADASANA</b></p> <p>This pose is very effective for lengthening the spine, stretching the shoulders and legs. Specific versions can also target the hip flexors and are useful in focusing the mind via right/left brain integration.</p>	 <p><b>DVIPADA PITHAM SETU BANDHASANA</b></p> <p>Bridge pose can be used to contract the muscles of the upper back, actively stretch the chest, thighs and the back of the neck. Various arm adaptations help release tension in the neck, shoulders and upper back.</p>	 <p><b>JATTHARA PARIVRTTI</b></p> <p>This pose works great for rotating the spine and stretching the lower back. Different arm movements target the upper back, shoulders and neck; different leg options target abductors, rotators and hamstrings.</p>

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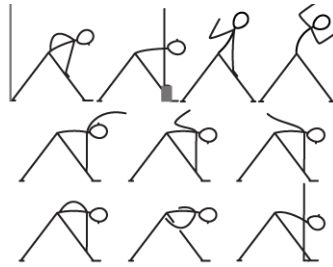
			
 <p><b>BALANCING TADASANA</b></p> <p>Balancing versions of the pose include lifting up on the balls of the feet and standing on one leg. They can be used to train balance AND strengthen the muscles that are directly involved in maintaining balance.</p> 	 <p><b>BIRD-DOG (VARIATION OF CHAKRAVAKASANA)</b></p> <p>Bird-dog pose is widely used for developing core strength and improving overall structural integration. It also helps train balance, lengthen the spine, and develop stability in hips and shoulders.</p> 	 <p><b>ARDHA UTKATASANA</b></p> <p>Chair pose is great for developing core and leg strength. Different adaptations make it easier for the shoulders and target upper back, lower back and inner thighs.</p> 	 <p><b>PRASARITA PADOTTANASANA</b></p> <p>Wide-legged forward bend is mainly used for stretching the lower back and hamstrings. Different adaptations strengthen upper and lower back, stretch the shoulders and inner thighs.</p> 
 <p><b>UTTANASANA/ARDHA UTTANASANA</b></p>	 <p><b>UTTHITA TRIKONASANA</b></p>	 <p><b>PARIVRTTI TRIKONASANA</b></p>	 <p><b>SALABHASANA/ARDHA SALABHASANA</b></p>

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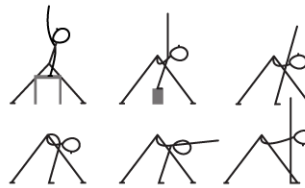
Uttanasana stretches the structures of the back and hamstrings, Ardha Uttanasana strengthens them. Different arm adaptations target one side of the body and strengthen various muscles of the upper back.



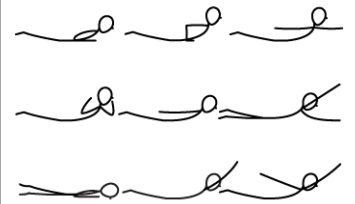
Triangle pose is best for stretching one side of the torso while strengthening the other side. Changing feet position helps protect the sacrum, and different arm positions target the shoulder, neck, hip flexors and outer hips.



This pose rotates the spine and strengthens upper back and neck. The bottom hand can be placed on the floor, block or chair to create an appropriate challenge. Moving the top arm and head intensifies the work for the neck, shoulder and upper back.

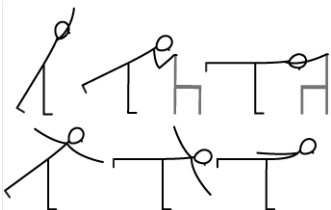


Salabhasana helps develop strength in the lower back. Ardha Salabhasana is great for strengthening one side of the back at a time, in case of asymmetrical muscle development. Different arm variations target specific upper and lower back muscles.



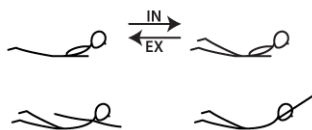
**VIRABHADRASANA 3**

Warrior 3 pose trains balance and improves overall structural integration. It also lengthens the spine, strengthens the hips and improves core stability. It is easily adaptable to the student's current physical condition.



**VIMANASANA**

Moving the legs in and out in Vimanasana helps realign the relationship between the sacrum and the legs. We use it extensively to deal with SI joint issues. It also strengthens the structures that support and protect the SI ligaments (lower back muscles, glutes, hip rotators and abductors).



**PASCHIMOTTANASANA**

Seated forward bend is great for stretching all posterior (back) structures of the body, especially lower back and hamstrings. Bending the knees shifts the focus to the lower and upper back. Different arm variations target the upper back, shoulders and neck.



**ARDHA MATSYENDRASANA**

Half lord of the fishes pose rotates the spine and realigns the relationship between the shoulder girdle and the spine, as well as pelvic girdle and the spine. It stretches the neck and outer hip. Extending the bottom leg makes the pose easier for most people and different arm adaptations change the intensity of the twist.

