

# 3 Yoga Poses to Make You Sturdy

There are so many good things we can do so simply, and for free, for our bodies and mind. Yoga is one of them. It doesn't matter if you are super athletic, or barely get off the couch, you can do yoga poses.

This morning during my own practice, it occurred to me that yoga can be so simple. My earliest days of practice was in the Ashtanga tradition, so I knew asanas to be rigorous and make me sweat.

Taking time to appreciate each pose and how your body interprets the movement is of course important. In just a few minutes, you can do these three poses and your day will be brighter and you will be stronger. Another good habit.

## **Tadasana/Mountain Pose**

If you are just starting out, step up from the couch, and simply stand erect in Tadasana. This is Mountain Pose. Stretch your shoulders back and lift your heart. Tuck in your sacrum (that's the little triangular bone at the end of your spine) just slightly, and keep your core engaged. Your thighs should also be engaged.

A trick to ensure you are really standing steady is to lift your toes, just standing on the base of your foot. If you can keep your balance here, sway just a little to feel the strength within you. Then go back to keeping your mountain firm. Stretch your toes out and place them down, ideally with each toe standing on its own, not touching another.

Your arms are also firm and straight, some teachers say erect fingers touching, others say give each finger some room (like

the toes). Be here and breathe for 5-10 deep inhale and exhalations.

### Tadasana

- Improves posture
- Strengthens thighs, knees, and ankles
- Firms abdomen and buttocks
- Relieves sciatica
- Reduces flat feet

## **Downward Dog/Adho Mukha Svanasana**

The most iconic yoga pose is Downward Dog. Basically, if you can make a big upside down V with your body, you are doing it. The main idea is to keep your back and legs straight, but relaxed. Like Tadasana, your whole body is engaged.

A good way to get into the pose is from being on hands and knees. This way you can get a proper alignment. Make sure your knees are directly under your hips and your hands are slightly forward of your shoulders. Index fingers parallel, but the other fingers spread wide. Tuck your toes under and bring your hips up.

As you extend your knees, keep your heels high off the floor, but work towards getting them close to the ground. Make sure your sitting bones are extending toward the ceiling. Keep your shoulders back, and core engaged.

Breathe deeply and keep a gentle gaze on your belly button. If you feel your neck straining to do that, gaze instead between your knees or toes.

### Downward Dog, adho mukha svanasana

- Calms the brain and helps relieve stress and mild depression

- Energizes the body
- Stretches the shoulders, hamstrings, calves, arches, and hands
- Strengthens the arms and legs
- Helps relieve the [symptoms of menopause](#)
- Relieves menstrual discomfort when done with head supported
- Helps prevent osteoporosis
- Improves digestion
- Relieves headache, insomnia, back pain, and fatigue
- Therapeutic for high blood pressure, asthma, flat feet, sciatica, sinusitis

## Sukhasana

Sukhasana, or easy pose, is basically meditation pose. Sit cross-legged and put your hands on your knees, palms up or down.

If palms up, you might like to touch your index finger and thumb as you cup your hand. This is Jnana Mudra, which creates an opening effect and allows for a receiving from the divine source.

Universal consciousness is represented by the thumb and individual consciousness is represented by the index finger. Their unity represents the union of divine self with individual self.

As you sit in this posture, with your eyes closed, keep your inner gaze at a spot just above between your eyes. Keep your spine erect, shoulders relaxed, core in, but not forced; the top of your head parallel to the ground.

Breathe slowly and if your mind wanders, you might find some focus by counting 1 to 10 over and over. Stay seated in Sukhasana for as long as is comfortable. Those just starting

out might feel a foot fall asleep after 10 minutes or so.

If it is uncomfortable to sit directly on the floor, then find a cushion (small or tall, hard or soft depending on your comfort), or even a chair is fine if the discomfort is too distracting. The more important thing is to keep your spine straight, and your mind calm and focused on nothing. This is easy pose, afterall.

### [Sukhasana](#)

- Calms the brain
- Strengthens the back
- Stretches the knees and ankles

Looking to get started and want to follow along with a great teacher? Check out Yoga with Adriene's [Foundations of Yoga](#) video series on YouTube! In this video she explains these three poses, and more. Her demeanor will get you off the couch and practice right away with her! You will find so much amazing information!

Did you know that stress, weak digestive system muscles, and physical inactivity can work together to cause constipation? If you are having trouble with this issue, be sure to read the article [Yoga for Constipation: 14 Yoga Poses For Relieving Constipation](#) on Jen Reviews. This sequence of poses, including some powerful twists, will undoubtedly rid your body of toxins and get your system *flowing*!