

# *Basic Yoga*

## *Postures & Series*

FOR  
**DUMMIES<sup>®</sup>**

**in a  
day**

Georg Feuerstein, PhD  
Larry Payne, PhD

# Basic Yoga Postures and Series In A Day For Dummies®

## Table of Contents

### [Introduction](#)

[What You Can Do In A Day](#)

[Foolish Assumptions](#)

[Icons Used in This Book](#)

### [Chapter 1: The Ins and Outs of Yoga and Breathing](#)

[A Brief Introduction to Yoga](#)

[Breathing Your Way to Good Health](#)

[Taking high-quality breaths](#)

[Relaxing with a couple of deep breaths](#)

[Practicing safe yogic breathing](#)

[Reaping the benefits of yogic breathing](#)

[Breathing through your nose \(most of the time\)](#)

[The Mechanics of Yogic Breathing](#)

[Appreciating the complete yogic breath](#)

[Starting out with focus breathing](#)

[Realizing the power of a pause](#)

# Partners in Yoga: Breath and Postural Movement

## Chapter 2: Please, Be Seated

### Understanding the Philosophy of Yoga Postures Looking at the Many Variations of Sitting

Chair-sitting posture

The easy posture: Sukhasana

The thunderbolt posture: Vajrasana

## Chapter 3: Standing Tall

Standing Strong

Exercising Your Options

Mountain posture: Tadasana

Standing forward bend: Uttanasana

Triangle posture: Utthita trikonasana

Warrior I: Vira Bhadrasana I

Warrior II: Vira Bhadrasana II

Standing spread-legged forward bend:

Prasarita pada uttanasana

Downward-facing dog: Adhomukha

shvanasana

## Chapter 4: Steady as a Tree: Mastering Balance

Getting to the Roots of the Postures

Balancing Postures for Graceful Strength

Warrior at the wall: Vira Bhadrasana III  
variation

[Balancing cat](#)  
[The tree posture: Vrikshasana](#)  
[The karate kid](#)  
[Standing heel-to-buttock](#)

## [Chapter 5: Dynamic Posture: The Sun Salutation](#)

[Gliding Through the 7-Step Kneeling Salutation](#)  
[Advancing to the 12-Step Sun Salutation](#)

## [Chapter 6: A Recommended Beginners' Routine](#)

[Starting Off Slowly and Wisely](#)  
[Trying Out a Fun Beginners' Routine](#)

[Corpse posture](#)  
[Lying arm raise](#)  
[Knee-to-chest posture](#)  
[Downward-facing dog](#)  
[Child's posture](#)  
[Warrior I](#)  
[Standing forward bend](#)  
[Standing spread-legged forward bend](#)  
[The karate kid](#)  
[Corpse posture redux](#)

## [Chapter 7: Where to Go from Here](#)

[Taking Your First Steps](#)  
[Visiting dummies.com](#)

[About the Author](#)  
[More Dummies Products](#)

***Basic Yoga Postures & Series In A  
Day For Dummies<sup>®</sup>***

**by Georg Feuerstein, PhD and Larry  
Payne, PhD**



WILEY

John Wiley & Sons, Inc.

## **Basic Yoga Postures & Series In A Day For Dummies®**

Published by  
**John Wiley & Sons, Inc.**  
111 River St.  
Hoboken, NJ 07030-5774  
[www.wiley.com](http://www.wiley.com)

Copyright © 2012 by John Wiley & Sons, Inc., Hoboken, New Jersey

Published simultaneously in Canada

No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, scanning or otherwise, except as permitted under Sections 107 or 108 of the 1976 United States Copyright Act, without the prior written permission of the Publisher. Requests to the Publisher for permission should be addressed to the Permissions Department, John Wiley & Sons, Inc., 111 River Street, Hoboken, NJ 07030, (201) 748-6011, fax (201) 748-6008, or online at <http://www.wiley.com/go/permissions>.

**Trademarks:** Wiley, the Wiley logo, For Dummies, the Dummies Man logo, A Reference for the Rest of Us!, The Dummies Way, Dummies Daily, The Fun and Easy Way, Dummies.com, Making Everything Easier, and related trade dress are trademarks or registered trademarks of John Wiley & Sons, Inc., and/or its affiliates in the United States and other countries, and may not be used without written permission. All other trademarks are the property of their respective owners. John Wiley & Sons, Inc., is not associated with any product or vendor mentioned in this book.

**Limit of Liability/Disclaimer of Warranty:** The publisher and the author make no representations or warranties with respect to the accuracy or completeness of the contents of this work and specifically disclaim all warranties, including without limitation warranties of fitness for a particular purpose. No warranty may be created or extended by sales or promotional materials. The advice and strategies contained herein may not be suitable for every situation. This work is sold with the understanding that the publisher is not engaged in rendering legal, accounting, or other professional services. If professional assistance is required, the services of a competent professional person should be sought. Neither the publisher nor the author shall be liable for damages arising herefrom. The fact that an organization or Website is referred to in this work as a citation and/or a potential source of further information does not mean that the author or the publisher endorses the information the organization or Website may provide or recommendations it may make. Further, readers should be aware that Internet Websites listed in this work may have changed or disappeared between when this work was written and when it is read. Some of the exercises and dietary suggestions contained in this work may not be appropriate for all individuals, and readers should consult with a physician before commencing any exercise or dietary program.

For general information on our other products and services, please contact our Customer Care Department within the U.S. at 877-762-2974, outside the U.S. at 317-572-3993, or fax 317-572-4002.

For technical support, please visit [www.wiley.com/techsupport](http://www.wiley.com/techsupport).

Wiley publishes in a variety of print and electronic formats and by print-on-demand. Some material included with standard print versions of this book may not be included in e-books or in print-on-demand. If this book refers to media such as a CD or

DVD that is not included in the version you purchased, you may download this material at <http://booksupport.wiley.com>. For more information about Wiley products, visit [www.wiley.com](http://www.wiley.com).

ISBN 978-1-118-37681-2 (ebk); ISBN 978-1-118-37683-6 (ebk); ISBN 978-1-118-37682-9 (ebk)

Manufactured in the United States of America

10 9 8 7 6 5 4 3 2 1

