









1

Measure 1 leg's distance away from wall



2

Turn around & place palms where the feet were



3

Place one foot on the wall hip height



4

Step into top foot to lift bottom leg. Find pike hs



5

Lift one leg up into L hs

Hips squared



6

Tap bottom foot from wall to find away balance

Core engaged



7

Scissers inner thighs to lift bottom leg



8

Move very very slowly

## Finding your 1st handstand



Activate bandhas

Fix drishti

*Start in kneeling  
position:  
Spine long*



*Open chest; arch back;  
Lower head*



*Reach hands back  
toward mat*



*How To:*

## **PURNA - USHTRASANA**



*Place hands on mat;  
Fingers point toward body*



*Walk right hand  
to right foot*



*Walk left hand to  
left foot*



1



2



3



MALASANA



4



5



6



IF YOU WANT TO DO THIS...

King Pigeon



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THEN STRETCH  
LIKE THIS...

1



2



3



4



5

@getstretchy



If you want to do this



Practice these



## HOW TO: HUMBLE FLAMINGO

1



2



3



4



5



8



7



6



# HOW TO: SOLDIER TRIPOD HEADSTAND

1



6



2



3



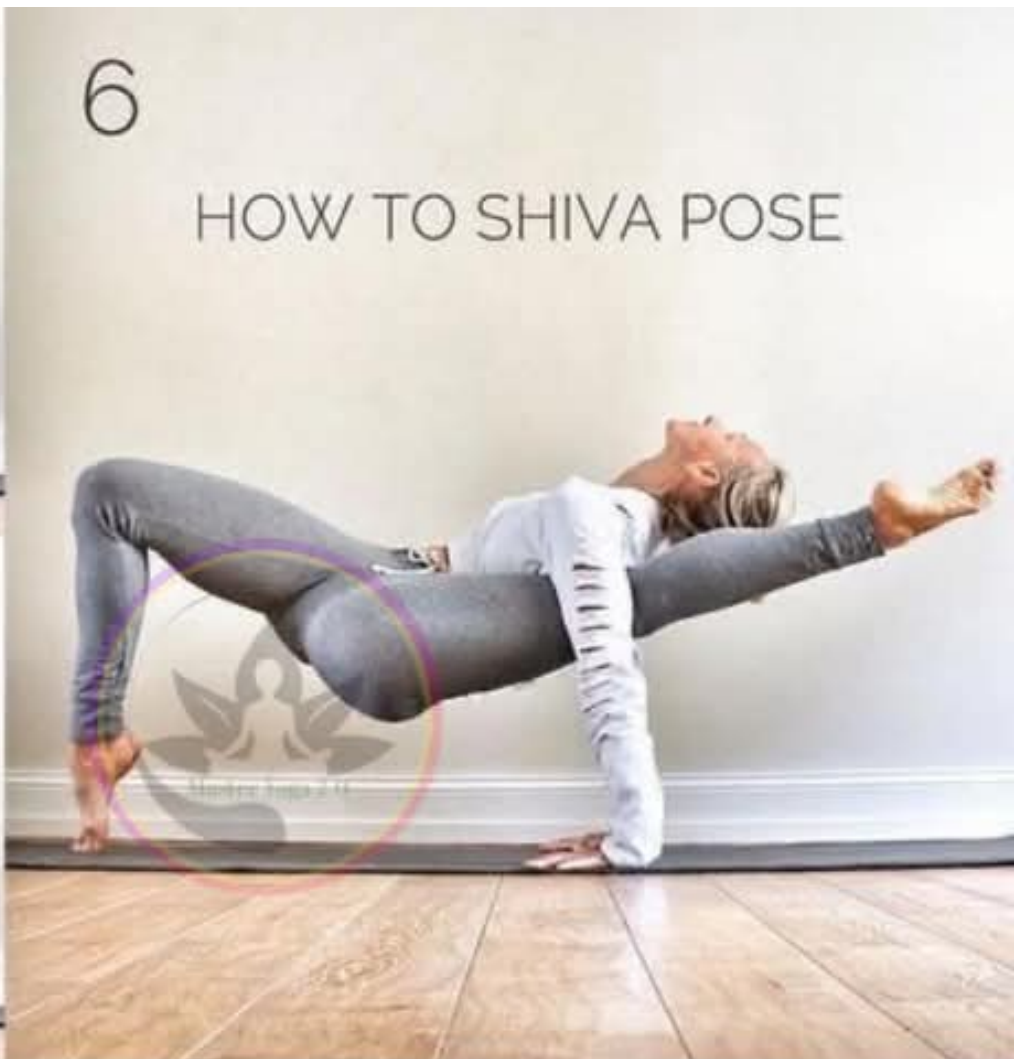
4



5







## HOW TO : FOREARM BALANCE

1



2



HEAD ON FOREARMS



STACK HIPS & LIFT ONE LEG



FLOAT SECOND LEG



SLIDE HEAD UP THUMBS



FIND YOUR BALANCE



1



2



3



## HOW TO: FOREARM WHEEL



4

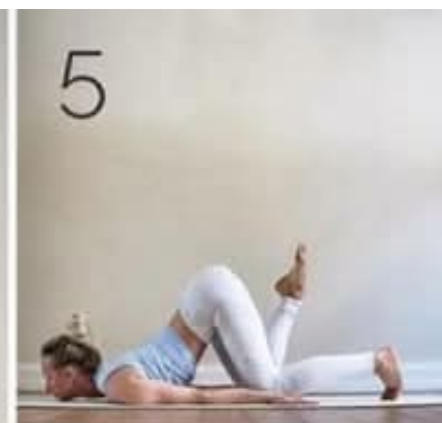


5



6









1



2



3



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4



5



6

HOW TO:  
SUPER SOLDIER

1. Sit with knees bent



2. Hook right leg over shoulder



3. Support leg with left hand



6.

## Shiva Pose

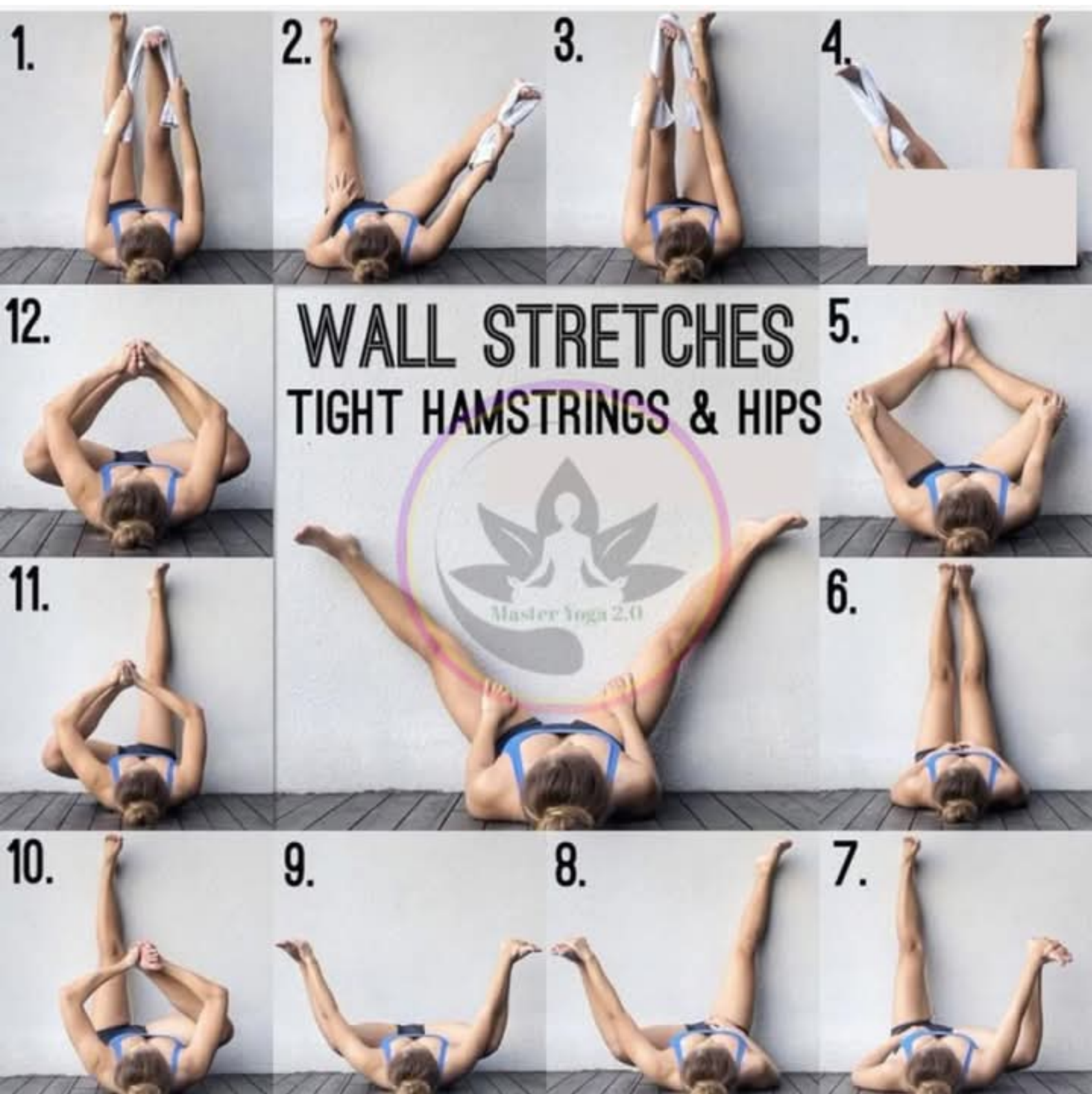


4. Leg high up on arm



5. Push into hands





## LIZARD POSES VARIATIONS



LIZARD LUNGE



TWISTED LIZARD



REGULAR LIZARD



STRETCHING LIZARD



SHY LIZARD



BOUND LIZARD

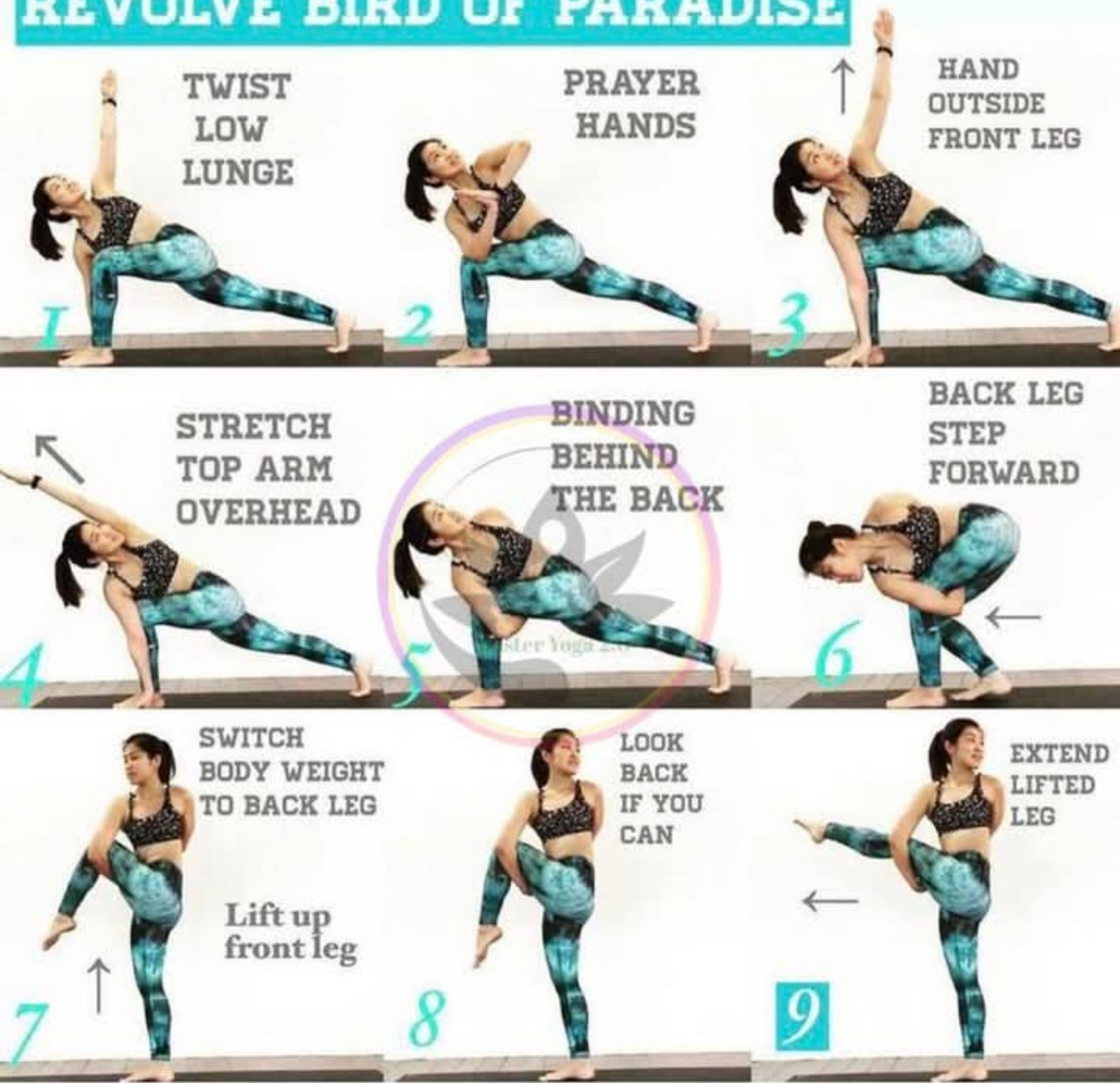


CRAWLING LIZARD



ZIG ZAG LIZARD

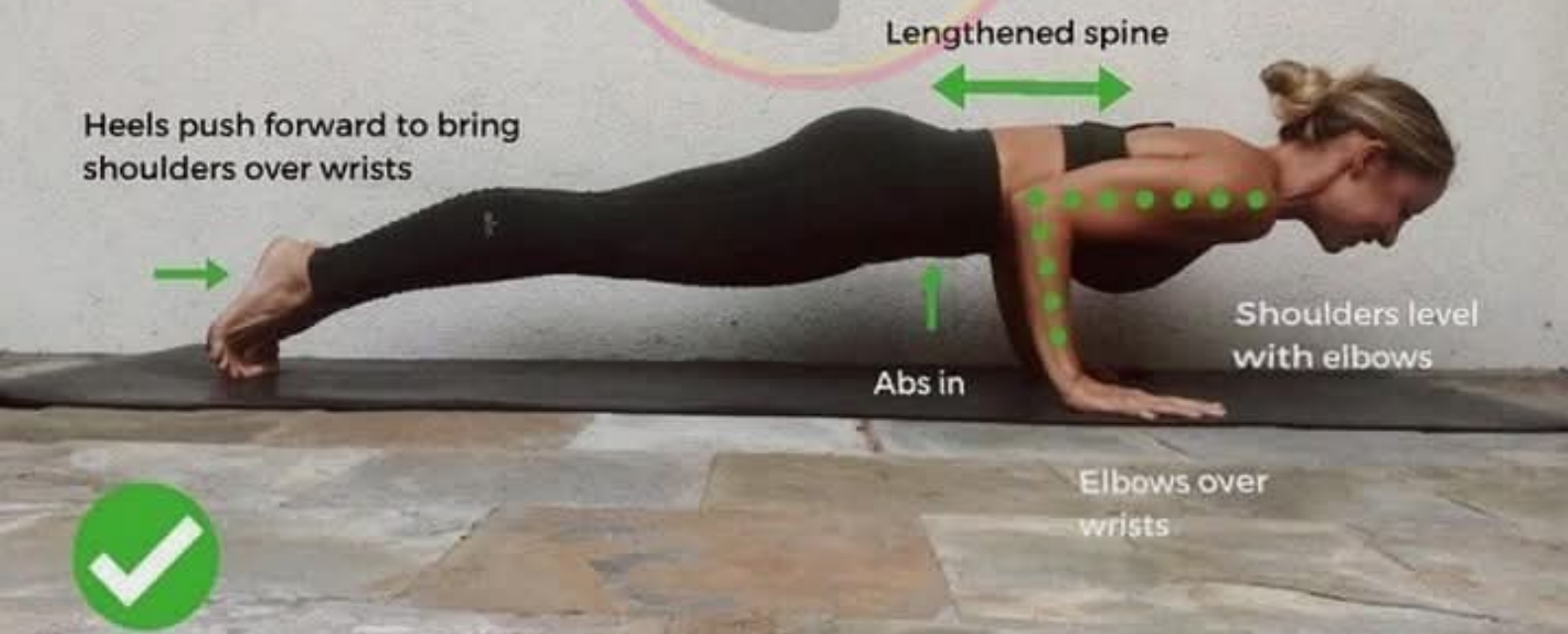
# REVOLVE BIRD OF PARADISE



## MOON SALUTATION



# Chaturanga



# Plow Pose

Halasana



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# STANDING FORWARD FOLD

with @sarahuactive

## AVOID



## DO THIS



## OR THIS



# HOW 'S YOUR BOAT POSE?



× core not working



× back rounded



core engaged



back straightened



# Wild Thing

Camatkarasana

Shoulders not  
rotating & lifting

Chest/sternum  
not lifting

Energy  
dying

Dumping in  
shoulders

Hips  
dropping

Not grounding  
in feet



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Chest Lift

Hips Lift

Externally rotate  
shoulders

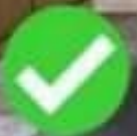
Reach  
through  
arm and  
fingers

Lift heart  
from the  
back

Press into  
foot to rise

Press into  
hand to rise

Press into  
the toes



# Bow Pose

Dhanurasana



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Avoid



core  
collapsing

elbows  
splayed out



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Yes 😊



hips in line  
with shoulders

elbows in

shoulders in line  
with elbows and  
wrists



# Avoid



# Beginner



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## ADHO MUKHA SVANASANA



YES



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NO





**X AVOID**



**✓ TRY THIS**



**Utthita Hasta Padangusthasana**

1.

NEUTRAL  
NECKSTRAIGHT  
SPINEHUG KNEES  
TO CHESTWORKING ON  
PASHIMOTTANASANAKEEP SPINE  
STRAIGHT &  
CHEST OVER  
THIGHS

2.

SLIDE  
HEELS DOWN

3.

ALWAYS KEEP  
CHEST OVER THIGHS  
TO MAKE SURE  
YOU ARE FOLDING  
FROM HIP JOINTS

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KEEP SLIDING  
HEELS DOWN

4.

SPINE NICE  
AND LONGNEUTRAL  
NECKFOLD FROM  
HIP JOINTS

ACTIVE LEGS



## TRIKONASANA

## TRIANGLE POSE



Straight line from  
one hand to the other

Chest open

Open hips

Gaze up to  
the hand

Upper body expands  
away from the ground

Tailbone slightly  
down

Shoulder in line  
with one another

Legs straight

Hand behind  
the foot

foot turned  
90degrees angle

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Hand in front  
of the foot

Foot turned inward

Deep stretch

Keep trunk in alignment  
Hips & chest open



# Do this



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# Not this



# One Legged Bridge Pose

## Eka Pada Setu Bandha Sarvangasana





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NO  
✗

feet not  
active

legs not  
active

core not  
engaged

curved back

compressed  
neck

too much  
weight  
on head



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feet  
active

legs active  
squeezed  
together

belly in

most of the  
weight on  
forearms

YES  
✓

tailbone  
tucked

spine  
straight  
and long

neutral  
neck



NO

contracting  
one side  
of the body

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chest  
closed

right hip  
up

hips not  
squared

collapsed  
on one side

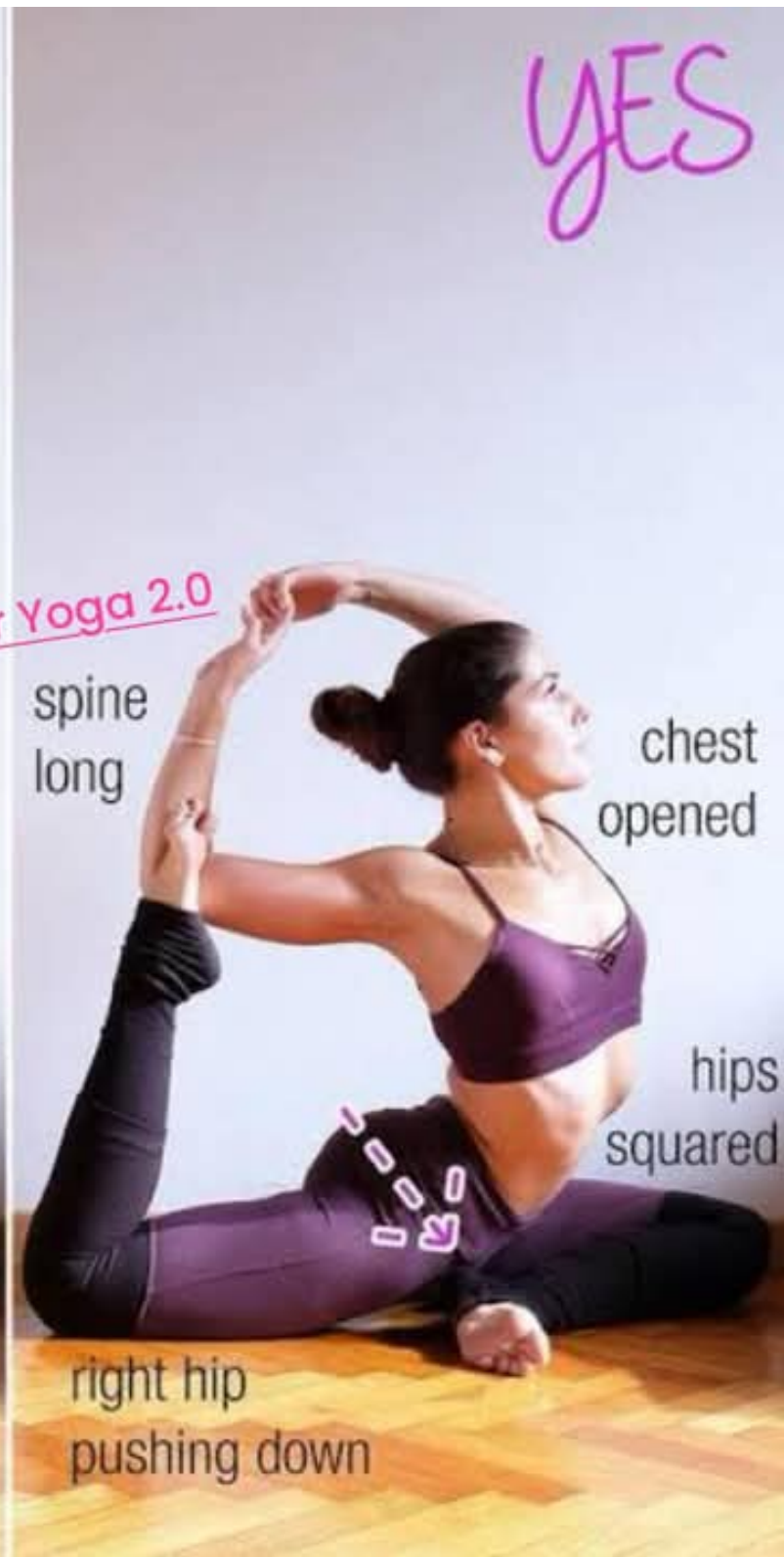
YES

spine  
long

chest  
opened

hips  
squared

right hip  
pushing down



no



stressed shoulders  
and neck

chest closed

lower back  
compressed

legs bent and  
not engaged

toes point  
out

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yes

shoulders far  
from ears

chest open

spine long and  
not compressed

legs engaged  
and straight

feet parallel  
to each other

# STANDING FORWARD FOLD

**✗ AVOID**



**✓ TRY**



**✓ TRY**



# RIGHT

ENGAGE INNER THIGHS

CHEST & ARMPITS OPEN & LONG

KNEES HIP WIDTH APART

GRADUAL ARCH IN ENTIRE SPINE

GAZE DOWN BETWEEN HANDS

PUSH INTO FEET TO LIFT HIPS HIGH



HANDS SHOULDER WIDTH APART

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# WRONG

INNER THIGHS RELAXED

TIGHTNESS IN CHEST & SHOULDERS

KNEES & FEET SPLAYED OUTWARDS

COMPRESSION IN LOWER BACK

FEET NOT PUSHING INTO FLOOR, SO HIPS REMAIN LOW



Avoid



collapsing  
lower back

collapsing  
shoulders

elbows  
externally  
rotated

core and legs  
not engaged

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straight line from  
shoulders to hips

😊 Yes

shoulder  
blades  
apart



tailbone  
down

heels  
pushing back

core and legs  
active

shoulders  
over wrists



NO

hips not in line  
with heels

curved back

shoulders  
close to  
ears

core  
not  
engaged

weight  
on heels



YES

hips in line  
with heels

spine straight  
and long

shoulders  
far from  
ears

belly in

chest  
open

neutral  
neck

weight on  
the entire sole of the feet



NO

collapsing  
on right side

back leg  
placed  
randomly

hips not  
squared

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knee inside  
respect the hip

foot and  
legs not  
active

YES

back knee  
pointing  
down

chest  
open

hips  
squared

left hip  
pushing  
down

knee outside  
respect the hip

foot and  
legs active

## STANDING BACKBEND

ARMS NOT  
ENGAGED

COMPRESSION IN  
THE NECK

COMPRESSION  
IN THE LOWER BACK

HIPS PUSHING  
FORWARD

COLLAPSING  
KNEES

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ACTIVE  
ARMS

NECK IN LINE  
WITH SPINE

GRADUAL ARCH  
IN THE SPINE

OPEN CHEST

CORE  
ENGAGES

ACTIVE LEGS

To Get This



Do This

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Not This



...or This



# THRIVE

## HOT YOGA

### Fixed Firm Pose

Supta-Vajrasana



Eyes open,  
breathing normal

Grab each of  
your elbows  
over your head

Chin towards the  
chest, neck flat  
on the floor

Lift your chest and  
stomach up towards  
the ceiling, create a  
perfect human bridge

Eventually, or in  
the future, bring  
your knees  
together, touching  
each other

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Pull your elbows down  
towards the floor

Bring your arms  
over your head

Your shoulders should  
touch the floor

Heels touching the hips





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torso parallel  
to floor

hips parallel  
to floor

grounded through  
standing leg

DO

## WARRIOR III POSE

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leg lifts up

hip opens

torso rotates

DON'T

# Cobra

- Legs on the floor
- Flexibility focused
- Reduces lower back pain
- Improves digestion

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**VS**

# Upward Dog

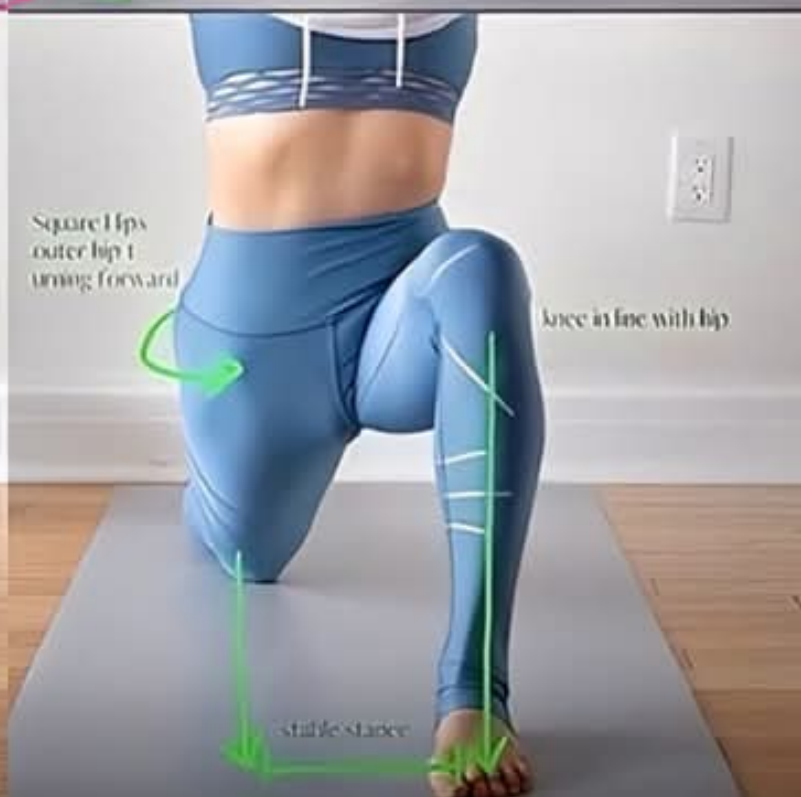
- Legs lifted
- Strength focused
- Reduces fatigue & bad mood
- Improves posture



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# INSTEAD OF...

# TRY THIS



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# ***YOGA POSES FOR BEGINNER'S***



**Rabbit Pose ✓**



**Child Pose ✓**



**Cow Face ✓**



**Seated Eagle Pose ✓**



**Seated Forward Bend ✓**



**Standing Forward  
Bend With Shoulder  
Opener ✓**



**Cat Pose ✓**



**Supine Bound Eagle ✓**



**Seated Twist ✓**

# Best Yogs For Slim Waist



**Camel Pose**  
45 Seconds



**Cobra Pose**  
2 Minutes



**Pigeon Pose**  
1 Minute



**Boat Pose**  
45 Seconds



**Side Plank**  
3 Minutes



**Cat Pose**  
5 Minutes



**Triangle Pose**  
1 Minute

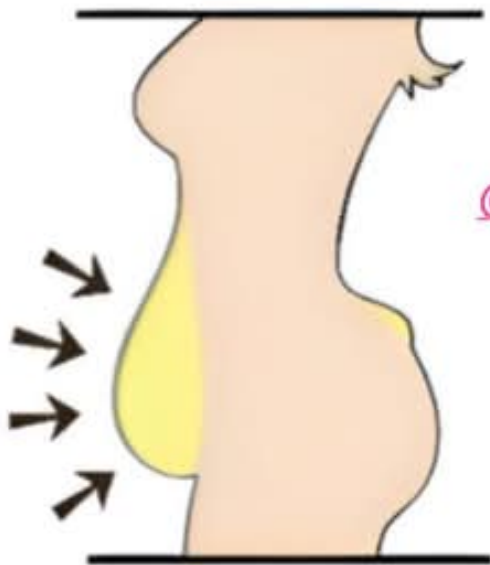


**Forearm Plank**  
5 Minutes



**Bird Dog Pose**  
2 Minutes

# Remove Belly Workout



**7 Days Results**



**45 Second**



**45 Second**

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**3 Minutes**



**1 Minute**



**45 Second**



**3 Minutes**

# Remove Belly

## Just 7 Days



**30x3 Squats** ✓



**7 Minutes Plank** ✓



**30x3 Crunches** ✓



**3 Min  
Bicycle Crunches** ✓



**90 Lunges** ✓



**5 Min Plank  
Jacks** ✓



**100 Push Ups** ✓

**Hamstrings**



**Calf**



**Hip Flexors**



**Half Bow**



**Bow**



**Deep Calf**



**Quadriceps**



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**King Pigeon**



**Inner Thigh**



**Triceps**



**Chest & Biceps**



**Lord of the Dance**



# Yoga To Be Slim Fit



**Easy Poses**



**Seated Pose**



**Cow Face**



**Cobbler Pose**



**Forward Fold**



**Leg Up**



**Downward Dog**



**High lunge**

# YOGA POSES



**Cat Pose ✓**



**Side Plank ✓**



**Cow Pose ✓**



**Run Pose ✓**



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**Camel Pose ✓**



**Bridge Pose ✓**



**Tree Pose ✓**



**Crow Pose ✓**



**Eagle Pose ✓**



**Locust Pose ✓**



**Chair Pose ✓**



**Warrior II Pose ✓**

# Early Morning Yoga



1

Hold 30 sec  
3 Times



2

Hold 30 sec  
5 Times



START EARLY

To start Your  
Day



3

Hold 30 sec  
5 Times

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4

Hold 30 sec  
5 Times Both Legs



6

Hold 30 sec  
5 Times



7

Hold 30 sec  
5 Times



5

Hold 30 sec  
5 Times

# Yoga Poses For Pregnant Women's



Hold 3 minutes  
5 sets



Hold 3 minutes  
5 sets



Hold 3 minutes  
5 sets

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Hold 3 minutes  
5 sets



Hold 3 minutes  
5 sets

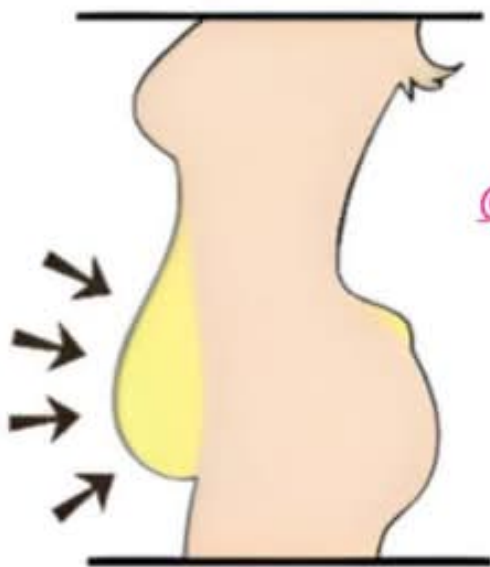


Hold 3 minutes  
5 sets



Hold 3 minutes  
5 sets

# Remove Belly Workout



**7 Days Results**



**45 Second**



**45 Second**

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**3 Minutes**



**1 Minute**



**45 Second**



**3 Minutes**

# Best Yoga Poses

## For Happy Hips



**2 Minutes**



**5 Minutes**



**3 Minutes**



**4 Minutes**

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**5 Minutes**



**1 Minutes**



**2 Minutes**



**4 Minutes**

# Yoga Exercises

## For Slim Waist



**3 Min**



**5 Min**



**3 Min**



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**3 Min**



**5 Min**



**3 Min**

# Yoga Poses

## For Fast Weight Loss



**Puppy Pose** ✓



**Easy Seat** ✓



**Warrior II** ✓



**One Legged Pigeon** ✓



**Cow Face Pose** ✓



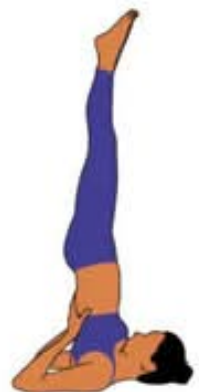
**Bridge Pose** ✓



**Leg Raise** ✓

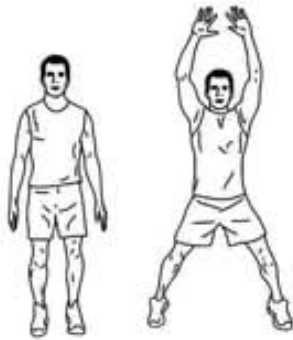


**Garland Pose** ✓



**Shoulder Stand** ✓

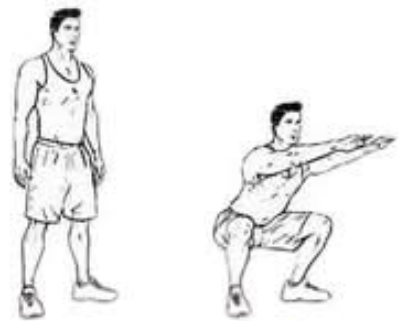
# 21 Days Weight Loss Challenge



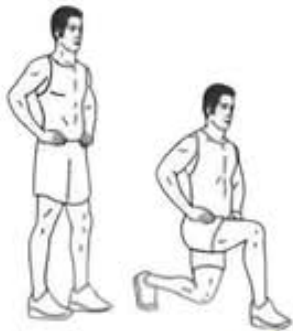
**Jumping jack** ✓  
**100 Reps**



**High Knee** ✓  
**5 Minutes**



**Squats** ✓  
**90 Reps**



**Lunges** ✓  
**70 Reps**



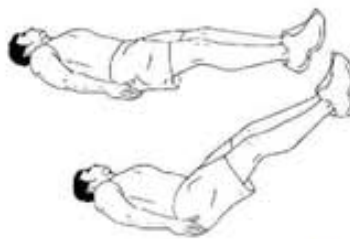
**Plank Leg Raise** ✓  
**45 Reps/Leg**



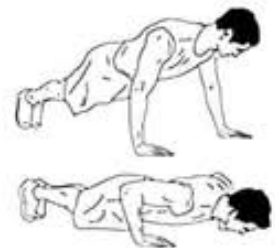
**Mountain Climber** ✓  
**45 Reps/Leg**



**Bicycle Crunches** ✓  
**45 Reps/Leg**



**Leg Raise** ✓  
**100 Reps**



**Push Ups** ✓  
**60 Reps**



# Yoga Poses For Tone Body



**Reverse Plank** ✓  
3 Min



**Plank** ✓  
7 Min



**Fish Pose** ✓  
3 Min

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**Cat Pose** ✓  
3 Min



**Puppy Pose** ✓  
3 Min



**Forward Fold** ✓  
3 Min



**Eagle Pose** ✓  
3 Min



**Shoulder Stand** ✓  
3 Min



**One Legged  
Wheel Pose** ✓  
3 Min

# Yoga Poses



**Warrior II**



**Triangle Pose**



**Warrior I**



**Wheel Pose**



**Forward Fold**



**Cobra Pose**



**Camel Pose**



**Downward Dog**

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**Downward Dog Hand Fold**



**Crow Pose**



**Lizard Pose**



**Scorpion Pose**



**Dancer Pose**



**Warrior III**



**Three Legged  
Downward Dog**



**Crescent Pose**

# YOGA FLOW

## To Reduce Belly Fat



**Table Pose ✓**



**Downward Facing Dog ✓**



**Forward Bend ✓**



**Wide leg  
Forward Bend ✓**



**Warrior I Pose ✓**



**Bridge Pose ✓**



**Camel Pose ✓**



**Child Pose ✓**



**Happy Baby Pose ✓**



**Cobra Pose ✓**



**Wheel Pose ✓**



**Diamond Pose ✓**



**Dancer Pose ✓**



**Big Toe Pose ✓**



**Tree Pose ✓**

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# 9 Beginner Hip Opening YOGA Poses

Pigeon Pose



Wide-Legged  
Forward Fold



Supine Pigeon



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One Leg Downward Dog



Warrior 2



Supine Bound Angle



Happy Baby



Goddess



Prayer Squat

# Yoga Poses for Back Pain Relief



Cat Cow Pose



Bird Dog Pose



Locust Pose



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Halasana Pose



Downward Facing Dog



Bridge Pose



HOW TO PRACTICE

FUNKY

# FLYING CROW

1

left hand & right  
elbow on floor



kneel down

2

hips high



knees up

3

shoulders away  
from ears



glue left knee  
to left elbow

4

pull left foot  
to bum



right heel forward

5

hips go forward  
until right foot lifts



still  
glued

6

let right  
foot  
lift up  
high



chest  
up