

YOGA

ESSENTIAL YOGA POSES
FOR TAKING CONTROL OVER
YOUR MIND



JEN SOLIS

Yoga:
**Essential Yoga Poses for Taking
Control Over Your Mind**

© Copyright 2015

All rights Reserved. No part of this book may be reproduced in any form without permission in writing from the author. Reviewers may quote brief passages in reviews.

Disclaimer

No part of this publication may be reproduced or transmitted in any form or by any means, mechanical or electronic, including photocopying or recording, or by any information storage and retrieval system, or transmitted by email without permission in writing from the publisher.

While all attempts have been made to verify the information provided in this publication, neither the author nor the publisher assumes any responsibility for errors, omissions or contrary interpretations of the subject matter herein.

This book is for entertainment purposes only. The views expressed are those of the author alone, and should not be taken as expert instruction or commands. The reader is responsible for his or her own actions.

Adherence to all applicable laws and regulations, including international, federal, state and local laws governing professional licensing, business practices, advertising and all other aspects of doing business in the US, Canada, UK or any other jurisdiction is the sole responsibility of the purchaser or reader.

Neither the author nor the publisher assumes any responsibility or liability whatsoever on the behalf of the purchaser or reader of these materials. Any perceived slight of any individual or organization is purely unintentional.

Table of Contents

[Introduction](#)

[Chapter 1: A Brief History](#)

[Chapter 2: The Power of Breathing](#)

[Chapter 3: Achieving Breath Awareness and Control](#)

[Chapter 4: Essential Yoga Poses](#)

[1. Downward Facing Dog: Adho Mukah Svanasana](#)

[2. Mountain Pose: Tadasana](#)

[1. Warrior I: Virbhadrasana I](#)

[2. Warrior II: Virbhadrasana II](#)

[3. Extended Side Angle: Utthita Parvakonasan](#)

[4. Triangle Pose: Utthita Trikonasan](#)

[5. Cat-Cow Stretch: Chakravakasan](#)

[6. Staff Pose: Dandasana](#)

[7. Cobbler's Pose: Baddha Konasana](#)

[8. Child's Pose: Balasana](#)

[Conclusion](#)

Introduction

Yoga has a long and rich history that, like many things, has been developed and refined over time. The goal of this book is to accomplish a few things as you read. First, I want to give you some history on the practices of yoga and how they were developed. It's always interesting to know the origins of something, as it can broaden your mind. As such, I intend to provide some background on the original purpose of yoga. With this knowledge, you will hopefully be able to dive in to this book with more of an open mind.

The whole idea of this book is to give you poses or exercises that will help you gain control of your mind and be able to focus your thoughts, which can be a very powerful tool. Which brings us to our next goal, teaching you about breathing and the power that can bring. The idea of yoga is to reach enlightenment, to this end, if you can control your breathing you will be on your way to controlling your body, which in turn gives you control over your mind. The whole idea of yoga is to put your body through various positions of increasing difficulty, and the more control you have over your mind the easier it will be to accomplish the more difficult poses.

Which brings us to the next goal, and for most people the meat of any yoga book. The poses or positions that are meant to help you focus the mind. Yoga practice typically starts with the more basic ones, just trying to meditate and relax the mind and body and gradually moving toward more difficult positions while hopefully still being able to maintain the relaxed state of body and mind.

Control over your mind is so important for yoga and for everyday life. When you have the power to focus, your mind can exert some form of control over a muscle that truly seems to have a mind of its own. Through yoga practice, you will be able to have better focus and hopefully achieve happiness. This happiness comes from enlightenment, the discovery of your body and the ability to focus and sharpen your mind. We will discuss how this control is important to yoga and can translate into other aspects of your life in the last section of this book.

Yoga is learned, something that can be taught and something that can

be very beneficial to those of you who may feel troubled or unfocused in their life. Once you have started down the path to yoga, I hope this book will be a book you can use to help you along the way. I also hope if you love it you will continue on your journey and try to learn as much as you can to benefit you and help you achieve your goals of enlightenment and control over the mind.

Chapter 1: A Brief History

Yoga has long been thought of as an exercise meant to help increase flexibility and strength through mastering different postures. But yoga has always had another purpose. It was originally focused on applying and understanding the world as a whole, but its focus changed over time to the self, believing that self-enlightenment was the ultimate goal. It was believed a person could bring about a profound transformation in themselves by sacrificing ego through self-knowledge, action, and wisdom. This idea of sacrificing the ego came from the ideas of the ritual sacrifice that the Upanishads performed in order to transform into what they believed to be a better and harder sacrifice, one of the self. Sacrificing one's ego can be a difficult path, but this journey to spiritual discipline was believed to give one greater control over their mind and body and lead them to a healthier, happier version of themselves.

The exact history of yoga can be a little hazy, as much documentation has been destroyed with time. What we do know is that yoga originated in the East. There has been evidence of yoga postures found on artifacts traced back to ancient Shamanism dating to around 3000 BC. Evidence of yoga was discovered in the oldest known existing text, the Rig-Veda. The Rig-Veda is a collection of hymns with topics covering prayer, harmony and greater being.

It actually wasn't until the sixth century BC that meditation and the poses were implemented into yoga. The Buddhists started teaching them and they became a critical element to focusing the mind and disciplining the body. For historical purposes, yoga can be split into four separate periods.

Pre-Classical Yoga was considered the start of yoga, developed in Northern India well over 5,000 years ago. The first mentions of yoga are in the texts of the Rig-Veda mentioned earlier. This collection was used by Brahmans or the Vedic priests, much like a modern Christian priest would use the bible. During this time, yoga was refined and eventually developed by Brahmans and mystic seers who documented everything about their practices and beliefs in these Upanishads, which is a huge collection of works giving

home to over 200 scriptures. The most well known of the yoga scriptures was also created in this period, about 500 BCE, the Bhagavad-Gita. Yoga is a broad term, as there are actually many different teachings of yoga. When the Upanishads changed the idea from ritual sacrifice and turned it to self sacrifice, or sacrificing something like the ego, it was done through first getting to know the self, then action (which was karma yoga), and finally, wisdom (which was jnana yoga). Yoga, like many things, has become a board term that many people don't realize has so many different facets to its history and practices.

The next period, Classical Yoga, becomes a more focused period for this developing belief system. In Pre-Classical Yoga there was a large variety of information presented with many various beliefs, techniques and ideas on the subject with many conflicting and contradicting one another. In this period, a step-by-step presentation of yoga was developed by Patanjali, presented in his Yoga-Sutras. His text was believed to be written during the second century, and explains the path of Classical Yoga, sometimes obscurely known as Raja Yoga. Patanjali organized yoga in a path with 8 different limbs, sometimes depicted in statues in India. This system contained everything you would need to obtain enlightenment, which is also referred to as Samadhi. Many see Patanjali as the fore-father of yoga and his system still strongly influences many styles seen in modern yoga.

Like many human beings, yoga went through an almost rebellious sort of stage where the original teachings were rejected and masters of their discipline sought to stretch the boundaries and try to make new discoveries and techniques. This was the Post-Classical Yoga stage and was developed a few hundred years after Patanjali. These yoga masters developed a system believed to prolong life and revitalize the body. They rejected the ancient teachings such as those in the Vedas and believed that they could embrace their physical bodies as a means to achieving enlightenment. Tantra yoga was developed in this period; it was a combination of techniques believed to cleanse all. The thought was you should break the binds that connect us to our physical selves in order to achieve enlightenment. It was these teachings and explorations that brought up to the creation of Hatha Yoga also known as Yoga of the West.

This leads us into the Modern Period of Yoga blossoming around the late 1800s, early 1900s. It was around this time that yoga masters started traveling west and attracting followers from other cultures. Hatha Yoga started

to become a force around the world, gaining in popularity and followers, with many teachers pioneering and popularizing its practices. The movement of yoga to other countries became particularly popular in 1947 after Indra Devi's yoga studio was opened in Hollywood. It has grown and now has many different schools which all focus on the different parts to practicing yoga.

Chapter 2: The Power of Breathing

Breath work or breath control, also known as pranayama, is an important aspect to yoga and to controlling your mind. You may ask yourself, I breathe all the time, I'm a master at it or I wouldn't be alive, so why should I practice something I already know how to do? Would you be interested to know that pranayama is the fourth limb in Patanjali's eight limbs of yoga? Or maybe you would find it interesting to discover that scientific research has shown that paying attention to your breath and learning how to manipulate it is an effective way to lower stress levels and improve a variety of issues ranging from your metabolism to your everyday moods? Stress can cause a variety of health issues, and anything we can do to lower and control that stress will always be beneficial to our bodies. Enlightenment is a state that can help you rid yourself of stress and accept many things in life. It can change the way you see the world, to reach a happier and healthier state of being.

This pranayama, or breath control, is a tool from which your body can benefit. It's a practice that improves physical health, mental health and your meditation skills all at once. Don't see it just as breath training, but also as mind training. The act of taking something you do without thinking and exerting your will over it to make it into a conscious and thoughtful effort will transform your mind, make it more disciplined, and in turn give you more control over the rest of your body. Your body is controlled by your mind. For many, it feels like the brain does things of its own accord without your conscious knowledge. It can even cause reactions that, without proper discipline, you will have no control over.

In your life you have probably been at a job interview; this is something most people can relate to as, in our society everyone has a job at one point or another in their lives. Think about your very first one, were you nervous? Did you stumble over words or forget important points you wanted to convey? For most people, the fear associated with this task of talking to someone you don't know trying to obtain a position where you are paid for your efforts, can seem like a monumental task and be overwhelming. If you remember this fear, you may also remember how hard it was to control, how hard it was to plow on in your interview even after stuttering over words or

confusing answers to questions. The longer the fear controlled your answers, the more embarrassed you felt.

Now, for many people undergoing that first interview, their protective employee typically takes pity on them and tries to not count their performance against you because they have been there before, they understand how it felt. But wouldn't it be wonderful if there had been a way to calm and focus your mind so that you could have had a great interview? A way to control that fear and keep focused on the issue at hand. To find your confidence and wow that person into giving you the job you desire. The answer to your problems would have been controlling your breathing.

Let's look at how the average person breathes. Most people take 14 to 20 breaths per minute; this is fairly average, and it is considered normal to breathe at this rate. This is interesting, because this is about three times more than the number of breaths proven to help you feel better, which is about 4 to 5 a minute. With this difference in front of us, let's bring in some science to see if we can understand what's going on here and discover how dropping our breathing from the average 14 to 20 breaths per minute down to 4 or 5 can be so beneficial.

Our autonomic nervous system controls our body's responses, from the sympathetic responses (fight or flight) to the parasympathetic responses (rest and restore). These responses are things like digestion, heart rate and respiration which are elevated and relaxed depending on perceived threats to your person. This was a survival mechanism, giving the body a quick response to threats in order to give you the strength or whatever it needed to try and preserve itself. In the age of technology, we are constantly connected to everything. For example, with a cellphone your boss is always able to reach you, and typically this isn't seen as a bad thing. But if your job or your boss is a source of stress in your life and they text or call you often, then every time you hear your phone your body can have an increased response to it because of the associated "threat" your boss holds for you.

When you get anxious or panicked, your breathing rate will change in response to these emotions. With us constantly being in contact with all that's around us, it's no wonder many people have increased breathing rates. Research gives us an idea of exactly what happens during these responses. In each breath, there are millions of sensory receptors being activated in the respiratory system that sends signals to the brain by way of our nervous system. The faster your breath the more sensations are sent to the brain. You

almost excite it with the constant stream of information, this excitement triggers the sympathetic nervous system which starts turning up the stress hormones. These hormones increase blood pressure, heart rate, anxiety, sweat production and even muscle tension. If all this comes from an increased respiratory response, then what happens when your breathing slows?

When you sleep, your breathing rate is at its lowest. This is also the time when your body begins the healing process for all the small “tears” that your muscles have obtained over the day, and any other injuries or illnesses you may be suffering from. Sleep is a restorative process for your body, the calm of your mind and your breathing as you sleep triggers the rest and restore processes. So it holds to reason that if you can control your breathing and slow it during your wakeful hours, you should be able to tap into your parasympathetic responses and calm and heal yourself, achieving greater mental clarity.

Chapter 3: Achieving Breath Awareness and Control

Here are some basic breathing exercises that you can utilize while practicing yoga and in just everyday practices. This section will discuss what certain types of breathing can do for you, and then it will cover which types of poses you should use them with. Keeping this in mind and having proper breathing while doing your poses, you will find yoga to be even more beneficial. Most people think of yoga as the various poses or positions being where the power is, when in fact the breathing is what makes that possible. You can't master one without the other.

Start with Basic Breathing Awareness:

Begin by paying attention to how you breathe. Don't try and change anything just yet. Just become aware of how you do it, how long are your inhales and your exhales? Is one longer than the other? Can you tell when it's shallow? What types of things make your breathing speed up? These are all important questions to understand how you breathe now, and what causes stress responses in your body. The eventual hope is to create stress resilience; with this resilience you should be able to control your response when something occurs that would typically cause stress.

Practice this anytime and anywhere. It's important to see how different people and different environments affect you. Breathing through your nose, you want to simply observe what's happening. Answer the questions we presented above and simply just be in the moment, paying attention but not manipulating anything for about 2 to 3 minutes. This is the first step to control because when you are aware of your breath it tends to slow even without meaning too.

Ocean Breath or Victorious Breath:

This is also known as Ujjayi Pranayama, it's a popular breathing practice because of its soft sound and similarity to waves breaking on the beach, which can be very soothing.

Practice this by focusing your attention on your breath. Inhale through your nose, then opening your mouth, exhaling slowly while making the “Ha” sound. Do this a few times, trying to get a feel for how you create the “Ha” sound in the back of the throat. Then, closing your mouth, continue the exercise still trying to keep the “Ha” sound as you exhale.

Alternate-Nostril Breathing:

Also known as Nadi Shodhana Pranayama, alternate-nostril breathing is, as the name suggests, the act of alternating your breathing between your right and left nostrils. It is thought that this exercise unblocks and purifies the nasal passages, which many yoga followers believe to be energy passages that carry life force and cosmic energy through the body. While it’s hard to know if this particular exercise really helps to rebalance the nervous system, there have been studies that have found that Nadi Shodhana lowers blood pressure and improves mental focus.

This is a good exercise to try before you meditate. It can help prepare the mind as well as potentially unblock the nasal passages. Get yourself comfortable while seated, close your hand in a fist, then extending you thumb and pointer finger you will gently close your right nostril with one finger. Inhale through the left nostril, then taking the other, finger close the left nostril before opening the right nostril and exhaling. Keep the right nostril open, inhale, close it before opening the left and exhaling. This is one cycle and you should repeat anywhere from 3-5 times.

Breath Retention:

Kumbhaka Pranayama, or breath retention, is performed by inhaling completely and then holding your breath for 10 seconds. Then, try to inhale a little bit more before exhaling completely. This exercise increases the pressure in the lungs and gives them time to fully expand them, increasing their capacity. The idea is allowing them to reach full capacity in order to deliver more oxygen rich blood to the brain, heart and every other muscle.

This is another exercise best practiced right before meditation. While focusing, you will inhale deeply, inflating your lungs as much as possible. Then, hold your breath for about 10 seconds. Before exhaling, you will want to try to inhale just a little bit more, holding that for as long as you can before you exhale. Do this a few times, but pay attention, if your body is not used to this the exercise can be disorienting and you should build up to those 10 seconds. For people who suffer from any kind of anxiety, this exercise can be

especially challenging. It doesn't mean don't try it, just work yourself up to those 10 seconds, starting with maybe 2 to 3 seconds, and then as you get more comfortable work from there.

Breath of Fire:

Breath of Fire, also known as Kapalabhati Pranayama, is a rapid breathing technique meant to invigorate and energize. If you're feeling lethargic this is a great technique to jump start your mind as well as your body. If you are under a lot of stress you should probably skip this exercise until you start to get your mind under control, this exercise activates the sympathetic nervous system, and if you are working on your breathing to calm and control yourself, this isn't a good exercise to utilize.

You will use this exercise if you find you need some energy to work on your poses or even if you just want to rev yourself up and chase some cobwebs away. To get started you will take a full deep breath in and exhale slowly. Then after you inhale again you want to quickly exhale by pulling the lower abs in towards your spine to force the air out in a short spurt. After each exhale, the next inhale should be slow and passive. You should do this for about 25 to 30 exhalations.

Using Your Breath While Practicing Positions:

There are different times when you should use certain breaths. Correctly using your breath while practicing your yoga positions will help you to achieve better results, as well as keep your mind focused. It takes thought and discipline to use the correct breath at the correct time, and this focus is just another step toward focusing and taking control over your mind and body. Try to follow these simple guidelines while practicing, and soon they will become second nature.

Exhale when bending forward.

Forward bends in yoga are typically done in postures where you are quieting the body. As your heart rate will slow when exhaling, this helps enhance the effects of the pose as well as the depth of the fold. When your lungs empty you allow your torso to become more compact, which in turn allows you to enter into the bend more deeply.

Inhale when lifting or opening the chest.

While lifting the body or opening the chest in yoga you are normally going into positions that are meant to be energizing or activating. Inhaling

deeply requires extra effort on the part of your muscles to take that deep breath, and activating your muscles in an energizing activity. So when the two are paired together it helps enhance the effect of your movement.

Exhale when twisting.

When you twist, you want to first inhale to prepare your body for the action. The twist itself is paired with exhaling because it has a few benefiting factors. Physically, when your lungs are empty, it leaves more give in your torso to rotate and allow to move deeply into the stretch. Exhaling is also considered detoxifying, as you are expelling carbon monoxide. Twisting is also thought to be a detoxifying move, so performing the two together is believed to give you the best effect.

Chapter 4: Essential Yoga Poses

Let's go over some essential yoga poses that everyone should know and utilize. These are ones you will find come in handy in any class you might take. They also have simple and beneficial effects on your body. It's best to master the basics before moving on to the more advanced postures. It will take discipline and attention to breathing techniques to master these poses as much as any others. Some poses will have modifications depending on their difficulty level.



1. Downward Facing Dog: Adho Mukah Svanasana

In this posture you put your hands and feet on the floor, then, keeping your arms straight and ears between your arms, you want to push your butt up into the air. The idea being that your legs and arms are straight with the bend being at your waist. Remember to keep hands flat and toes pointed forward. Your heels don't have to be on the ground, but they should be close and reaching toward the floor. Some beginners lean too far forward. If you remember you want to look like an 'A' from the side and keep more weight on your legs, you should be able to master this posture.

This is considered a resting posture, and once you master it you will actually find this a restful pose. It can help strengthen many parts of the body as well as help to decrease back pain. It can also decrease tension and headaches by elongating the spine and relaxing the head. You will find deepened respirations in this pose as well as decreased anxiety and increase circulation throughout your body.

Modification: If you have tight hamstrings you might find it difficult to achieve the straight legs in this position. You may have a slight bend to your knees or a lot if need be. This is an accepted modification.



2. Mountain Pose: Tadasana

In this posture, you will stand tall with your feet just a few inches apart, approximately shoulder width, with toes facing forward. Keep everything aligned and let your hands rest at your sides palms, facing forward.

This isn't a particularly challenging posture, but at the same time it is still important. You need to work on your alignment in this pose. It should draw a straight line from your heels to your head. This is a good grounding pose to help you connect with the strength of the earth as well as yourself. It can also help to calm the body and allow it to process and absorb the benefits of the continuous flow in our bodies. It can free the breathing and help one reach a meditative state.



Image courtesy of [arzsamui] at FreeDigitalPhotos.net

3. Warrior I: Virbhadrasana I

This posture will require a little balance. Getting yourself into a lunge, you will bend your front knee, keeping it over your toes and straighten your back leg to keep your knee strong. You will then open up raising both arms in front of you. Remember to keep hips pointing forward during this position.

There are many benefits to this posture. Not only will you find straightening benefits, but it will also open your hips, chest and lungs. It will help you improve stability, focus and balance, and encourages good respiration and circulation. It can energize and stretch the entire body.

Modification: You may find you need to move your feet to the edges of the mat, giving you a wider stance, making it easier to balance. You also need to keep your back leg straight in this posture, so if you are finding this difficult, come out of your lunge a bit. A deeper lunge can make it harder to keep your back leg straight.



4. Warrior II: Virbhadrasana II

For this posture you will enter the same lunge as warrior I, except this time your hips will face the side of the mat instead of forward. The back leg will still be straight, and the front leg will still be bent at about 90 degrees with the knee staying over the toe. Keeping your chest open and your back straight, you will extend your arms out to the sides, keeping one over the front leg and one reaching along the back leg. The top part of your body should look like a 'T'.

Strengthening and stretching various parts of your lower body makes this a beneficial posture. It can help increase stamina, and can help relieve backaches, especially during your second trimester of pregnancy.

Modification: You need to keep your back leg straight in this posture, so if you are finding this difficult, come out of your lunge a bit. A deeper lunge can make keeping your back leg straight harder.



5. Extended Side Angle: Utthita Parvakonasana

Using the same lunge as both warrior poses but with the hips facing the side of the mat like warrior II, you will stretch your arms out to the side like warrior II as well. Then, reaching down with the arm over the front leg, you will put your hand on the floor alongside the foot and slowly twist to raise the other arm to the ceiling, opening up the chest. Look up as you do this position and keep your abdomen muscles tight as you twist to protect your lower back.

This is also a strengthening pose, as so many in yoga are, but can also help with constipation, lower backache, sciatica issues and menstrual discomfort. There are even those who believe this posture can help with infertility.

Modification: You may bring your forearm to your thigh instead of taking your hand to the floor. If your body is not ready and you reach towards the floor, the position of the torso is compromised because your chest will be facing the floor instead of staying open.



6. Triangle Pose: Utthita Trikonasan

Move your legs apart, wider than your shoulders with feet facing forward and spread your arms straight out to the side. Then, leaning to one side, reach down to the floor, placing your hand behind your foot. The foot you come down to should point to the short end of the mat instead of the long side to give better balance. The other arm should be reaching up toward the ceiling, and you will want to be looking up. Your torso, leg, and arm touching the floor should create a triangle if seen from the front or back.

The triangle posture will engage every part of your body and help you strengthen your core, open up your hips and shoulders as well as stretch your legs.

Modification: You may bring your forearm to your thigh or just below your knee instead of taking your hand to the floor. You may also use a yoga block if you have it handy, anything except placing your hand on your knee. There is enough stress on them when holding them straight you don't want to add anything extra and risk injuring them.



7. Cat-Cow Stretch: Chakravakasan

On all fours, with your hands shoulder width apart and knees about hip width apart, you will begin your posture. Dropping your head down, you will stretch your back out by curling over and slightly pushing your shoulders toward your hips. Hold for a moment, then lift your head up and arch your back, stretching it out the other way.

This is a great stretch if you have back pain, and can help improve mobility in your spine. It will improve your posture and balance and increase your coordination. It can help create emotional balance as well as relieve stress and calm the mind.



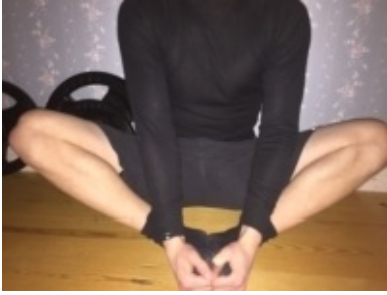
Attention: Keep your arms down at your sides instead of in front of you like on the picture.

8. Staff Pose: Dandasana

This posture is considered the seated equivalent to the mountain pose. You will sit on your butt with your legs straight out in front of you. Your toes should point toward the ceiling. You will want to keep your back tall and everything in a nice straight line with your hips and your arms down at your sides, palms on the floor, fingertips forward.

Not only will you discover improved posture with this pose but you will also find it helps stretch the shoulders and chest while strengthening your back muscles. So many benefits in a posture that looks just as simple as sitting.

Modification: You may find it hard to sit up straight on the floor. If this is the case try sitting on a towel or two, or a folded blanket, to make yourself more comfortable.



9. Cobbler's Pose: Baddha Konasana

Sitting tall, you will want to bring the soles of your feet together, typically holding them with your hands, but your hands may be placed in various positions depending on who teaches you. For our purposes hold your feet but don't be surprised if you are instructed otherwise. This is also a position you rarely sit it so it will help stretch certain neglected parts of your body.

This pose not only gives you an excellent stretch, but you will also most likely be forced to confront your limitations. This pose requires a combination of stability, effort and flexibility. Because of the open position of your legs, it gives a big stretch to your groin area which can be difficult for some. This is a good stretch to try and push through some discomfort and try to just relax into and enjoy the stretch without putting yourself in too much danger. Yoga is partially about exploring your body and your limits and this posture can be a way to safely explore.

Modification: You may find it hard to sit up straight on the floor, if this is the case try sitting on a folded blanket or towel to make yourself more comfortable. This is especially true if you find your knees are sitting way above your hips.



10. Child's Pose: Balasana

This is one of the most important postures in the yoga world. On your knees, you will fold your body forward, keeping your legs bent underneath you. Stretching your arms above your head you will put your palms flat on the floor as well as your forehead.

One of the most important and probably most famous poses in yoga is the child's pose. It is one of rest, providing stretch as well as a way to ground yourself, and it is used by many different exercise experts. Pay attention to your body. If you are feeling weak or dizzy, or just need a break, this pose is perfectly acceptable position to move into at any time. In any class you may move into this position for a break without one needing to be called for.

Conclusion

I hope you enjoyed Yoga, Essential Yoga Poses for Taking Control Over Your Mind and I hope that you will use this book to reach your full potential. There are so many aspects to yoga that aren't explored in this book, but hopefully it has whet your appetite to go on just such an adventure. Yoga is a tool that can help strengthen your body and your mind.

Through self-discipline you will be able to control your body and mind. You will be able to exert the will over yourself needed to complete certain poses as well as sit through some that may not be very comfortable. You will also hopefully use what we discussed about breathing and use it to discipline your mind. It requires focus and concentration to retrain yourself to breathe. This discipline is what will help you gain that control you seek over wandering thoughts and unruly bodies. There are many people out there who believed they were unable to complete an exercise or something similar because they thought they were not strong enough, or fast enough, or smart enough.

The truth is that for most people, this is not the case. You only need to reach a disciplined enough state of mind to realize everything they are truly capable of. Our hope is you will be able to take these basics and start to control the natural responses of your mind. That you will be able to reduce excess stress, become healthier and stronger in your mind as well as your body.

It has been said before that yoga is a tool, and I have given you the basics here to get started. So take the first step to controlling your mind as well as your body and work on your postures and breathing. Take charge in becoming a happier and healthier version of yourself. Now is your time!

If you enjoyed this book, please leave a review and let others know what you thought. Your feedback as a reader is highly valued, and I look forward to providing you with more books in the future to benefit your personal growth.

[Click here](#) to leave a review for this book on amazon.

Preview of: Meditation: How to Relieve Stress by Connecting Your Body, Mind and Soul

Introduction

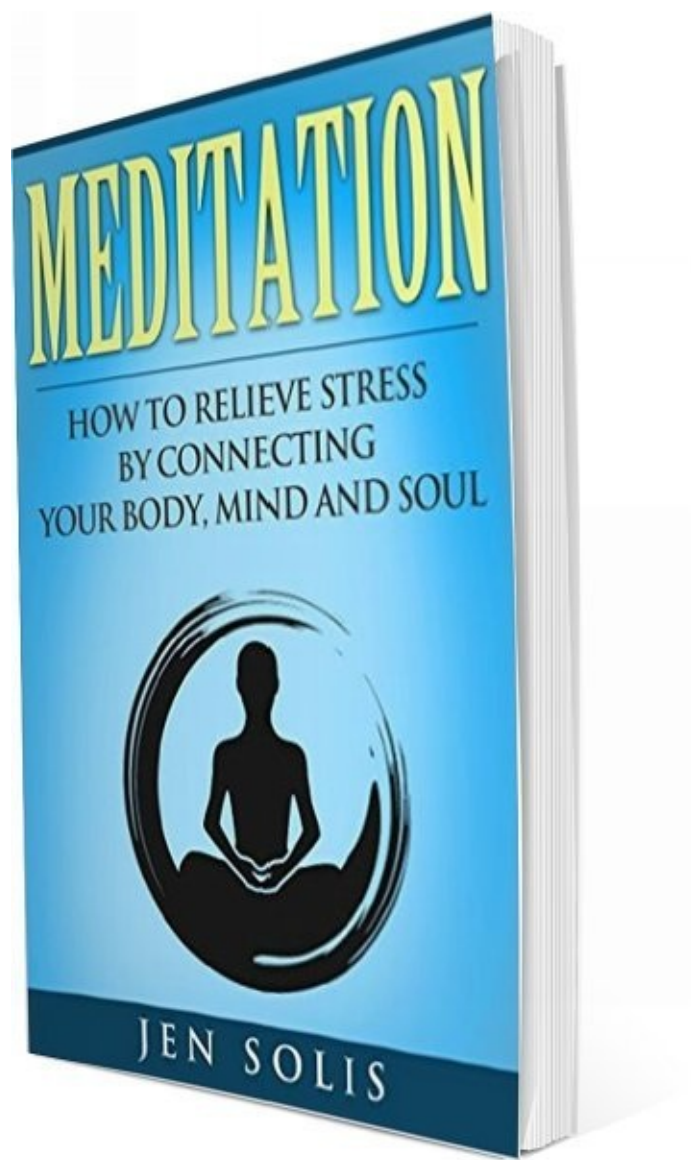
Thank you for taking the time to read the book, *“Meditation: How to Relieve Stress by Connecting Your Body, Mind and Soul”*.

In this day and age, it’s not easy to keep your sanity in check. With all the work you have to do, and everything else you have to handle, sometimes your mind really suffers. When that happens, it’s hard for you to continue with what you’re doing.

However, that doesn’t mean there’s no answer to your problems. With the help of this book, you’ll learn various meditation techniques that can take your stress away, and help you get connected to your mind, body, and soul!

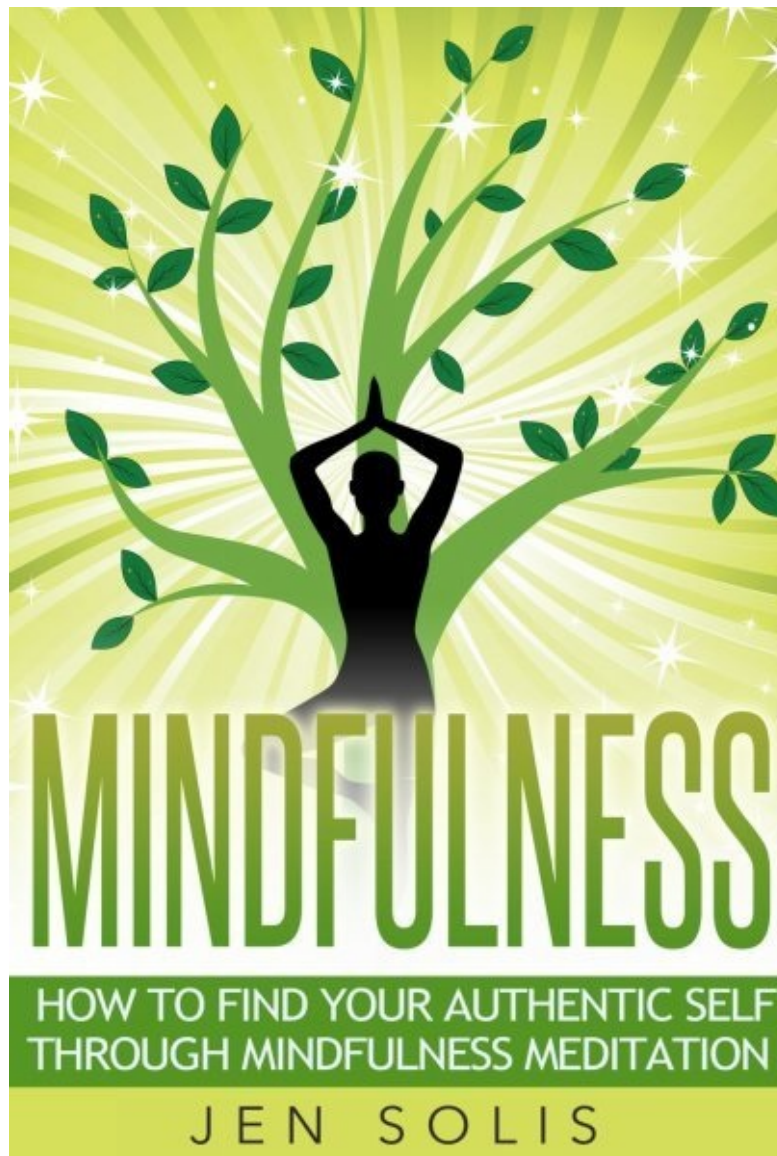
When you get in tune with your mind, body, and soul, it will be easier for you to understand what’s going on with your life, and in your world. With that, you can be a better, more productive person—and that’s exactly the kind of person you’d like to be!

Keep reading this book now to find out how!



[Click here](#) or on the cover to check out this book.

Check out my book on Mindfulness!



[Click here](#) or on the cover to go to Amazon's book page for "Mindfulness: How to Find Your Authentic Self through Mindfulness Meditation"

Get Access to our Future Kindle Books For Free

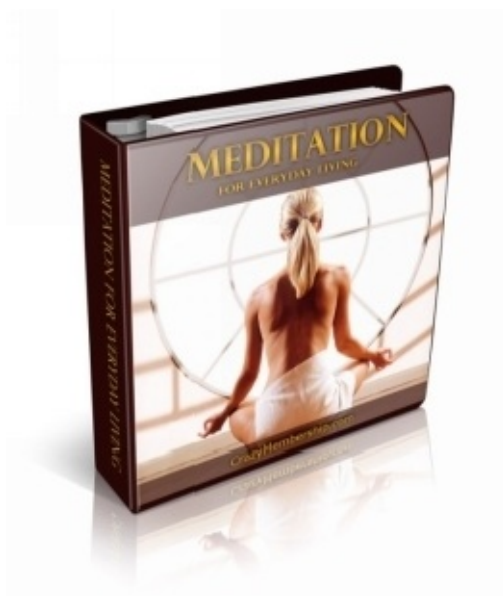
Get access to high quality kindle books for free by simply clicking the link below!



[Click here](#) to access this now. This is a limited time opportunity.

Free Bonus!

As a special thank you for downloading this book I'd like to send you my Meditation book that will give you some great information for using meditation as part of everyday living!



GET INSTANT ACCESS!