

Yoga is separated into 8 sections known as the 8 "limbs" of yoga. Every limb relates to a facet of accomplishing a healthy and fulfilling life, and each builds on the one before it. You might be surprised to hear that only one of the limbs affects the performance of yoga postures.



The Breath

The primary intention of practicing yoga breathing is to prepare the individual to be prepared both in body and mind for the meditation phase.

Generally, most people don't know the importance of breathing properly. Most people breathe in very shallow breaths, which does not carry enough oxygen to the entire body which in turn causes various negative medical conditions.

Yoga breathing is the art of taking deep breaths to fill in almost the entire lung and then to exhale slowly, while at the time concentrating on the process.

Here are some simple steps to yoga breathing:

- Choosing a quiet and dimly lit area or naturally lit area
- Use a comfortable yoga mat
- Sit on the mat crossed leg but pulled towards the chest
- Keep the back straight and hold the arms in a relaxed and comfortable position on the thighs.
- Touch thumbs and index fingers together with palms facing downwards.
- Inhale deeply while focusing on the breath taken. Do this a few times until totally relaxed

your head. If you feel over stretched in your hamstrings or lower back or can't touch the ground, bend your knees and position your hands on your shins.

Downward Dog

From forward bend with flat back, bend your knees, place your palms flat on the ground shoulder-width apart, and jump backwards with both feet back, landing lightly in downward dog. Spread your fingers and make certain your feet are hip-width apart and parallel. Stretch your tailbone up and away from your hands and your heels towards the ground.

Reverse this series back to the beginning

Bring your legs towards your hands and straighten your legs, returning to the forward bend with flat back. Drop your head and return to the standing forward bend, then to the mountain pose, sweeping the arms out to the sides and overhead to finish the main series.

Every time you finish this workout, add on a fresh challenge series till you've incorporated all the moves. Every full sequence will take about 15 minutes.